

Foundation Essentials

Five Formulas in a Single-Dose Packet



Available in 12 packets

Discussion

ProbioMax® Daily DF is a vegetarian, dairy- and gluten-free, four-strain probiotic totaling 30 billion CFU per capsule. ProbioMax Daily DF provides four researched strains of beneficial bacteria, including the extensively studied HNO19 strain of *Bifidobacterium lactis*.^[1] These live microorganisms have proven health benefits and well-established safety and have been tested for epithelial cell adhesion and/or resistance to low pH.^[2] To further support resistance to low pH and the delivery of microorganisms to the small intestines, XYMOGEN employs DRcaps™ gastro-resistant capsules. These specially designed, innovative capsules help minimize exposure of the actives to stomach acid and ensure more targeted release. Though the gastrointestinal and immune-supportive benefits of probiotics are the most widely studied, scientists continue to find that gut bacteria influence many other aspects of health, including brain function, weight management, detoxification, and cytokine production.*^[3-7]

ActivNutrients® without Iron is a high-quality, hypoallergenic, multivitamin/mineral blend that includes activated vitamins; folate as Quatrefolic® (5-MTHF); and patented Albion® TRAACS® chelated mineral complexes all provided in vegetarian capsules. Good nutrition is a basis for wellness, and good nutrition usually translates into a stronger immune system and better health. An important aspect of good nutrition is micronutrition (vitamins and minerals).^[8-11] According to research by the USDA and other organizations, the American diet is lacking micronutrients.^[12-14] In fact, nine out of 10 Americans are missing key micronutrients.^[14] Mass food production, storage techniques, poor food choices, and nutrient-depleting preparation methods may contribute to inadequacies. The bottom line is that children and adults are not consuming enough nutrient-rich foods to meet all their most basic vitamin and mineral needs.^[13] What's more, some scientists feel that the recommended intakes (e.g., %DV, DRIs, EARs, RDAs) may not meet the requirements of all individuals, especially the chronically ill.*

There are many reasons to select ActivNutrients without Iron. Among them are its balanced nutrient profile for foundational wellness, bioavailable micronutrient forms for optimal absorption and utilization, generous levels of B vitamins, and broad-spectrum antioxidant and phase I detoxification support.*

OmegaPure™ 600 EC is International Fish Oil Standards (IFOS) five-star certified fish oil. Each fish-gelatin-based softgel provides 600 mg of EPA and DHA. The softgels are covered with a GRAS-certified enteric coating so that they are easy to swallow and the EPA/DHA content is optimally delivered and absorbed. The industry-leading technologies used in the preparation of XYMOGEN's OmegaPure

Clinical Applications

- » Provides Foundational Supplementation for Overall Health*
- » Supports Intestinal and Microbiome Health*
- » Supports Healthy Magnesium and Vitamin D Levels*
- » Promotes Healthy Immunity*
- » Provides Omega-3 Fatty Acids for Good Nutrition and Healthy Cytokine Production*

*Foundation Essentials provides 12 days of supplementation in convenient, once-a-day packets. Each packet provides a daily dose of five XYMOGEN foundational health formulas: ProbioMax® Daily DF, ActivNutrients® without Iron, OmegaPure™ 600 EC, OptiMag® 125, and D3 2000. These formulas provide high-potency probiotics, an iron-free multiple, IFOS five-star certified omega-3 fatty acids, and extra magnesium and D3. Foundation Essentials can be used for any number of purposes, such as to serve as a kick start to your MedPax™ program, basic supplementation while you wait for lab results, or a convenient way to supplement while traveling.**

Arctic Oils® are in accordance with pharmaceutical standards that assure safe, consistent fish oils and surpass the standards for presence of environmental pollutants, including dioxins, polychlorinated biphenyls (PCBs), pesticides, and heavy metals such as mercury. The IFOS™ program is the only third-party testing and certification program for fish oils. IFOS sets the world's highest standards for purity, potency, and freshness and it tests products by lot, using direct analysis.*^[15]

Oelrich et al reported that, of three fish-oil formulations tested, there was no significant difference in their effect on triglycerides.^[16] The active therapy of the three arms was 4 g/day of combined EPA and DHA provided as: a) 90% triglyceride (TG) formulation (TG90), b) 60% TG formulation (TG60), or c) ethyl esters (EE) (i.e., 0% TG). Furthermore, omega-3 fish oils provided in an ethyl ester formulation tended to have a lower impact on increasing LDL-cholesterol levels compared to omega-3 fish oils delivered in the triglyceride formulation.*

OptiMag® 125 contains Albion®'s TRAACS® magnesium lysinate glycinate (mineral amino acid chelate) and Albion's chelated di-magnesium malate—both formulated for enhanced absorption. Magnesium, the fourth most abundant mineral in the body, participates in over 600 enzymatic reactions in nearly all tissues.^[17] Deficiency is common and results from poor dietary intake, poor absorption, and excessive losses through urine, stool, perspiration, or lactation. Certain drugs, certain herbs, poor kidney function, excessive alcohol intake, and drinking mostly “soft” water can contribute to magnesium depletion as well.^[18] Malic acid (from di-magnesium malate) supports energy production and lactic acid clearance via the Krebs cycle.*^[19]

D3 2000 provides 2000 IU of cholecalciferol in each convenient softgel. While vitamin D3 (cholecalciferol) is made in the skin when 7-dehydrocholesterol reacts with sunlight, many things affect the degree to which this biosynthesis occurs, including time of day, seasons, location, smog/pollution, clothing, shade of skin (darker skin requires more sun), and sunscreen use. Low-cholesterol diets and certain cholesterol therapies can also affect vitamin D formation. By some estimates, one billion people worldwide have vitamin D deficiency or insufficiency.^[20] Reversing deficiency and maintaining optimal serum vitamin D levels beneficially impacts biochemistry and numerous body systems; this is largely because calcitriol—the physiologically active product of vitamin D—is a secosteroid hormone that targets over 200 genes in a wide variety of tissues.^[21,22] As the research demonstrates, vitamin D is clearly

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*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.

