

Basic Essentials

Comprehensive nutrition to meet all of your foundational nutrient requirements

- **Chronobiologically Designed:** The right nutrient at the right time
- **Comprehensive Nutrient Support:**
AM and PM foundational vitamin and mineral support
- **Extra Antioxidant Protection:** Food and nutrient antioxidant blend
- **Cod Liver Oil:** Delivers fat-soluble nutrients and essential fats
- **GI Flora:** Probiotic support to optimize GI function and absorption

Comprehensive nutritional support improves:

- Work and Academic Performance
- Memory and Mood
- Resistance to Stress
- Digestive Function
- Bone Mineralization and Density
- Antioxidant Defenses
- Cardiovascular Health
- Resistance Against Infections

Nutrients are supplied in packets:

- Tamper-proof
- Convenient and simple
 - Ideal for travel
- Eliminates bulky bottles

Whether a person is a teenager or a grandparent, effectively meeting all nutrient needs is a challenge. With few exceptions, each and every one of us will fail to adequately meet this challenge and our nutritional needs will not be met unless we are given a helping hand. “Basic Essentials” is this helping hand.

By combining cutting edge *Chrononutritional Science* (the appropriate dosing and timing of nutrition) with the most evidence-based nutrients, “Basic Essentials” not only delivers the foundational nutrition needed to optimize your health, it delivers it when you need it.

AM and PM Foundational Nutrients

The backbone of “Basic Essentials” is an AM and PM nutrient delivery system that supplies chronobiologically favorable comprehensive vitamin and mineral support. By delivering the right nutrient at the right time, nutrition works better -- more benefits are gained and lower doses of vitamins and minerals are needed. Health and physiological function are a result of the information provided to each and every cell. No other vitamin and mineral support available today communicates the message of health to your body as effectively as “Basic Essentials”.

Comprehensive Antioxidant

Today's world can leave our antioxidant defenses out-manned and under-supplied -- the result is premature cellular aging and degeneration of health. "Basic Essentials" supplies antioxidant foods like blueberry, broccoli, green tea, and miso, along with a synergistic blend of the antioxidant nutrients needed to nourish and support antioxidant defenses.

Cod Liver Oil Capsule

Few of us meet our requirements for essential fats and fat-soluble vitamins like vitamin A and D. The result is lowered immunity, higher cardiovascular risk, and poor mood and memory. Cod liver oil is the best food for improving the status of these crucial areas.

GI Flora

It has been estimated that we consume 1 million times LESS *probiotic* bacteria in our diet today than did our ancestors. The result is chronically poor digestive function and decreased nutrient absorption. The consequences of poor digestive function are more than simply the symptoms we experience in our stomach and intestines – the consequences affect every aspect of our health from immunity to heart function and result in failure to meet our health potential. Our proprietary *probiotic* product consists of 8 health-promoting strains of *probiotic* bacteria. These specially selected 8 strains are used to ferment soy. The food that results from this nutritional alchemy is uniquely effective in supporting digestive function.

Basic Essentials Supplies

Vitamin A from Cod Liver Oil	1250 IU	Magnanese (as gluconate)	2mg
Vitamin C (as acerola blend)	120mg	Copper	1.75mg
Vitamin D from Cod Liver Oil	135 IU	Molybdenum	75mcg
Vitamin E (mixed tocopherols)	60 IU	Potassium Citrate	50mg
Vitamin B1 (as thiamin HCL)	0.5mg	Alpha-Lipoic Acid	12mg
Riboflavin	1.5mg	Blueberry Powder	125mg
Niacin	18mg	Broccoli Powder	95mg
Vitamin B6	1.7mg	Chromium (as GTF yeast)	100mcg
Folic Acid	400mcg	Co-Enzyme Q10	1mg
Vitamin B12	2mcg	Ginger (root)	50mg
Biotin	25mcg	Grape Seed Extract	10mg
Calcium (as hydroxyapatite)	225mg	Green Tea Powder	150mg
Calcium citrate	75mg	L-Glutathione	10mg
Pantothenic Acid	6.25mg	Miso	30mg
Iodine (from kelp)	150mcg	Proprietary Probiotic Blend	700mg
Magnesium (as glycinate)	100mg	Rice Bran Powder	145mg
Zinc (as monosulfate)	12mg	Tumeric Powder	30mg
Selenium	172.5mcg		

For more information contact this office:

Call 888-888-8565 for customer service, product information, or additional information on ordering this and other nutritional products and services. Visit our website www.healthcoach.com

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.