



ESSENTIALS PACK

Supplement	Quantity	Time
Advanced Daily	1	Morning
Omega-3 Complex	1	Evening
Probiotic+	1	Evening

WHAT DOES THE ESSENTIALS PACK DO?

Our Essentials Pack comes with our Advanced Daily blend to address your daily nutrient needs, but also includes a powerful Probiotic and Omega 3 to round out your essential nutritional support needs.*

WHAT IS OFFERED IN THE ESSENTIALS PACK

Each box comes with a 30-day supply of convenient daily strip packs divided into morning and evening. The box includes 30 single-strip AM packs with 1 Advanced Daily. The box also includes 30 single-strip PM packs with 1 Omega-3 Complex, and 1 Probiotic+.

*Consult your physician and follow all safety instructions before using any prenatal supplement or nutritional product. These statements have not been evaluated by the Food and Drug Administration. IDLife products are not intended to diagnose, treat, cure or prevent any disease.

Supplement Facts

Serving Size: 1 pack
Servings per container: 30

	Morning Pack		Evening Pack	
	Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin C (from Calcium Ascorbate)	50 mg	55%	0 mg	0%
Vitamin D3 (from Cholecalciferol)	5 mcg	33%	0 mcg	0%
Vitamin E (as d-alpha tocopherol)	0 mg	0%	6.7 mg	44%
Thiamin (Vitamin B1) (as Thiamine Mononitrate)	0.65 mg	43%	0 mg	0%
Riboflavin (Vitamin B2)	0.60 mg	46%	0 mg	0%
Vitamin B6 (from Pyridoxine hydrochloride)	0.75 mg	57%	0 mg	0%
Folate [from (6S)-5-Methyltetrahydrofolic Acid, Glucosamine Salt (Quatrefolic®)]	50 mcg DFE	12%	0 mcg DFE	0%
Vitamin B12 (as Methylcobalamin)	25 mcg	1041%	0 mcg	0%
Biotin (as D-Biotin)	15 mcg	50%	0 mcg	0%
Vitamin B5 (Pantothenic Acid from d-Calcium Pantothenate)	3 mg	30%	0 mg	0%
Calcium (from Calcium Carbonate, Calcium Citrate Malate, and Calcium Citrate)	56.25 mg	5%	0 mg	0%
Choline (as Choline Bitartrate)	25 mg	4%	0 mg	0%
Iodine (from kelp)(stem and leaf)	50 mcg	33%	0 mcg	0%
Magnesium (from Magnesium Oxide)	50 mg	12%	0 mg	0%
Zinc (from Zinc Glycinate Chelate) (TRAACS®)	2.5 mg	22%	0 mg	0%
Selenium (from L-selenomethionine)	27.5 mcg	50%	0 mcg	0%
Copper (from Copper Glycinate Chelate) (TRAACS®)	375 mcg	41%	0 mcg	0%
Manganese (from Manganese Glycinate Chelate) (TRAACS®)	1 mg	43%	0 mg	0%
Chromium (from Chromium Nicotinate Glycinate Chelate) (TRAACS®)	15 mcg	50%	0 mcg	0%
Molybdenum (from Molybdenum Glycinate Chelate) (TRAACS®)	25 mcg	55%	0 mcg	0%
Docosahexaenoic Acid (DHA-from Alaska Pollock)	0 mg	*	240 mg	*
Eicosapentaenoic Acid (EPA-from Alaska Pollock)	0 mg	*	320 mg	*
Inositol (from Inositol HexaNicotinate)	10 mg	*	0 mg	*
PABA (para-Aminobenzoic Acid)	10 mg	*	0 mg	*
Proprietary Probiotic Blend (Lactobacillus plantarum 299V, Bifidobacterium longum, Lactobacillus casei subsp casei, Lactobacillus acidophilus, Bifidobacterium lactis, Bifidobacterium bifidum, Streptococcus thermopiles, Lactobacillus reuteri, Lactobacillus paracasei, Bifidobacterium infantis, Lactobacillus rhamnosus, Lactobacillus fermentum, Lactobacillus salivarius)	0 mg	*	100 mg	*
Quercetin (Dimorphandra mollis) (Flower)	0.75 mg	*	0 mg	*
Sensoril® Ashwagandha Extract (Withania somnifera)(Root & Leaf) [Standardized to 10% Withanolide Glycosides and 32% Oligosaccharides]	46.5 mg	*	0 mg	*
Silicon	17.21 mg	*	0 mg	*
Vanadium (from Vanadium Nicotinate Glycinate Chelate) (TRAACS®)	125 mcg	*	0 mcg	*

*Daily Value (DV) not established.

Other Ingredients: Gelatin (Bovine), Microcrystalline Cellulose, Glycerin, Capsule Shell (Hydroxypropyl Methylcellulose), Silicon Dioxide Micronized, Stearic Acid, DI Water, Magnesium Stearate