

Functional Support Basics

Functional Support Basics is a dietary supplement program designed to provide crucial nutrients that support overall health and wellness in two convenient packets daily. Each packet supplies important nutritional agents that provide comprehensive multiple vitamin and mineral support, balanced fatty acid support, and extra nutrients that help maintain antioxidant defenses, enhance liver function, and support health maintenance.

Each Functional Support Basics packet contains the following nutritional products:

- 3 Multiple Vitamins & Minerals tablets
- 1 Marine Fish Oil softgel
- 1 Liver Support capsule
- 1 Vitamin D₃ capsule

Multiple Vitamins & Minerals: This high-potency supplement supplies 30 important nutrients in easy-to-absorb forms and amounts that meet or exceed recommended dietary intake levels. More potent than regular multivitamins, this formula provides a broad-spectrum of essential nutrients that help support immune function, energy requirements, nervous system function, bone and eye health, and health maintenance. Well-absorbed nutrient forms are included for maximum benefit. Iron has been excluded as most people do not need to supplement iron unless indicated by appropriate blood tests. Multiple Vitamins & Minerals includes:

- Higher amounts of vitamin C, E, B-complex vitamins, and certain crucial minerals and trace elements than typically contained in over-the-counter vitamins.
- Two metabolically active forms of folate, as 5-methyltetrahydrofolate (5-MTHF) and folinic acid (5-formyltetrahydrofolate), instead of synthetic folic acid, which is not as well utilized. 5-MTHF and folinic acid are easily absorbed and readily usable by cells for efficient support of proper methylation and DNA synthesis and repair.
- 100% natural vitamin E complex supplying all the mixed tocopherols (d-alpha, d-beta, d-gamma, and d-delta) to provide broader antioxidant protection than using d-alpha alone.
- All-natural mixed carotenoids, such as alpha- and beta-carotenes, lutein, zeaxanthin, and beta-cryptoxanthin to offer more diverse benefit than using beta-carotene alone.
- Mineral amino acid chelates that are easy to digest and absorb.

Marine Fish Oil: This high-potency supplement provides omega-3 EPA and DHA fatty acids derived from ultra-purified fish oil. Often called the “good fats,” omega-3 fatty acids exert important favorable actions on maintaining a normal balance of fatty acid derivatives called eicosanoids that help regulate inflammatory responses. Omega-3 fatty acids have also been shown to modulate serum triglyceride levels and support heart, lung, joint, skin, brain, and nerve functions. However, many people do not regularly consume fish and may not be getting enough omega-3 to obtain these health benefits. Although certain plants such as flax seed and walnuts also contain a type of omega-3, this form is slowly and often poorly converted to EPA and DHA in many individuals. In contrast, eating fish or taking fish oil supplements supplies omega-3 in their biologically active forms that are directly usable by the body. This product has been highly refined by purification and distillation methods to remove contaminants and concentrate EPA and DHA content, thus making it safe for everyday use.

Liver Support: Liver Support capsules provide specific nutrients that protect and assist the liver in carrying out its crucial functions related to detoxification, digestion, and energy production.

- **Milk Thistle** is a common herb containing the active ingredient silymarin, a powerful liver protective compound with antioxidant properties. Silymarin helps the liver work more effectively by preventing harmful toxins from entering cells and by exerting powerful antioxidant protection that interrupts the course of free radical damage.
- **N-Acetyl-L-Cysteine (NAC)** provides cellular antioxidant protection and is the major precursor for intracellular production of glutathione, a crucial antioxidant produced in the liver that deactivates free radicals. Our body's ability to produce glutathione declines with age and exposure to environmental toxins can also increase demand for antioxidant protection from glutathione. In addition, NAC is used by the liver to help neutralize environmental pollutants and other toxins.
- **Alpha-Lipoic Acid** plays an important role in the generation of cellular energy and has the unique capability of providing antioxidant protection within both the fat and water portion of cells.

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- **L-Methionine and L-Cysteine** are two amino acids used by the body to increase glutathione levels and provide support against harmful toxins.
- **Taurine** is an important amino acid with the ability to deactivate toxins. Taurine also works to regulate a number of processes throughout the body including heart rhythm, blood pressure, and visual function.
- **Trimethylglycine**, also known as betaine, has been shown effective against the development of a fatty liver that can occur with the ingestion of alcohol. It is also a key methyl donor, a compound needed for many biological reactions.

Vitamin D₃: Vitamin D is a fat-soluble vitamin known as the sunshine vitamin because adequate exposure to sunlight allows the body to produce vitamin D on its own. However, increasing evidence suggests that average vitamin D intake and blood levels are too low. People with malabsorption conditions, impaired kidney function, or limited sun exposure are at highest risk. The most well understood function of vitamin D is the maintenance of normal blood levels of calcium and phosphorus to form and maintain strong, healthy bones. Vitamin D is also recognized to play a role in other physiologic functions such as glucose metabolism, neuro-muscular function, and normal cell differentiation. This product offers an effective means to attain the body's daily needs of this important vitamin.

