



# CLINICAL FORMULAS

## Essential Nutrients™

Comprehensive & convenient nutritional supplementation for women 35+

### Product benefits

- Widely used in a leading clinical practice
- Carefully formulated to meet medical doctor specifications
- Three essential formulas in one convenient pack
- Provides a vital nutritional foundation for optimal health
- Formulated to address symptoms commonly experienced by older women
- Supports healthy metabolic function

### What's unique about Women to Women® Essential Nutrients™

Essential Nutrients™ combines three essential formulas in a single convenient pack:

- Multi-Vitamin/Mineral Formula
- Essential Fatty Acids
- Calcium/Magnesium Formula

In combination, these formulas are designed to support both a healthy metabolism and hormonal balance in perimenopausal and menopausal women. Essential Nutrients™ are formulated to a medical doctor's specifications and are made from pure, high quality ingredients that provide optimal absorption and bioavailability.

**Multi-Vitamin/Mineral Formula:** Our Women to Women® Multi-Vitamin/Mineral Formula is a comprehensive, highly concentrated vitamin/mineral/trace element supplement containing more than 30 essential nutritional ingredients. More than just another multivitamin supplement, our product is a potent antioxidant formula with natural beta-carotene (from *D. salina*) and natural vitamin E; a high-potency B-complex supplement; a significant source of bioavailable calcium and magnesium; and a full-spectrum trace element supplement. We use only the purest, most hypoallergenic ingredients and our product contains no GMO ingredients; yeast; corn; wheat; sugar or other sweeteners; artificial colors, flavors or preservatives. Certain nutrients such as beta-carotene, vitamin C, vitamin E and B-complex vitamins are included in high-potency amounts because of the vital roles they play in antioxidant protection, energy production and maintenance of healthy blood cells, nervous system, hormonal balance, and more. Minerals and trace elements are provided in their safest and most bioavailable forms, such as Albion™ amino acid chelates and other scientifically validated and clinically superior forms. Contains no iron.

**Essential Fatty Acids:** Women to Women® Essential Fatty Acids contain a marine lipid concentrate that has been processed by molecular distillation. Our formula is an excellent source of omega-3 fatty acids, providing eicosapentaenoic acid (EPA, 18%) and docosahexaenoic acid (DHA, 12%) in their natural triglyceride form. A healthy balance of dietary omega-6 and omega-3 fatty acids appears to be a prerequisite for normal immune function. Among other factors, sufficient dietary levels of EPA, DHA and other omega-3 fatty acids are also important in the regulation of normal blood lipoprotein and cholesterol levels.

**Calcium/Magnesium Formula:** Women to Women® Calcium/Magnesium Formula is a special chelate complex of 6 sources of calcium with magnesium and other ingredients to assist the body in maintaining healthy bone structure. Calcium is a primary mineral for building the strong structure of bones and teeth. Bone is constantly turning over, a continuous process of formation and resorption. In children and adolescents, the rate of formation of bone mineral predominates over the rate of resorption. In later life, resorption predominates over formation. Therefore, in normal aging, there is a gradual loss of bone. Intestinal calcium absorption ranges from 15% to 75% of ingested calcium. Vitamin D is a key regulatory hormone for calcium and bone metabolism. Adequate vitamin D status is essential for ensuring normal calcium absorption and maintenance of healthy calcium plasma levels. Magnesium absorption is independent of vitamin D

status and ranges from 30 to 60% of ingested magnesium. Osteoporosis, a condition of reduced bone mineral density that can increase risk of fractures, affects a large proportion of the elderly in developed countries. It is generally accepted that obtaining enough dietary calcium throughout life can significantly decrease the risk of developing osteoporosis. But even elderly osteoporotic patients can benefit significantly from supplementation with dietary calcium. Our Calcium/Magnesium Formula provides a highly beneficial source of dietary calcium together with other nutrients that assist in the maintenance of healthy bone structure and function. For example, boron affects the composition, structure, and strength of bone. It appears to be necessary for calcium and magnesium absorption, their adequate renal reabsorption, and their incorporation into the bone matrix. Boron is absorbed at about 90% efficiency and is rapidly distributed among the tissues.

