

Everyday Essentials Women's Advanced

Comprehensive Formula for
Postmenopausal Health*

Everyday Essentials Women's Advanced Supplementation

Everyday Essentials Women's Advanced provides comprehensive nutritional support for postmenopausal health.* Each bottle of Everyday Essentials Women's Advanced contains 30 packets of high-quality broad-coverage supplements, including Essential Multi, Omega Pure EPA-DHA 600+, Osteo Renew, and Bone Support with Magnesium. This comprehensive formula features bioavailable, patented ingredients essential for postmenopausal health.*¹

Clinical studies widely accept that the nutritional requirements of women change as they age. Clinical research has demonstrated the efficacy of Everyday Essentials Women's Advanced to:

- Support cognitive function and balanced moods*
- Promote overall health and well-being*
- Support healthy immune function*
- Promote heart, bone, musculoskeletal, and eye health*
- Support healthy oxidative stress response*

How Everyday Essentials Women's Advanced Works

Essential Multi provides essential vitamins and minerals along with a proprietary phytonutrient blend supporting healthy immune function and healthy oxidative stress response.*^{2,3} Potent antioxidants and carotenoids support balanced moods, healthy heart function, and eye health.*^{4,5,6}

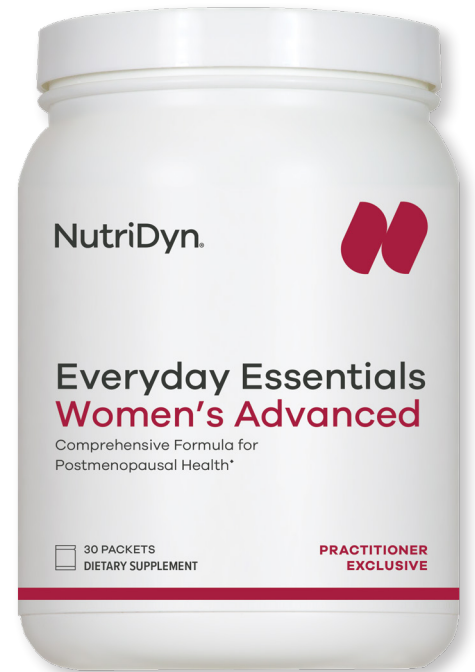
Omega Pure EPA-DHA 600+ provides ample amounts of EPA, DHA, and other omega-3 essential fatty acids imperative for healthy cardiovascular and immune systems while also supporting musculoskeletal and joint health.*^{7,8,9,10}

Osteo Renew supports healthy bone metabolism and promotes healthy inflammatory markers in the body.*¹¹ Osteo Renew contains xanthohumol, known for its phytoestrogen compounds with estrogen-like activities on healthy bone metabolism and positive effects on healthy bone cell function in postmenopausal women.*^{12,13}

Bone Support with Magnesium is formulated with microcrystalline hydroxyapatite concentrate, providing highly bioavailable calcium and phosphorus for supporting bone function and integrity.* It also features an evidence-based dose of vitamin D3 and magnesium for enhanced bone mineral support, calcium absorption, and healthy muscle function.*^{14,15}

Why Use Everyday Essentials Women's Advanced?

Research cited herein suggests supplementation with Everyday Essentials Women's Advanced may help support women's postmenopausal health.*



