

DR. POWERS ESSENTIALS: Supplement Facts

Serving Size: Daily dose = 2 packets

	Amount Per Serving	% Daily Value
Vitamin A (75% as natural beta-carotene and 25% as retinyl palmitate)	3750 IU	75 %
Vitamin C (as calcium ascorbate, magnesium ascorbate, and potassium ascorbate)	750 mg	1250 %
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	625 %
Riboflavin (as riboflavin 5'-phosphate sodium)	10 mg	588 %
Niacin (as niacinamide and niacin)	32 mg	160 %
Pantothenic Acid (as d-calcium pantothenate)	100 mg	1000 %
Vitamin B6 (as pyridoxal 5'-phosphate)	10 mg	500 %
Folate (100 mcg as Quatrefolic® (6S)-5-methyltetrahydrofolic acid, glucosamine salt and 100 mcg as calcium folinate)	200 mcg	50 %
Folate (as Quatrefolic® (6S)-5-methyltetrahydrofolic acid, glucosamine salt)	400 mcg	100 %
Vitamin B12 (as methylcobalamin)	250 mcg	4166 %
Choline (as choline dihydrogen citrate)	18 mg	3 %
Biotin	500 mcg	166 %
Calcium (as calcium ascorbate)	65.00 mg	6 %
Calcium (as DimaCal® di-calcium malate and calcium ascorbate)	50.00 mg	5 %
Chromium (as TRAACS® chromium nicotinate glycinate chelate)	250 mcg	208 %
Copper (as TRAACS® Copper Glycinate Chelate)	0.50 mg	25 %
Iodine (as potassium iodide)	50 mcg	33 %
Magnesium (as Albion® di-magnesium malate and TRAACS® magnesium lysinate glycinate chelate)	125 mg	31 %
Magnesium (as Albion® di-magnesium malate)	50 mg	12 %
Manganese (as TRAACS® manganese bisglycinate chelate)	0.25 mg	12 %
Molybdenum (as TRAACS® molybdenum glycinate chelate)	25 mcg	33 %
Potassium (as Albion® potassium glycinate complex)	49.50 mg	1 %
Selenium (as Albion® selenium glycinate complex)	50 mcg	100 %
Selenium (as methylselenocysteine)	30 mcg	60 %
Vanadium (as TRAACS® vanadium nicotinate glycinate chelate)	375 mcg	**
Zinc (as TRAACS® Zinc Glycinate Chelate)	6.50 mg	43 %
Alpha Lipoic Acid	200 mg	**
Black Pepper Extract (Piper nigrum)(fruit)(BioPerine®)	10 mg	**
Black Pepper Extract (Piper nigrum)(fruit)95% piperine)(BioPerine®)	7.50 mg	**
Calcium-D-Glucarate	500 mg	**
Dihydroquercetin (from larch tree extract)(Larix dahurica, Larix gmelinii, Larix sibirica ledeb., Larix cajanderi, Larix czekanowskii, Larix russica, Larix sukaczewii)(saw logs)(PureDHQ™)	10 mg	**

DIM (diindolylmethane)	150 mg	**
Fish Oil Concentrate [385 mg DHA (docosahexaenoic acid), 515 mg EPA (eicosapentaenoic acid)]	1290 mg	**
Glucoraphanin (from broccoli extract)(Brassica oleracea italic (SGS™)	30 mg	**
Green Tea Aqueous Extract (Camellia sinensis)(leaf)(80% polyphenols, 60% catechins, 30% EGCG, 6% caffeine)	500 mg	**
Inositol	18 mg	**
Malic Acid (as Albion® di-magnesium malate)	414 mg	**
Milk Thistle Extract (Silybummarianum)(seed)(80% silymarin)	200 mg	**
N-Acetyl-L-Cysteine	200 mg	**
PABA (para-aminobenzoic acid)	6.50 mg	**
Proprietary Blend - HOWARU® Bifido (Bifidobacterium lactis HN019)(15 billion CFU)	50 mg	**
Proprietary Blend (Lactobacillus acidophilus La-14, Bifidobacterium longum B1-05, Lactobacillus plantarum Lp-115) (15 billion CFU)	174 mg	**
Quercetin (as quercetin dihydrate)(from Dimorphandra mollis)(bud)	100 mg	**
Trans-Pterostilbene (pTeroPure®)	31 mg	**
Trans-Resveratrol (as Polygonum cuspidatum root extract)	37 mg	**
Turmeric Extract (Curcuma longa)(root)(95% curcuminoids)	100 mg	**

** Daily Values not established

All nutrients are manufactured by XYMOGEN® Formulas and Meet or Exceed cGMP Quality Standards.