



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

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

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

TRAACS™ is a trademark of Albion Laboratories, Inc. MenaQ7® is a trademark of NattoPharma ASA, Norway. Manufactured by a cGMP compliant facility exclusively for: EuroMedica 955 Challenger Drive Green Bay, WI 54311 866-842-7256 euromedicausa.com



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With Bioactive B-Vitamins and Chelated Minerals

IMPROVED FORMULA

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 (TRAACS™ magnesium bisglycinate chelate buffered magnesium bisglycinate chelate and magnesium oxide)	150 mg 36%
Total Carbohydrate	1 g <1%	Zinc (from TRAACS™ zinc glycinate)	15 mg 136%
Protein	2 g 4%	Selenium (as selenium yeast) (Saccharomyces cerevisiae)	50 mcg 91%
Vitamin A (as retinyl palmitate)	750 mcg (2,500 IU) 83%	Copper (from TRAACS™ copper glycinate chelate)	0.5 mg 56%
Vitamin C (from calcium ascorbate)	62.5 mg 69%	Manganese (from TRAACS™ manganese glycinate chelate)	2.5 mg 109%
Vitamin D3 (as cholecalciferol)	12.5 mcg (500 IU) 63%	Chromium (from TRAACS™ chromium nicotinate glycinate chelate)	125 mcg 357%
Vitamin E (as d-alpha and mixed tocopherols)	16.75 mg (25 IU) 112%	Molybdenum (from TRAACS™ molybdenum glycinate chelate)	62.5 mcg 139%
Vitamin K2 (as menaquinone-7 (MK-7 as MenaQ7®))	22.5 mcg 19%	Potassium (from potassium glycinate complex)	25 mg 1%
Riboflavin (Vitamin B2)	25 mg 1,923%	Ginger (Zingiber officinale) Rhizome Extract standardized for ≥5% gingerols and shogaols (5 mg)	100 mg **
Niacin (Vitamin B3) (as niacin and from niacinamide)	25 mg 156%	Betotamine	25 mg **
Vitamin B6 (from pyridoxal-5-phosphate)	12.5 mg 73%	Inositol	25 mg **
Folate (from calcium-L-5-methyltetrahydrofolate)	340 mcg DFE 85%	Bioflavonoids from Citrus (Citrus aurantium) Peel Extract	25 mg **
Vitamin B12 (as methylcobalamin)	125 mcg 5,208%	PABA (para-aminobenzoic acid)	7.5 mg **
Biotin (as d-biotin)	250 mcg 833%	Boron (from calcium fructoborate)	1.5 mg **
Pantothenic acid (from d-calcium pantothenate)	25 mg 500%	Vanadium (from TRAACS™ vanadium nicotinate glycinate chelate)	62.5 mcg **
Choline (from choline bitartrate)	25 mg 5%		
Calcium (from TRAACS™ calcium glycinate chelate, calcium fructoborate, calcium ascorbate, and d-calcium pantothenate)	200 mg 15%		
Iodine (from potassium iodide)	75 mcg 50%		

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

When you need a quality multivitamin and mineral supplement choosing the right one can be a real challenge. “Once-daily” multivitamins cannot provide the nutrient levels you need for the most benefits, and over-specialized, heavily marketed niche formulas aren’t necessary.

The reality is that most people need the same nutrients—including bioactive B vitamins, and chelated minerals, regardless of gender or age.

With **Essential Multivitamin**, you can choose the one formula that provides the essential nutrients—and the best forms of those nutrients—for everyone in your family, from ages 12 years old and up. These include:

- **Bioactive B vitamins:** **Essential Multivitamin** provides vitamin B6, B12, and folic acid in their active forms—P-5-P, methylcobalamin, and L-methylfolate. 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 the bioactive B vitamins in **Essential Multivitamin** are different. They don’t require conversion by the liver, so even individuals with liver issues or other reasons for poor conversion will benefit. These B vitamins support energy levels, cardiovascular health, nerve function, carbohydrate metabolism, and amino acid production.* 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 The Real Amino Acid Chelate System (TRAACS™) which binds minerals to amino acids to create an organic molecule the body can easily use. These minerals benefit muscle tissue and heart rhythm, immune system function, proper bone and collagen formation, mental well-being and healthy metabolism.*
- **Vitamin D3:** The “sunshine vitamin” is a daily requirement that supports proper calcium absorption for healthy bones and teeth, immune system function, and helps maintain mental well-being.*
- **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. Together, they help support heart and immune system health, and protect cellular structures from oxidative damage.*
- **Ginger:** This botanical ingredient supports the digestive system, helping the body absorb the nutrients it needs for optimum vitality.*

To view all our products, go to euromedicausa.com
For more information call **866.842.7256**

Frequently Asked Questions for Essential Multivitamin

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 using The Real Amino Acid Chelate System, known as TRAACS™. 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

CuraPro®	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 curcumin extracts.† Our curcumin shows positive benefits and support for immune, cellular, and cognitive health and overall well-being.*
EurOmega-3®	Provides bioidentical omega-3 exclusively from salmon with DHA/EPA in a biologically active, phospholipid form, ensuring absorption and improved stability.

†Occasional inflammation due to exercise or overuse.
*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.