



## ESSENTIALS 5 IN 1 DR

Essentials 5 in 1 DRTM (Delayed-Release) is our premier multi-vitamin-mineral rich product, it incorporates the latest scientific research on nutrition and metabolic functions.\* Each individual nutrient is formulated for maximum bioavailability, synergy, hormonal/metabolic activation, and antioxidant capacity.\* Now manufactured in a delayed-release capsule, gastric side effects are completely eliminated.\*

Essentials 5 in 1 DRTM is a complete multi-nutrient designed specifically for maximum hormonal and metabolic activation in one bottle, virtually eliminating the need for additional supplemental Vitamin B, Vitamin E, Vitamin A, Vitamin K, and extra minerals.\*

- **Vitamin A complex** - Includes a complete spectrum of beta-carotene and mixed carotenoids. It is a completely natural form derived from the pristine seas of the South Pacific.\*
- **Activated B-vitamin complex** - Each B vitamin is in its enzymatic format for optimal bio-utilization. For example, our folic acid is present in Essentials 5 in 1 DRTM as methylenetetrahydrofolate (MTHFR), rendering this product safe for deficient-methylators. Dosages used to eliminate the need for stress-B-complex.\*
- **Vitamin C complex** - In a very gentle form for the gastrointestinal system. It is also combined with a full spectrum natural citrus bioflavonoids which optimizes utilization.\*
- **Vitamin E complex** - Synergistically active blend of oil-soluble Alpha-Tocopherol, Gamma-Tocopherol, and Sesame lignans, plus water-soluble Vitamin E succinate (d-alpha tocopheryl acid succinate or alpha-TS). This powerful combination downregulates NF-KB, a primary inducer of inflammation, and enhances the benefits of hyperthermia treatments. However, Alpha-Tocopherol alone is susceptible to becoming deactivated by free radicals without Gamma-Tocopherol. Gamma-Tocopherol is a more effective trap than Alpha-Tocopherol for reactive nitrogen oxides, which are toxic to the body. And Sesame lignans add to this synergism by their strong anti-inflammatory (i.e., downregulates NF-KB), lipid-lowering and anti-plaque effects.\*
- **Vitamin K2** - Is critical for bone building and breaking apart unhealthy plaque. Essentials 5 in 1 DRTM and our other multi-nutrient formula Daily Two both contain Vitamin K2, making them the exclusive leaders in the field of multi-vitamin-mineral formulas due to their broad-spectrum mineral-rich, synergistic bioavailability.\*
- **Albion's TRAACS® Chelated Minerals:** A daily serving of Essentials 5 in 1 DRTM contains twice the amounts of Albion's TRAACS® minerals as found in our Daily Two formula. Clinically proven, chemically validated mineral amino acid chelates. They represent the gold standard in patented, pharmaceutical-grade mineral chelates. Every TRAACS® mineral compound is validated and "fingerprinted" to ensure lot-to-lot conformity to Albion's high standards. TRAACS® mineral amino acid chelates deliver the following measurable results: 1. Highly bioavailable and easily digested; 2. Safe, predictable and effective; 3. Stable in acidic environments; 4. Hypoallergenic, Kosher-Pareve and vegetarian friendly.\*
- **Benfotiamine** helps reduce advanced glycation end-products (AGEs) plus calms the inflammatory arachidonic acid pathways by promoting healthy production levels of PGE2, TXB2, COX-2 and LOX-5 by macrophages.\*

**Suggested Use:** Take four (4) capsules daily in divided doses with meals, or as directed by your healthcare practitioner.

\*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.

# References

1. Marini NJ, et al. The prevalence of folate-remedial MTHFR enzyme variants in humans. *PNAS*. 2008;105:8055-60.
2. Deme P, Narasimhulu CA, Parthasarathy S. Identification and Evaluation of Anti-Inflammatory Properties of Aqueous Component Extracted from Sesame (*Sesamum indicum*) Oil. *J Chromatogr B Analyt Technol Biomed Life Sci*. 2018 Jun 15;1087-1088.
3. Fan D, et al. Sesamin Prevents Apoptosis and Inflammation After Experimental Myocardial Infarction by JNK and NF-KB Pathways. *Food Funct*. 2017 Aug 1;8(8):2875-85.
4. Prasad KN, Kumar B, Yan XD, Hanson AJ, Cole WC. Alpha-Tocopheryl succinate, the Most Effective Form of Vitamin E for Adjuvant Cancer Treatment: A Review. *J Am Coll Nutr*. 2003 Apr;22(2):108-17.
5. Maric D, et. Al. Multivitamin mineral supplementation in patients with chronic fatigue syndrome. *Med Sci Monit*. 2014; 20: 47-53.
6. Cheng T, Zhu Z, Masuda S, Morcos NC. Effects of multinutrient supplementation on antioxidant defense systems in healthy human beings. *J Nutr Biochem*. 2001;12(7):388-95.
7. Ockerman PA. Antioxidant treatment of chronic fatigue syndrome. *Clin Pract Altern Med*. 2000;1:88-91.
8. Heaps LC, Peters TJ, et al. Vitamin B status in patients with chronic fatigue syndrome. *J R Soc Med*. 1999 Apr; 92(4): 183-5.
9. Fletcher RH, Fairfield KM. Vitamins for Chronic Disease Prevention in Adults Clinical Applications. *JAMA*. 2002;287(23):3127-29. Martin R, Ogston S, Evans J. Effects of vitamin and mineral supplementation on symptoms associated with chronic fatigue syndrome with Coxsackie B antibodies. *J Nutr Med*. 1994;4:11-23.
10. Barringer TA, et al. Effect of a multivitamin and mineral supplement on infection and quality of life: A randomized, double-blind, placebo-controlled trial. *Ann Intern Med*. 2003 Mar 4;138:365-71.
11. Fawzi W, Stampfer MJ. A role for multivitamins in infection? *Ann Intern Med*. 2003 Mar 4;138:430-1.
12. McKay DL, Perrone G, Rasmussen H, Dallal G, Blumberg JB, Multivitamin/mineral supplementation improves plasma B-vitamin status and homocysteine concentration in healthy older adults consuming a folate-fortified diet. *J Nutr*. 2000 Dec;130(12):3090-6.
13. Shoeb M, Ramana KV. Anti-inflammatory effects of benfotiamine are mediated through the regulation of the arachidonic acid pathway in macrophages. *Free Radic Biol Med*. 2012;52(1):182-190. doi:10.1016/j.freeradbiomed.2011.10.444
14. Balakumar P, et al. The Multifaceted Therapeutic Potential of Benfotiamine. *Pharmacol Res*. 2010 Jun;61(6):482-8. doi: 10.1016/j.phrs.2010.02.008.
15. See: <http://www.albionminerals.com/human-nutrition/products-trade/quality/traacs-ft-ir?showall=1&limitstart=>