Functional Support Basics can be taken by anyone who wishes to establish a core foundation of essential nutrients and provide an extra measure of protection against the overall toxic burden on the body.

Suggested Use: 1 packet twice daily with food.

Functional Support Basics formula:

Supplement Facts

Serving Size 1 Packet (3 tablets, 2 capsules, 1 softgel) • Servings Per Container 60

Amount Per Packet	% Daily Value	Amount Per Packet	% Daily Value
Calories	10	Copper (as copper glycinate chelate***)	1 mg 50%
Calories from Fat	10	Manganese (as manganese glycinate chelate***)	5 mg 250%
Total Fat	1 g 2%†	Chromium (50% as chromium polynicotinate**** and 50% as chromium nicotinate glycinate chelate***)	100 mcg 83%
Saturated Fat	0 g 0%†	Molybdenum (as molybdenum glycinate chelate***)	75 mcg 100%
Polyunsaturated Fat	1 g *	Potassium (as potassium aspartate-ascorbate complex)	50 mg 1%
Vitamin A (33% (3,750 I.U.) from fish liver oil and 67% (7,500 I.U.) as natural carotenes (alpha, beta, beta-cryptoxanthin, zeaxanthin, and lutein) from <i>D. salina</i>)	11,250 I.U. 225%	Boron (as boron aspartate-citrate)	1 mg *
Vitamin C (as calcium ascorbate and magnesium-potassium ascorbate complex)	600 mg 1000%	Vanadium (as bisglycinato oxovanadium)	50 mcg *
Vitamin D ₃ (as cholecalciferol)	1,400 I.U. 350%	Choline (as choline bitartrate)	75 mg *
Vitamin E (as d-alpha tocopheryl succinate and as mixed tocopherols d-alpha, d-beta, d-delta, d-gamma) from soy	205 I.U. 683%	Inositol	25 mg *
Vitamin K (as vitamin K ₁ phytonadione)	30 mcg 38%	<i>para</i> -Aminobenzoic Acid USP	25 mg *
Thiamine (as thiamine hydrochloride USP)	50 mg 3333%	Citrus Bioflavonoids (85% as citrus bioflavonoid complex, min. 50% bioflavonoids and 15% as hesperidin methylchalcone)	50 mg *
Riboflavin USP	25 mg 1471%	Alpha-Lipoic Acid	50 mg *
Niacin (75% as niacinamide USP and 25% as niacin USP)	100 mg 500%	N-Acetyl-L-Cysteine USP	150 mg *
Vitamin B ₆ (as pyridoxine hydrochloride USP)	25 mg 1250%	Taurine USP	50 mg *
Folate (50% as folic acid (5-formyltetrahydrofolate) and 50% as 5-methyltetrahydrofolate)	400 mcg** 100%	L-Cysteine	50 mg *
Vitamin B ₁₂ (50% as methylcobalamin and 50% as 5-adenosylcobalamin)	100 mcg 1667%	L-Methionine	25 mg *
Biotin USP	150 mcg 50%	Trimethylglycine (betaine)	150 mg *
Pantothenic Acid (as d-calcium pantothenate USP)	200 mg 2000%	Milk Thistle (<i>Silybum marianum</i>) fruit, dried extract, min. 80% silymarin	200 mg *
Calcium (76% as calcium citrate-malate and 24% as calcium ascorbate)	250 mg 25%	Marine Fish Oil Concentrate	1,000 mg *
Iodine (from kelp)	75 mcg 50%	Supplying the following	Compound FFA
Magnesium (75% as magnesium aspartate-ascorbate complex and 25% as magnesium glycinate chelate***)	250 mg 63%	Omega-3 fatty acids:	Weight‡ Weight‡‡
Zinc (as zinc glycinate chelate***)	10 mg 67%	Eicosapentaenoic acid (EPA)	300 mg 270 mg *
Selenium (as selenium amino acid complex)	100 mcg 143%	Docosahexaenoic acid (DHA)	200 mg 180 mg *

Other Ingredients: Gelatin, Vcaps™ vegetarian capsule (hydroxypropyl methylcellulose, water), cellulose, carboxymethylcellulose sodium, vegetable stearin, glycerin, vegetable gum, water, magnesium stearate, L-leucine, silicon dioxide, natural citrus flavor, and cellulose coating.

**Amount of active isomers from mixed isomer forms.

***Albion Laboratories

****ChromMate® brand InterHealth N.I. Covered by one or more U.S. Patents 4,923,855, 4,954,492 and 5,194,615.

†Amounts reported as weight of the fatty acid compound.

‡‡Amounts reported as free fatty acid (FFA) equivalents by weight in accordance with voluntary CRN Monograph.

†Percent Daily Values are based on a 2,000 calorie diet.

*Daily value not established.

This product was made in a GMP and ISO 9001:2000 registered facility.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.