



# Essential Multivitamin

With Bioactive B Vitamins and Chelated Minerals

**Recommendations:** 2 tablets daily, or as recommended by your healthcare practitioner. May increase to 2 tablets twice daily. 1 tablet daily for children ages 12 and up. Take with meals.

If pregnant or nursing, consult a healthcare practitioner before use.

**Other Ingredients:** microcrystalline cellulose, maltodextrin, hydroxypropyl cellulose, citric acid, croscarmellose sodium, silica, food starch-modified, vegetable source stearic acid, glycerol monostearate, hydroxypropyl methylcellulose, dicalcium phosphate, vegetable source magnesium stearate, glycine.

Manufactured by a cGMP compliant facility exclusively for EuroMedica 955 Challenger Drive Green Bay, WI 54311 866-842-7256 euromedicausa.com

**No sugar, salt, wheat, gluten, soy, dairy products, artificial coloring, artificial flavoring, or artificial preservatives. Color variations are normal.**

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## Essential Multivitamin

*With Bioactive B Vitamins and Chelated Minerals*

60 Tablets

NON-GMO DIETARY SUPPLEMENT

### SUPPLEMENT FACTS

Serving Size: 2 Tablets Servings Per Container: 30

Amount Per 2 Tablets:	%DV	Amount Per 2 Tablets:	%DV
Calories	10	Magnesium (from Albion® magnesium bisglycinate chelate buffered-magnesium glycinate chelate, magnesium oxide)	150 mg 36%
Total Carbohydrate	1 g <1%	Zinc (from Albion® zinc bisglycinate chelate)	7.5 mg 68%
Vitamin A (as retinyl palmitate)	750 mcg (2,500 IU) 83%	Selenium (as selenium yeast (Saccharomyces cerevisiae))	50 mcg 91%
Vitamin C (from calcium ascorbate)	62.5 mg 69%	Copper (from Albion® copper bisglycinate chelate)	0.5 mg 56%
Vitamin D3 (as cholecalciferol)	12.5 mcg (500 IU) 83%	Manganese (from Albion® manganese bisglycinate chelate)	2.5 mg 109%
Vitamin E (as d-alpha and mixed tocopherols)	16.75 mg (25 IU) 112%	Chromium (from Albion® chromium nicotinate glycinate chelate)	125 mcg 357%
Riboflavin (Vitamin B2)	25 mg 1,823%	Molybdenum (from Albion® molybdenum glycinate chelate)	62.5 mcg 1,339%
Niacin (Vitamin B3) (as niacin and from niacinamide)	25 mg 156%	Potassium (from Albion® potassium glycinate complex)	25 mg 1%
Vitamin B6 (from pyridoxal-5-phosphate)	12.5 mg 735%	Ginger (Zingiber officinale) Rhizome Extract standardized for ≥5% gingerols and shogaols (5 mg)	100 mg **
Folate (from calcium-L-5-methyltetrahydrofolate)	340 mcg DFE (200 mcg folic acid) 85%	Benfotiamine	25 mg **
Vitamin B12 (as methylcobalamin)	125 mcg 5,208%	Inositol	25 mg **
Biotin (as d-biotin)	250 mcg 833%	Bioflavonoids from Citrus (Citrus aurantium) Peel Extract	25 mg **
Pantothenic acid (from d-calcium pantothenate)	25 mg 500%	PABA (para-aminobenzoic acid)	7.5 mg **
Choline (from choline bitartrate)	25 mg 5%	Boron (from calcium fructoborate)	750 mcg **
Calcium (from Albion® calcium bisglycinate chelate, calcium fructoborate, calcium ascorbate, and d-calcium pantothenate)	200 mg 15%	Vanadium (from Albion® vanadium nicotinate glycinate chelate)	62.5 mcg **
Iodine (from potassium iodide)	75 mcg 50%	Vitamin K2 (as menaquinone-7 (MK-7 as MenaQ7™))	22.5 mcg **

\*\*Daily Value (DV) not established. \*Percent Daily Values (DV) are based on a 2,000 calorie diet.

