

# FUNCTIONALAB

BEAUTY NUTRITION

## Daily Essentials

### Multivitamin, Probiotic, Omega-3 and Co-Q10

#### DESCRIPTION

**Combines a multivitamin, a multi-strain probiotic, Omega-3 and CoQ10 to help optimize general health.\***

#### FUNCTIONS

The **Daily Essential Mix** offered by **Functionalab** provides the components that many health professionals consider to be essential for optimal health. This mix combines a complete bioactive multivitamin, a multi strain probiotic, omega-3 fatty acids from ultra fish oil, and the coenzyme Q10.

Optimal intake of vitamins and minerals are needed not only for maintaining good health, but also for the dietary management of the body's structure as well as the optimum functioning of its various systems. Essential fatty acids EPA and DHA play an important role in supporting the body's normal inflammatory processes, and some studies have shown that they may play an important role in cardiovascular health. By offering a multi strain probiotic, **Daily Essential Mix** greatly increases chances for establishing and maintaining a healthy population of beneficial intestinal microorganism. Once established, a normal intestinal microflora creates acidic conditions that are unfavorable for the settlement of pathogenic microorganisms.

Coenzyme Q10 is an important rate-limiting nutrient implicated into the biochemical pathway in cellular respiration from which adenosine triphosphate (ATP) and metabolic energy is derived. Since nearly all cellular activities are dependent upon energy, coenzyme Q10 is essential for the health of all human tissues and organs. Coenzyme Q10 is also a recognized antioxidant that slows down free radical formation in biological systems. According to some experts, coenzyme Q10 should be considered as an essential nutrient, as it is well established that coenzyme Q10 is essential for the health of every cell in the human body.

**Ultra Health** is a comprehensive, highly concentrated vitamin-mineral-trace element daily supplement containing more than 50 nutritional ingredients, all in a special herbal green food base. Its formula is carefully balanced to provide the essential nutrients for optimal health. **Ultra Health** is also a potent antioxidant formula that includes natural beta-carotene, vitamin C, vitamin E, selenium, L-cysteine/N-acetyl-L-cysteine, lutein, lycopene,

red wine proanthocyanidins and select extracts and powders from over 25 fruits, vegetables and herbs.

**Omega-3 Heart:** These enteric-coated softgels contain essential omega-3 fatty acids, derived from marine lipid concentrate. Processed by molecular distillation, Omega-3 Heart is an excellent source of these fatty acids, providing 660 mg of eicosapentaenoic acid (EPA) and 340 mg of docosahexaenoic acid (DHA) per serving. The omega-3 fatty acid EPA is the direct precursor for the prostaglandins E<sub>1</sub> and E<sub>3</sub>, whereas DHA is of primary importance for the structural integrity of neuronal membranes. Studies have shown that EPA, along with DHA may play an important role in cardiovascular health. Omega-3 Heart is enteric-coated, significantly reducing the "fishy" taste sometimes associated with marine lipid supplements.

**Multi-Probiotic:** Oral supplements of live, beneficial intestinal micro-organisms for nutritional health and well-being are known as probiotics. Probiotic dietary lactobacilli colonize the intestinal tract, depending on the specific bacterium-to-host affinity. Bacteria are continually in competition for colonization space. The original bacterial colonies have an advantage over transient bacteria. Nevertheless, the composition of the intestinal microflora is dynamic and constantly changing.

If harmful microorganisms proliferate, the equilibrium is disturbed, and it becomes difficult even for indigenous bacteria to maintain their necessary territory to colonize the intestine. Antibiotics tend to kill off both beneficial and harmful bacteria, and thus may also disturb the normal, healthy balance of intestinal microorganisms.

**Co-Q10** is a liquid filled capsule containing natural coenzyme Q-10 in a patented, self-assembling nano-colloid system for enhanced absorption. When mixed with an aqueous system, this patented technology results in the formation of a nano-colloid containing solubilized Co-Q10. This colloidal delivery system contains a highly uniform distribution of droplets that are typically less than 100 nm in diameter, and allows for enhanced absorption of coenzyme Q-10.

