

# Daily Essentials



**Clinical Applications**

- Provides Foundation Micronutrition for a Variety of Protocols\*
- Supports Improved Dietary Nutrient Intake\*
- Provides Antioxidant Support\*

*Be Well Stay Well Age Well*

*Daily Essentials is a combination of three targeted nutritional formulas conveniently dose-packaged and providing comprehensive nutritional support. Daily Essentials with Calcium contains extra calcium without iron. The formulas include Albion® chelated minerals; activated B vitamins; Quatrefolic®, Oxygen Radical Absorbance Capacity (ORAC) botanicals; and fresh, pure, third-party assayed fish oils. Calcium is in the form of di-calcium malate and microcrystalline hydroxyapatite concentrate (MCHC).\**

All Phillips Clinic Formulas Meet or Exceed cGMP Quality Standards

Phillips Clinic  
5970 S. Rainbow Blvd., Ste. 100  
Las Vegas, NV 89118-2540  
(702) 363-4000 • PhillipsClinicLV.com

## Discussion

The average diet can be lacking in complete nutrition due to modern food-production techniques, poor food choices, and nutrient-depleting preparation methods.<sup>[1-3]</sup> Combine these with the toll of lifestyle stress and oxidizing chemicals—found in foods and the environment—and it becomes essential to ensure comprehensive foundation nutrition for the body. To achieve this, each cellophane-wrapped package of Daily Essentials contains the following Phillips Clinic formulas:\*

**Multivitamin Formula w/o Iron** This high-quality, hypoallergenic, proprietary multivitamin/mineral blend is provided in vegetable capsules and not only features activated vitamin co-factors and patented Albion® chelated mineral complexes, but it also provides folate as a blend of folic acid and 5-MTHF. The form of 5-MTHF is Quatrefolic®, which is proven to have greater stability, solubility, and bioavailability over the calcium salt forms of 5-MTHF. The balanced nutrient profile in Multivitamin Formula w/o Iron supports vitamin/mineral synergistic activity; antioxidant protection with vitamins C and E, selenium, and carotenoids; and Phase 1 detoxification.\*

**Antioxidant Formula** This innovative blend of oxidation-fighting botanicals contains RosemarinX™, derived from rosemary, and Berr-X™, derived from a variety of berries. The technique known as ORAC measures antioxidant capacity, and units of an ORAC value are expressed as micromoles Trolox Equivalents per gram of a substance. Consuming an average of five to nine servings per day of a variety of fruits and vegetables yields 6000 Trolox Equivalents. This same amount is supplied by just two capsules (1000 mg) of Antioxidant Formula.\*<sup>[6]</sup>

**Omega-3 Formula** Each enteric-coated softgel contains 1.2 g of fish oil, delivering 360 mg eicosapentaenoic acid (EPA) and 240 mg docosahexaenoic acid (DHA). A rigorous, proprietary, temperature-controlled/vacuum technology is used for purification and manufacturing. Stringent verification processes reduce any potential health risks which may otherwise result from the oil's exposure to rancid fats, toxins, bacteria, molds, yeasts, or very high levels of fat-soluble vitamins, such as vitamin A. Phillips Clinic is proud to guarantee the quality, potency, purity, stability, and disintegration time of Omega-3 Formula fish oils. In addition to complying with a host of federal and state regulations, our supplier also agrees to adhere to voluntary guidelines for manufacturing and to a code of ethics as members of the Council for Responsible Nutrition. Research suggests that consumption of EPA and DHA omega-3 fatty acids may support cardiovascular health.<sup>[5]</sup> Studies have also shown that fish oils may support a healthy response to inflammation, promote optimal joint function<sup>[6]</sup>, and support overall brain and nervous system function.\*<sup>[7]</sup>

\*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.