With Essential Multivitamin, your patients can choose the one formula that provides the essential nutrients—and the best forms of those nutrients—for everyone in their family, from ages 12 and up in this easy to swallow tablet with no “vitamin” after taste or smell.

**Health Benefits:**

- Vibrant energy, mood, and mental and physical stamina
- Healthy immune system response
- Supports bone, collagen, and joint structure
- Heart, arteries, and overall cardiovascular health
- Antioxidant defense and healthy DNA replication
- Healthy metabolism and nerve function\*

**What Makes Our Product Unique:**

The nutrients in Essential Multivitamin are bioavailable, readily utilized by the body, and are gentle on the stomach. They include:

- **Bioactive B vitamins:** Many people—by some estimates, up to 30% of the population—have difficulty converting B vitamins to their active forms. This means they derive less benefit regardless of the dose. That’s why Essential Multivitamin includes vitamin B6, B12, and folic acid in their active forms: P-5-P, methylcobalamin, and L-methylfolate.

They don’t require conversion by the liver, so even individuals with liver issues or other reasons for poor conversion will benefit. This formula provides the levels of B vitamins needed by everyone, including women who are pregnant or nursing.

- **Easily absorbed chelated trace minerals:** We all need minerals, but we need to absorb them, too. To ensure you benefit from these essential nutrients, Essential Multivitamin uses minerals bound to amino acids to create an organic molecule the body can easily use.
- **Vitamin D3:** This daily required “sunshine vitamin” is delivered in the form the body prefers and uses best.
- **Vitamin E from a mixed tocopherol complex:** The complete family of tocopherols (alpha, beta, delta, and gamma) are included in this formula the way nature intended.
- **Ginger:** This botanical ingredient supports overall health and helps make this supplement gentle on the stomach.\*



To view all our products, go to [euromedicausa.com](http://euromedicausa.com)  
For more information call **866.842.7256**

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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.

## Frequently Asked Questions for Essential Multivitamin

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### Q. What are chelated minerals and why are they important?

A. A “chelate” is a bond between a mineral (often called “inorganic”) and a molecule structure, called a “ligand” that helps the body absorb the mineral during digestion. The amino acid glycine makes an excellent molecule to help shepherd minerals through the intestinal wall, because it is so small it can be transported directly into the cells of the body, so it can get to work right away.

Essential Multivitamin provides chelated minerals to enhance bioavailability so they can be easily absorbed. These are premium minerals not found in most daily multiples.

### Q. Why do I need to take this supplement more than once a day?

A. The desire to take one tablet and be done with it each day is understandable. However, it doesn’t mirror the way the body uses these ingredients. If you want truly vibrant health, you need your nutrients throughout the day for some important reasons. First, humans are designed to acquire nutrients several times a day, which is why our bodies tell us to eat meals more than once per day.

Additionally, water soluble vitamins are quickly flushed from the body, and you need your vitamin C and the B family as much at 6:00 p.m. as you do at 7:00 a.m. Plus, there are physical limitations to how many nutrients can fit into one tablet. While vitamins are very small, minerals are huge by comparison, and would make a tablet too large to be swallowed. The truth is, you simply cannot obtain meaningful amounts of minerals in a once-daily formula. While the dosage levels for Essential Multivitamin can be customized (2 daily for maintenance), for optimum health, four tablets daily is best.\* Regardless of how many you take per day, Essential Multivitamin delivers superior absorption—surpassing any once daily multivitamin on the market!

## What to Pair with Essential Multivitamin

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<b>CuraPro®</b>	Provides clinically studied curcumin for a powerful antioxidant defense and healthy inflammation response, with better absorption and greater blood retention time at meaningful levels than standard turmeric extracts.† Our curcumin shows positive benefits and support for immune, cellular, and cognitive health and overall well-being.*
<b>EurOmega-3®</b>	Provides bioidentical omega-3 exclusively from salmon with DHA/EPA in a biologically active, phospholipid form, ensuring absorption and improved stability.

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†Occasional inflammation due to exercise or overuse.

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