Foundation Essentials Supplement Facts

Serving Size: 1 Packet
Servings Per Container: 12

	Amount Per Serving	%DV
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2% [†]
Vitamin A (75% as natural beta-carotene and 25% as retinyl palmitate)	3750 IU	75%
Vitamin C (as sodium ascorbate, potassium ascorbate, zinc ascorbate, and calcium ascorbate)	125 mg	208%
Vitamin D3 (cholecalciferol)	2100 IU	525%
Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)	100 IU	333%
Thiamin (as thiamine mononitrate)	10 mg	667%
Riboflavin (as riboflavin 5'-phosphate sodium)	10 mg	588%
Niacin (as niacinamide and niacin)	32 mg	160%
Vitamin B6 (as pyridoxal 5'-phosphate)	10 mg	500%
Folate (as Quatrefolic® (6S)-5-methyltetrahydrofolic acid, glucosamine salt)	200 mcg	50%
Vitamin B12 (as MecobalActive™ methylcobalamin)	250 mcg	4167%
Biotin	500 mcg	167%
Pantothenic Acid (as d-calcium pantothenate)	100 mg	1000%
Calcium (as DimaCal® di-calcium malate and calcium ascorbate)	50 mg	5%
Iodine (as potassium iodide)	50 mcg	33%
Magnesium (as Albion® di-magnesium malate and TRAACS® magnesium lysinate glycinate chelate)	175 mg	44%
Zinc (as TRAACS® zinc bisglycinate chelate)	6.5 mg	43%
Selenium (as Albion® selenium glycinate complex)	50 mcg	71%
Copper (as TRAACS® copper bisglycinate chelate)	0.5 mg	25%
Manganese (as TRAACS® manganese bisglycinate chelate)	0.25 mg	13%
Chromium (as TRAACS® chromium nicotinate glycinate chelate)	250 mcg	208%
Molybdenum (as TRAACS® molybdenum glycinate chelate)	25 mcg	33%
Potassium (as Albion® potassium glycinate complex)	49.5 mg	1%
Fish Oil Concentrate	1 g	**
Total Omega-3 Fatty Acids	650 mg	**
EPA (eicosapentaenoic acid)	360 mg	**
DHA (docosahexaenoic acid)	240 mg	**
Proprietary Blend	174 mg (15 Billion CFU [†])	**
<i>Lactobacillus acidophilus</i> La-14		
<i>Bifidobacterium longum</i> Bl-05		
<i>Lactobacillus plantarum</i> Lp-115		
HOWARU® Bifido (<i>Bifidobacterium lactis</i> HN019)	50 mg (15 Billion CFU [†])	**
Choline (as choline dihydrogen citrate)	18 mg	**
Inositol	18 mg	**
PABA (<i>para</i> -aminobenzoic acid)	6.5 mg	**
Vanadium (as TRAACS® vanadium nicotinate glycinate chelate)	375 mcg	**

[†] Percent Daily Values (DV) are based on a 2,000 calorie diet.

** Daily Value (DV) not established.

Other Ingredients: HPMC (capsule & acid-resistant capsule), microcrystalline cellulose, ascorbyl palmitate, silica, medium-chain triglyceride oil, vegetable stearic acid, softgel (tilapia fish gelatin, vegetable glycerin, and purified water), GRAS enteric coating (purified water, ethylcellulose, sodium alginate, ammonium hydroxide, medium-chain triglyceride oil, oleic acid, and vegetable stearic acid), mixed natural tocopherols, vegetable magnesium stearate, organic extra virgin olive oil, and softgel (bovine gelatin, vegetable glycerin, and purified water).
[†] Colony Forming Unit

DIRECTIONS: Take the contents of one packet daily, or use as directed by your healthcare practitioner.

Consult your healthcare practitioner prior to use. Individuals taking blood thinners or other medication should discuss potential interactions with their healthcare practitioner. Do not use if tamper seal is damaged.

DOES NOT CONTAIN: Wheat, gluten, yeast, soy protein, dairy products, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners, or artificial preservatives.

STORAGE: Keep tightly closed in a cool, dry place out of reach of children.

MecobalActive™ is a trademark of
The active form of B₁₂ Ferrer Health Tech.

Albion, DimaCal, TRAACS, and the Albion Medallion design are registered trademarks of Albion Laboratories, Inc. Malates covered by US Patent 6,706,904 and patents pending.

Quatrefolic® is a registered trademark of Gnosis S.p.A. Produced under US patent 7,947,662.

HOWARU® HOWARU® is a registered trademark of Danisco A/S and used under license.



imperative for the development, growth, and maintenance of a healthy body from gestation to old age.*^[22]

Although D2 and D3 are similar biochemically, D3 was reported to be approximately 87% more potent in raising and maintaining serum calcidiol (body's storage form) concentrations and in producing two- to threefold greater storage of vitamin D than the equimolar D2.*^[23]

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Additional references available upon request

All XYMOGEN® Formulas Meet or Exceed cGMP Quality Standards.

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