

Hers Essential Multivitamin

Code : 625
Package size : 60 caplets

Directions:

Take two caplets daily as needed as a dietary supplement.



Co-Q-10

- Coenzymes-10 combine in the body with other enzymes to form active enzyme systems. These enzyme systems are involved in the breakdown of proteins which, in turn, feeds, fuels, repairs and maintains our healthy bodies.
- Is an integral part in the production of ATP (adenosine triphosphate), the basic energy molecules of the cell. In other words, all of our energy comes from ATP from biologically active molecules.
- Relieve allergic reaction, beneficial for people with allergies, asthma and respiratory disease
- Possesses the ability to protect the heart during periods of oxygen deprivation.
- CoQ10 helps lower your cholesterol level.
- Cholesterol and CoQ10 are metabolized in the same way. Cholesterol-lowering medication, more specifically, statin drugs, reduce both your cholesterol AND your CoQ10 levels
- A necessity for those taking high blood & diabetic medicines prevents cardiovascular disease and cancer.
- Increases your energy level and helps to reduce fatigue
- Helps to address symptoms of muscular dystrophy and multiple sclerosis
- When combined with vitamin E, CoQ10 protects the liver against toxicity

Vitamin D3

- "Vitamin D deficiency is now recognized as an epidemic in the US"
 - Holick MF. The vitamin D epidemic and its health consequences. J Nutr. 2005 Nov;135(11):2739S-48S
- Deficiency may be associated with
 - Cardiovascular disease
 - High blood pressure
 - Heart failure in patients with CVD
 - cancer
 - high blood pressure
 - fibromyalgia
 - diabetes mellitus
 - multiple sclerosis
 - rheumatoid arthritis
 - hormonal imbalance, early menopause

ESSENTIAL BENEFITS

1. **CoQ10**, an antioxidant that is an integral part in the production of ATP (adenosine triphosphate)
2. **Vitamin D**, a fat-soluble vitamin
3. **Multi-vitamins & minerals** for your everyday needs
4. **Fruit and vegetables** (16 types of fruits & vegetables)
5. **Hormone balancers** - herbal ingredients like chasteberry, damiana root specifically formulated to support women issues
6. **Youth Boosters** like oat straw & catuaba supports nervous system
7. **Antioxidant** like red raspberry

SUPPLEMENT FACTS			
	Biotin	10mcg	33
	Chasteberry 4:1	400mg	*
Serving Size: 2 caplets	Fruit blend concentrate	200mg	*
Amount Per Serving	%DV	Red Raspberry leaf	206mg *
Vitamin D3 (as cholecalciferol)	5000IU 1250	Vegetable blend concentrate	150mg *
Vitamin A (as beta carotene)	1500IU 30	Sage leaf	150mg *
Vitamin C (as ascorbic acid)	60mg 100	Kudzu root	150mg *
Niacin (as niacinamide)	15mg 100	Damiana root	150mg *
Thiamine	6mg 400	Panax ginseng	100mg *
Riboflavin	6mg 400	Co-Q-10	50mg *
Vitamin B6 (as pyridoxine HCl)	6mg 400	Ginger root 4:1	50mg *
Pantothenic acid	6mg 60	Oat Straw powder	50mg *
Folic acid	400mcg 100	G.A.B.A.	50mg *
Vitamin B12 (100% as cyanocobalamin)	100mcg 1668	Catuaba	20mg *
		Inositol	15mg *
		Other ingredients: stearic acid, magnesium stearate, microcrystalline cellulose, plant fiber, dicalcium phosphate.	
		*Daily value not established	

Special Ingredients for HERS:

<p style="text-align: center;">Hormone Balancers</p> <p style="text-align: center;">Chasteberry</p> <ul style="list-style-type: none"> - Useful in reducing the breast pain or tenderness, irritability, bloating and depression that many women experience right before their menstrual period begin. - May help to regulate ovulation and help women who are struggling with infertility to become pregnant by correcting a condition known as <i>luteal phase defect</i>. - In addition, women who suffer from symptoms like hot flashes, sweating, vaginal dryness or depression due to hormonal imbalances associated with menopause maybe benefited. <p style="text-align: center;">Damiana Root</p> <ul style="list-style-type: none"> - Is an excellent strengthening tonic for the nervous and hormonal system. - It has an ancient reputation as one of the world's most powerful aphrodisiacs. - stimulates muscular contractions the intestinal tract <p style="text-align: center;">Sage Leaf</p> <ul style="list-style-type: none"> - The German Commission E approved internal use for stomach problems and excessive perspiration as well as for external use in conditions of inflamed mucous membranes of the mouth and throat. - Has an antimicrobial and antiviral activity against microbes such as Salmonella species and fungi such as Candida albicans. - Has been recommended for centuries to treat gingivitis (gum inflammation). <p style="text-align: center;">Panax Ginseng</p> <ul style="list-style-type: none"> - Increases the body's resistance to stress - Several human studies report that ginseng may lower blood sugar levels in patients with type 2 diabetes. - Several studies report that ginseng can modestly improve thinking or learning. 	<p style="text-align: center;">Kudzu Root</p> <ul style="list-style-type: none"> - Can reduce both hangovers and alcohol cravings. - Kudzu also contains a number of useful <i>isoflavones</i>, including <i>daidzein</i> (an anti-inflammatory and antimicrobial agent), <i>daidzin</i> (a cancer preventive), <i>genistein</i> (an antileukemic agent). - Can affect neurotransmitters (including serotonin, GABA, and glutamate) and it has shown value in treating migraine and cluster headache. - Traditional Chinese medicine, kudzu is considered one of the 50 fundamental herbs. It is used to treat tinnitus, vertigo, and Wei syndrome (superficial heat close to the surface) <p style="text-align: center;">Youth Boosters</p> <p style="text-align: center;">Oat Straw</p> <ul style="list-style-type: none"> - Analgesic (pain-reliever), antibacterial, antiviral, vasodilator, vasorelaxant - Is one of the best remedies for "feeding" the central nervous system, especially when under stress, exhaustion and depression. - Both a relaxant and stimulatory <p style="text-align: center;">Catuaba</p> <ul style="list-style-type: none"> - As an aphrodisiac and libido stimulant for males and females - Tones, balances, and calm the central nervous system (for nerve pain, exhaustion, over stimulation, nervousness, emotional stress, and insomnia-related to overactive neurotransmitters) - Also good for poor memory, Alzheimer's disease, and dementia <p style="text-align: center;">Antioxidants</p> <p style="text-align: center;">Red Raspberry</p> <ul style="list-style-type: none"> - Tones the uterus and helps prevent miscarriage and postpartum hemorrhage from a relaxed or atonic uterus. - Astringent in use, can be effective in soothing inflammation and constricting the tissues of the intestines to prevent water loss by tightening the top layers of skin or mucous membranes effectively reducing secretions, relieving irritation, and improving tissue firmness.
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