Daily Essentials



# Supplement Facts

Serving Size: 1 Packet  
Servings Per Container: 60

	2 Multivitamin w/o Iron Formula Capsules		1 Antioxidant Formula Capsule		1 Omega-3 Formula Softgel		1 Bone Support Formula Capsule	
	Amount Per Serving	%DV*	Amount Per Serving	%DV*	Amount Per Serving	%DV*	Amount Per Serving	%DV*
<b>Calories</b>	15							
Calories from Fat	10							
<b>Total Fat</b>	1.5 g 2%							
Vitamin A (75% [2,812 IU] as mixed carotenoids and 25% [938 IU] as cis-retinol palmitate)	3750 IU	75%						
Vitamin C (as potassium ascorbate, zinc ascorbate, calcium ascorbate, and sodium ascorbate)	125 mg	208%						
Calcium (as MCHC, DimaCal® Di-Calcium Malate, and calcium ascorbate)	50 mg	5%					350 mg	35%
Vitamin D3 (as cholecalciferol)	100 IU	25%						
Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)	100 IU	333%						
Vitamin B1 (as thiamine mononitrate)	10 mg	667%						
Vitamin B2 (as riboflavin 5' phosphate)	10 mg	588%						
Vitamin B3 (as niacinamide and niacin)	32 mg	160%						
Vitamin B6 (as pyridoxal 5' phosphate)	10 mg	500%						
Folate (100 mcg as folic acid and 100 mcg as 5-methyltetrahydrofolate <sup>†</sup> )	200 mcg	50%						
Vitamin B12 (as methylcobalamin)	250 mcg	4167%						
Biotin	500 mcg	167%						
Pantothenic Acid (as d-calcium pantothenate)	100 mg	1000%						
Iodine (as potassium iodide)	50 mcg	33%						
Magnesium (as Di-Magnesium Malate)	50 mg	13%						
Zinc (TRAACS® Zinc Glycinate Chelate)	6.5 mg	43%						
Selenium (as Selenium Glycinate Complex)	50 mcg	71%						
Copper (TRAACS® Copper Glycinate Chelate)	500 mcg	25%						
Manganese (TRAACS® Manganese Glycinate Chelate)	250 mcg	13%						
Chromium (TRAACS® Chromium Nicotinate Glycinate Chelate)	250 mcg	208%						
Molybdenum (TRAACS® Molybdenum Glycinate Chelate)	25 mcg	33%						
Potassium (as Potassium Glycinate Complex and potassium ascorbate)	50 mg	1%						
Inositol	18 mg	**						
Choline (as choline dihydrogen citrate)	18 mg	**						
PABA (para-aminobenzoic acid)	6.5 mg	**						
Vanadium (TRAACS® Vanadium Nicotinate Glycinate Chelate)	375 mcg	**						
EPA (eicosapentaenoic acid)					380 mg	**		
DHA (docosahexaenoic acid)					240 mg	**		
Antioxidant Formula (RosemarinX™ and Berr-X™ standardized to provide 6000 TE/g)			500 mg	**				

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

**Other Ingredients for Multivitamin w/o Iron Formula:** HPMC (capsule), microcrystalline cellulose, stearic acid, magnesium stearate, and silica.  
**Other Ingredients for Antioxidant Formula:** HPMC (capsule), stearic acid, and magnesium stearate.  
**Other Ingredients for Omega-3 Formula:** Gelatin, vegetable glycerin, food glaze, ethylcellulose, purified water, enteric coating, and mixed natural tocopherols.  
**Contains:** Fish (anchovy, mackerel, sardine).  
**Other Ingredients for Bone Support Formula:** HPMC (capsule), stearic acid, and magnesium stearate.

## Directions

Consume the contents of one packet twice daily, or as directed by your healthcare practitioner.

## References

1. National Health and Nutrition Examination Survey. Centers for Disease Control and Prevention. <http://www.cdc.gov/nchs/nhanes.htm>. Accessed February 22, 2011.
2. What we eat in America. USDA Agricultural Research Service [http://www.ars.usda.gov/main/site\\_main.htm?modecode=12-35-50-00](http://www.ars.usda.gov/main/site_main.htm?modecode=12-35-50-00). Accessed February 22, 2011.
3. Worthington V. Nutritional quality of organic versus conventional fruits, vegetables, and grains. *J Altern Complement Med.* 2001 Apr;7(2):161-73. [PMID: 11327522]
4. Albion TRAACS® big news in mineral amino acid chelate history. Albion Human Nutrition. <http://www.albionminerals.com/human-nutrition/quality/traacs-ft-ir-analysis>. Accessed March 13, 2011.
5. FDA announces qualified health claims for omega-3 fatty acids. U.S. Food and Drug Administration Department of Health and Human Services. <http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/2004/ucm108351.htm>. Accessed February 27, 2011.
6. Proudman SM, Cleland LG, James MJ. Dietary omega-3 fats for treatment of inflammatory joint disease: efficacy and utility. *Rheum Dis Clin North Am.* 2008 May;34(2):469-79. [PMID: 18638687]
7. Cole GM, Ma QL, Frautschy SA. Dietary fatty acids and the aging brain. *Nutr Rev.* 2010 Dec;68(suppl 2):S102-11. [PMID: 21091943]
8. Price JA, Sanny CG, Shevlin D. Application of manual assessment of oxygen radical absorbent capacity (ORAC) for use in high throughput assay of "total" antioxidant activity of drugs and natural products. *J Pharmacol Methods.* 2006 July-Aug;54(1):56-61. [PMID: 16337142]

## Cautions

Consult your healthcare practitioner before use. Keep out of reach of children. Avoid if allergic to any ingredient.

**\*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.**