**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.**

Two convenience packs (representing 4 Multi-Vitamin/Mineral tablets, 2 Essential Fatty Acid softgel capsules, 2 Calcium/Magnesium tablets) supply:

	Amount	% U.S. RDA
Calories	21	*
Calories from fat	18	*
Total Fat (86% of calories from fat)	2 g	<4%
Saturated fat	0 g	0%
Polyunsaturated fat	1 g	*
Cholesterol	12 mg	4%
Vitamin A	16,667 I.U.	333%
(60% from fish liver oil (10,000 IU) and 40% (6,667 IU) as natural beta-carotene ( <i>D. salina</i> ))		
Vitamin C (L-ascorbate, corn-free)	800 mg	1,333%
Vitamin D3 (fish liver oil)	333 I.U.	85%
Vitamin E (d-alpha tocopheryl succinate)	269 I.U.	896%
Vitamin K1 (phytonadione)	40 mcg	50%
Thiamin (thiamin mononitrate)	67 mg	4,467%
Riboflavin	33 mg	1,941%
Niacin (niacinamide and niacin)	133 mg	665%
Vitamin B6 (pyridoxine HCl)	33 mg	1,650%
Folic acid	533 mcg	133%
Vitamin B12 (an ion exchange resin)	67 mcg	1,117%
Biotin	200 mcg	67%
Pantothenic acid (d-calcium pantothenate)	267 mg	2,670%
Calcium	833 mg	83%
(citrate, ascorbate, carbonate, gluconate, lactate, microcrystalline hydroxyapatite)		
Iodine (kelp)	100 mcg	67%
Magnesium	583 mg	145%
(aspartate-ascorbate complex, amino acid chelate**)		
Zinc (amino acid chelate**)	13 mg	87%
Selenium (amino acid complex)	133 mcg	190%
Copper (amino acid chelate**)	1.3 mg	65%
Manganese (amino acid chelate**)	13 mg	650%
Chromium (ChromeMate®***)	133 mcg	111%
Molybdenum (amino acid chelate**)	100 mcg	133%
Potassium (aspartate-ascorbate complex)	66 mg	<2%
Natural Triglyceride Marine Lipid Concentrate	2,000 mg	*
Providing:		
Eicosapentaenoic acid (EPA) (18%)	360 mg	*
Docosahexaenoic acid (DHA) (12%)	240 mg	*
Total omega-3 fatty acids	600 mg	*
Choline (bitartrate)	100 mg	*
Citrus bioflavonoids	67 mg	*
Glutamic acid HCl	50 mg	*
Inositol	33 mg	*
Para-aminobenzoic acid	33 mg	*
Lysine HCl	24 mg	*
Boron (aspartate-citrate)	3.3 mg	*
Vanadium (vanadyl sulfate)	133 mcg	*

\*Daily value not established

\*\*U.S. Patent Number 4,599,152 Albion Laboratories

\*\*\*U.S. Patent Number 4,923,855 InterHealth Co.

**Other ingredients:** Tablets: Modified cellulose gum, methylcellulose, silica, cellulose, vegetable stearine, titanium dioxide, magnesium stearate, gum ghatti, natural tangerine flavor, and canthaxanthin (carotene color). Softgel caps: Gelatin, natural glycerin and water.



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**Comprehensive & convenient nutritional supplementation for women 35+**

**Suggested Use:** Take the contents of a convenience pack twice daily with a meal. If pregnant or breastfeeding, consult your healthcare practitioner before use.

**Side Effects:** None reported.

### About Women to Women®

Women to Women® has gained an international reputation as the leading clinical provider of prevention-oriented, women-centered health care in America, integrating the best practices of alternative and conventional medicine. All Women to Women® products have been clinically tested, and used successfully by thousands of women from throughout the U.S.

### References

If you want more information on the clinical basis for using Women to Women® Essential Nutrients™, please refer to any of the following clinical studies and articles.

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