#### FORMULA (#20601-30)

Calories .....	16
Calories from Fat .....	16
Total Fat .....	1.8 g
Vitamin A .....	7,500 I.U.
(33% [2,475 IU] as Vitamin A Palmitate/67%	

[5,025 IU] as Natural Beta-Carotene) from D. Salina with full spectrum carotenoids***	
Vitamin C	700 mg
(as Ascorbic Acid/Ascorbyl Palmitate/Calcium and Magnesium Ascorbate complex)	
Vitamin D-3	200 I.U.
Vitamin E	207 I.U.
(natural, as d-alpha tocopheryl plus mixed tocopherols)	
Thiamine	50 mg
Riboflavin	25 mg
Niacin/Niacinamide	95 mg
Vitamin B-6	50 mg
(as Pyridoxine HCl / Pyridoxal-5-Phosphate Complex)	
Folic Acid	400 mcg
Vitamin B-12	125 mcg
(as cyanocobalamin / methylcobalamin complex)	
Biotin	150 mcg
Pantothenic Acid	250 mg
(as d-Calcium Pantothenate)	
Calcium	250 mg
(as Calcium Citrate/Ascorbate Complex)	
Iodine (from Kelp)	100 mcg
Magnesium	250 mg
(as Magnesium Aspartate / Ascorbate Complex)	
Zinc (as Zinc Amino Acid Chelate)	13 mg
Selenium	100 mcg
(as Selenium Krebs <sup>®</sup> /Kelp complex)	
Copper (as Copper Amino Acid Chelate)	1 mg
Manganese	5 mg
(as Manganese Aspartate Complex)	
Chromium	100 mcg
(Organically bound with GTF activity-low allergenicity)	
Molybdenum (as Molybdenum Krebs <sup>®</sup> )	50 mcg
Potassium	50 mg
(as Potassium Aspartate Complex)	
L. Acidophilus (DDS-1 <sup>™</sup> )	1.150 Billion CFU
L. Rhamnosus	1.150 Billion CFU
L. Rhamnosus (Type B, Bifidus)	775 Million CFU
S. Lactis	275 Million CFU
Bifidobacterium Longum	275 Million CFU
B. Bifidum	275 Million CFU
S. Thermophilus	150 Million CFU
EPA (Eicosapentaenoic acid)	660 mg
DHA (Docosahexaenoic acid)	340 mg
Proprietary Blend	565 mg
Kale (leaf), Spinach (leaf), Carrot (root), Radish (root), Celery (leaf and stalk), Apricot (fruit), Blackberry (fruit), Cranberry (fruit), Grape (fruit), Pineapple (fruit), FOS (fructooligosaccharides) and ulmus fulva (inner bark).	
Natural Coenzyme Q10	100 mg
L-Cysteine / N-Acetyl L-Cysteine	75 mg
Betaine (from 75 mg Betaine HCl)	57 mg
Rose Hips	50 mg
Lemon Bioflavonoids	50 mg
Blueberry (fruit)	50 mg
Garlic (bulb, Pure-Gar <sup>®</sup> , odorless)	50 mg
Broccoli (entire plant)	50 mg
Cauliflower (entire plant)	50 mg
Spirulina	50 mg
Chlorella (broken cell wall)	50 mg
Green Papaya Extract (fruit)	50 mg
Inositol	50 mg
Choline	30 mg
(from 75 mg Choline Citrate / Bitartrate)	
PABA (para-aminobenzoic acid)	25 mg
Bromelain (2,000 GDU/g)	25 mg

Red Wine Proanthocyanidins/ Pine Bark Extract	25 mg
(OPC 85) (J.Mesquelier U.S.Patent No. 4,698,360)	
Green Tea Extract (leaf)	25 mg
Sprouted Barley Juice (entire plant)	25 mg
Wheat Grass Juice	25 mg
(gluten free, entire plant)	
Beet Extract (root)	25 mg
Apple Pectin (fruit)	25 mg
Hesperidin	18 mg
Rutin	13 mg
Glutamic Acid	10 mg
(from 13 mg Glutamic Acid HCl)	
L-Methionine	6 mg
Lutein (natural)	3 mg
Lycopene (natural)	3 mg
Boron	0.75 mg
(as Boron Aspartate / Citrate complex)	
Zeaxanthin	0.5 mg
Trace Elements	approx. 50 mcg
(from Sea Vegetation)	
Vanadium (as Vanadium Krebs <sup>®</sup> )	25 mcg

## SUGGESTED USE

Adults take 1 pack daily with a meal or as directed.

## SIDE EFFECTS

No adverse side effects reported.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## REFERENCES

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**\*These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.**