

NUMEDICA[®]
ACHIEVING PHYSIOLOGICAL BALANCE

Foundation Essentials

FOR MEN AND WOMEN
WITH 1000 mg OF MCHC FOR BONE SUPPORT

Foundation Essentials™ for Men and Women is a powerful combination of four foundation nutritional formulas provided in convenient daily dose packets. This formula contains added MCHC and calcium for bone support and it does not contain iron which makes it the perfect foundation nutrition supplement for men and women alike.

Each packet contains the following four foundation formulas to be taken twice daily:

2-MultiMedica™ without Iron provides high quality comprehensive vitamins, minerals, amino acids and herbals. MultiMedica™ without Iron features patented Albion TRAACS® amino acid chelates for optimal mineral absorption and is provided in hypoallergenic vegetable capsules.

1-OsteoMedica™ provides the optimal bone health support of MCHC (Microcrystalline Hydroxyapatite Concentrate) from New Zealand cattle. The MCHC in OsteoMedica™ contains crystalline compounds of calcium, phosphorus, organic factors, collagen (type 1) and naturally occurring bone growth factors. Additionally, OsteoMedica™ provides added Magnesium and Vitamin D3.

1-Omega 600 USP™ provides 600 mg of ultra-pure, molecularly distilled, natural marine lipid concentrate sourced from Ocean Nutrition of Canada, the only supplier of USP (United States Pharmacopeia) verified oils from fish caught in cold, deep sea waters.

1-CoQ Clear™ a patent pending, crystal-free CoQ10, offers the highest absorption and bioavailability. CoQ10 is a component of the electron transport chain, participating in aerobic cellular respiration for generating energy. Most of the human body's energy is generated this way. CoQ10 is a vital part of a high quality foundation nutrition regime, as an extremely powerful antioxidant.*

*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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| Supplement Facts | Serving Size: 2 Packets Servings Per Container: 30 | | | |
|--|---|------------------------------|--------------------------|----------------------------|
| | 4 MultiMedica™ Capsules | 2 Omega 600 USP™ Softgels | 2 CoQ-Clear™ Softgels | 2 OsteoMedica™ Capsules |
| | Amount | %DV* | Amount | %DV* |
| Calories | 30 | | | |
| Calories from Fat | 20 | | | |
| Total Fat | 2.448 g | | 4% | |
| Vitamin A (75% [7500 IU] natural mixed carotenoids, 25% [2500 IU] retinyl palmitate) | 10,000 IU | 200% | | |
| Vitamin C (as magnesium ascorbate, zinc ascorbate, potassium ascorbate, calcium ascorbate) | 250 mg | 416% | | |
| Vitamin D3 (as cholecalciferol) | 800 IU | 200% | 200 IU | 50% |
| Vitamin E (as d-alpha tocopherol succinate) | 100 IU | 333% | 10 IU | 34% |
| Thiamin (as thiamin mononitrate) | 15 mg | 1,000% | | |
| Riboflavin (as riboflavin-5'-phosphate) | 5 mg | 300% | | |
| Niacin (as niacin and niacinamide) | 60 mg | 300% | | |
| Vitamin B-6 (as pyridoxal-5'-phosphate) | 16 mg | 800% | | |
| Folate (as folic acid) | 200 mcg | 50% | | |
| Vitamin B-12 (as methylcobalamin and cyanocobalamin) | 600 mcg | 10,000% | | |
| Biotin | 300 mcg | 100% | | |
| Pantothenic Acid (as d-calcium pantothenate) | 200 mg | 2,000% | | |
| Calcium (TRAACS® calcium glycinate chelate, calcium ascorbate, calcium citrate) | 100 mg | 10% | 400 mg | 40% |
| Phosphorus (as pyridoxal-5'-phosphate and riboflavin-5'-phosphate) | 12 mg | 1% | 90 mg | 9% |
| Iodine (as potassium iodide) | 100 mcg | 66% | | |
| Magnesium (TRAACS® magnesium glycinate chelate buffered, magnesium ascorbate, magnesium citrate) | 150 mg | 38% | 50 mg | 13% |
| Zinc (TRAACS® zinc glycinate chelate, zinc ascorbate) | 15 mg | 100% | | |
| Selenium (as selenium glycinate complex) | 100 mcg | 142% | | |
| Manganese (TRAACS® manganese glycinate chelate) | 0.5 mg | 25% | | |
| Chromium (TRAACS® chromium nicotinate glycinate chelate) | 240 mcg | 200% | | |
| Molybdenum (TRAACS® molybdenum glycinate chelate) | 50 mcg | 66% | | |
| Potassium (as potassium glycinate complex, potassium ascorbate) | 99 mg | 2% | | |
| MCHC (Microcrystalline Hydroxyapatite Concentrate) | | | 1000 mg | ** |
| Betaine HCl | 60 mg | ** | | |
| Ashwagandha Root Extract | 60 mg | ** | | |
| Pumpkin Seed Extract | 50 mg | ** | | |
| N-Acetyl L-Carnitine HCl | 50 mg | ** | | |
| N-Acetyl L-Cysteine | 50 mg | ** | | |
| Choline (as choline bitartrate) | 40 mg | ** | | |
| Inositol | 40 mg | ** | | |
| Milk Thistle Seed Extract | 30 mg | ** | | |
| Glycine | 30 mg | ** | | |
| L-Taurine | 30 mg | ** | | |
| L-Glutamic Acid | 25 mg | ** | | |
| L-Alanine | 25 mg | ** | | |
| Panax ginseng Root | 25 mg | ** | | |
| L-Methionine | 25 mg | ** | | |
| Natural Marine Lipid Concentrate | 2.488 g | ** | | |
| EPA (eicosapentaenoic acid) | 734 mg | ** | | |
| DHA (docosahexaenoic acid) | 490 mg | ** | | |
| CoQ10 (ubiquinone) | | | 100 mg | ** |
| Proprietary Formula | 183.8 mg | ** | | |
| Containing: L-Lysine HCl, Para Amino Benzoic Acid (PABA), Saw Palmetto Berry Extract, Tribulus terrestris Fruit Extract, Rutin, Hesperidin, Quercetin, R-Alpha Lipoic Acid, Lutein and Barley Grass. | | | | |

* Percent Daily Value based on a 2,000 calorie diet. ** Daily value not established.

Other ingredients for MultiMedica™ without Iron: HPMC (vegetable capsule), rice flour and silica.
Other ingredients for Omega 600 USP™: Gelatin, glycerin, purified water, enteric coating and vanillin.
Other ingredients for CoQ-Clear™: Conjugated linoleic acid, flaxseed oil, gelatin, monoglyceride, glycerin, and water.
DimaCal and TRAACS are registered trademarks of **Albion International, Inc.**
 Malates covered by U.S. Patent 6,706,904 and patents pending.

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