Supplement Facts

Serving Size: 1 Packet
Servings Per Container: 30

	Amount	%DV*
Calories	20	
Total Fat	2 g	3%*
Cholesterol	10 mg	3%*
Vitamin A (50% as beta-carotene and as retinyl acetate)	2,000 mcg RAE	222%
Vitamin C (as ascorbic acid and ascorbyl palmitate)	80 mg	89%
Vitamin D3 (as cholecalciferol)	52 mcg (2,080 IU)	260%
Vitamin E (as d-alpha tocopheryl succinate and d-alpha tocopherol)	51.37 mg	342%
Vitamin K (as phytonadione)	1,080 mcg	900%
Thiamin (as thiamin mononitrate)	16.67 mg	1,389%
Riboflavin	10 mg	769%
Niacin (as niacinamide and niacin)	33 mg NE	206%
Vitamin B6 (as pyridoxine HCl)	16.68 mg	981%
Folate (as calcium L-5-methyltetrahydrofolate) (BioFolate®)	533 mcg DFE	133%
Vitamin B12 (as methylcobalamin)	133 mcg	5,541%
Biotin	333 mcg	1,110%
Pantothenic Acid (as calcium-d-pantothenate)	50 mg	1,000%
Choline (as choline bitartrate)	17 mg	3%
Calcium (as microcrystalline hydroxyapatite calcium and dicalcium phosphate)	416 mg	32%
Phosphorus (as microcrystalline hydroxyapatite calcium and dicalcium phosphate)	234 mg	19%
Iodine (as potassium iodide)	100 mcg	67%
Magnesium (as magnesium citrate, magnesium citrate, magnesium bisglycinate chelate, and magnesium aspartate)	327 mg	78%
Zinc (as zinc citrate)	10 mg	91%
Selenium (as selenium aspartate)	67 mcg	121%
Copper (as cupric citrate)	0.66 mg	73%
Manganese (as manganese citrate)	0.3 mg	14%
Chromium (as chromium polynicotinate)	133 mcg	381%
Molybdenum (as molybdenum aspartate)	33 mcg	74%
Total Omega-3 Fatty Acids	2 g	**
EPA (Eicosapentaenoic acid)	800 mg	**
DHA (Docosahexaenoic acid)	400 mg	**
Additional Omega-3 Fatty Acids	100 mg	**
Microcrystalline Hydroxyapatite Calcium	1 g	**

	Amount	%DV*
Hops Extract (flower; <i>Humulus lupulus</i>) (2% xanthohumol)	200 mg	**
Berberine HCl	180 mg	**
Inositol	17 mg	**
Resveratrol (root; <i>Polygonum cuspidatum</i>)	7 mg	**
Lycopene	4 mg	**
Lutein	4 mg	**
Zeaxanthin	1.3 mg	**
Proprietary Phytonutrient Blend	267 mg	**

Artichoke Extract (leaf; *Cynara scolymus*; standardized to 5% caffeic acid derivatives), Bitter Melon Extract (fruit; *Momordica charantia*), Blueberry Extract (fruit; *Vaccinium* spp.; standardized to 20% polyphenols, 15% anthocyanins), Cinnamon Extract (bark; *Cinnamomum cassia*), Citrus Extract (fruit; *Citrus aurantium*; standardized to 50% citrus bioflavonoids, 50% hesperidin), Grape Seed Extract (seed; *Vitis vinifera*; standardized to 95% polyphenols), Green Coffee Bean Extract (beans; *Coffea arabica*; standardized to 50% chlorogenic acid), Green Tea Extract (leaf; *Camellia sinensis*; standardized to 98% polyphenols, 75% catechins, 45% EGCG), Heartwood Extract (wood/bark; *Acacia catechu*; standardized to 6% catechins), Prune Extract (fruit; *Prunus domestica*; standardized to 50% polyphenols), Pomegranate Extract (fruit; *Punica granatum*; standardized to 40% gallic acid equivalents), Rosemary Extract (leaf; *Rosmarinus officinalis*; standardized to 7.6% carnosol and carnosic acid), Watercress Extract (leaf/stem; *Nasturtium officinale*).

Other Ingredients: Essential Multi: Microcrystalline cellulose, hydroxypropyl methylcellulose, starch, dicalcium phosphate, vegetable magnesium stearate, silica. Omega Pure EPA-DHA 600+: Norwegian fish oil, d-alpha tocopherol, natural citrus flavored gelatin (gelatin, glycerin, and water). Osteo Renew: Microcrystalline cellulose, hypromellose, vegetable magnesium stearate, silica. Bone Support with Magnesium: Microcrystalline cellulose, hypromellose, vegetable stearic acid, croscarmellose sodium, cellulose, vegetable magnesium stearate, silica, Nutrapure™ certified organic coating.

Contains: Fish (anchovy, sardine, mackerel).

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Directions: Take one packet daily or as directed by your healthcare practitioner.

Warning: Excess vitamin A intake may be toxic and may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 3,000 mcg RAE (10,000 IU) of preformed vitamin A (retinyl acetate) per day. Contains fish oil. Do not use if you are allergic to fish or fish oil.

Caution: If you are pregnant, nursing, or taking nutritional supplements or medications, consult your healthcare practitioner before use. Keep out of reach of children.

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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.

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