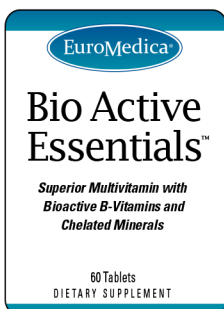


Bio Active Essentials™

Superior 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 using.

Other Ingredients: microcrystalline cellulose, maltodextrin, stearic acid, hydroxypropyl cellulose, croscarmellose sodium, starch, silica, magnesium stearate, calcium sulfate, glycerol monostearate, dicalcium phosphate, hypromellose, glycine.

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

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 **Bio Active Essentials™**, 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 and up. These include:

- **Bioactive B-vitamins:** Bio Active Essentials 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 – has 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 **Bio Active Essentials** 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, **Bio Active Essentials** 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.*

SUPPLEMENT FACTS

Serving Size: 2 Tablets

Servings Per Container: 30

Amount Per Serving:		%DV
Vitamin A (as retinyl palmitate)	2,500 IU	50%
Vitamin C (as calcium ascorbate)	62.5 mg	104%
Vitamin D3 (as cholecalciferol)	500 IU	125%
Vitamin E (as d-alpha and mixed tocopherols)	25 IU	83%
Vitamin K2 (as Mena Q7® menaquinone-7) from natto	22.5 mcg	28%
Riboflavin (Vitamin B2)	25 mg	1,470%
Niacin (Vitamin B3) (as niacin and from niacinamide)	25 mg	125%
Vitamin B6 (as pyridoxal-5-phosphate)	12.5 mg	625%
Folate (as (6S)-5-methylfolate) (equivalent to 400 mcg of (6S)-5-Methyltetrahydrofolic acid, glucosamine salt)†	200 mcg	50%
Vitamin B12 (as methylcobalamin)	125 mcg	2,083%
Biotin	250 mcg	83%
Pantothenic acid (as d-calcium pantothenate)	25 mg	250%
Calcium (as TRAACS® Calcium Bisglycinate Chelate, calcium fructoborate, calcium ascorbate, and d-calcium pantothenate)	200 mg	20%
Iodine (from potassium iodide)	75 mcg	50%
Magnesium (TRAACS® Magnesium Bisglycinate Chelate Buffered (Magnesium Bisglycinate Chelate and Magnesium Oxide)	150 mg	37%
Zinc (as TRAACS® Zinc Bisglycinate Chelate)	7.5 mg	50%
Selenium (as selenium amino acid complex)	50 mcg	71%
Copper (as TRAACS® Copper Bisglycinate Chelate)	0.5 mg	25%
Manganese (as TRAACS® Manganese Bisglycinate Chelate)	2.5 mg	125%
Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)	125 mcg	104%
Molybdenum (as TRAACS® Molybdenum Bisglycinate Chelate)	62.5 mcg	83%
Potassium (as potassium amino acid complex)	25 mg	1%
Ginger (<i>Zingiber officinale</i>) Root Extract Standardized for 5% gingerols (5 mg)	100 mg	**
Benfotiamine	25 mg	**
Choline (as choline bitartrate)	25 mg	**
Inositol	25 mg	**
Bioflavonoids from Citrus (<i>Citrus aurantium</i>) Peel Extract	12.5 mg	**
PABA (para-aminobenzoic acid)	7.5 mg	**
Boron (as fructoborate)	750 mcg	**
Vanadium (as TRAACS® Vanadium Nicotinate Glycinate Chelate)	62.5 mcg	**

** Daily Value (DV) not established † US Patent No. 7,947,662
TRAACS® is a registered trademark of Albion Laboratories, Inc.
MenaQ7® is a registered trademark of NattoPharma, Norway.
International patents pending.



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TRAACS® is a registered trademark of Albion® Human Nutrition, Inc.

Frequently Asked Questions for Bio Active Essentials™:

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.

Bio Active Essentials 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 **Bio Active Essentials** can be customized, (2 daily for maintenance) for optimum health, four tablets daily is best. Regardless of how many you take per day, **Bio Active Essentials** delivers superior absorption – surpassing any one-a-day multivitamin on the market!

What to pair with Bio Active Essentials™:

- **CuraPro®** – Provides BCM-95® Curcumin for a powerful antioxidant defense and healthy inflammation response. Up to 10 times better absorption and greater blood retention time at meaningful levels than standard 95% curcumin extracts. Clinically-studied BCM-95® Curcumin shows positive benefits and support for immune, cellular, and cognitive health and well-being.*
- **EurOmega-3®** – Provides a safe and convenient form of whole food Omega-3 from salmon that are naturally bound to phospholipids for excellent stability, utilization by the body, and no fish burps – all in one tablet a day.*