

# ADVANCED PM

Advanced PM is a multivitamin mineral formula which provides complete nutritional support with a full range of fat-soluble vitamins and minerals.



## EVENING PACK

- Helps support a healthy cardiovascular system and blood pressure
- Powerful combination of antioxidants
- Helps fight free radicals & oxidative stress
- Supports the body's natural sleep-wake cycle

**Advanced PM** is a multivitamin mineral formula which provides complete nutritional support with full range of fat-soluble vitamins, (vitamin A and D) and minerals (including magnesium, copper, potassium and zinc), utilizing chronotherapeutic dosing providing the right nutrient at the right time of day. IDNutrition includes the amino acid GABA in our Basic PM formula to improve mood and enhance sleep.\*

## Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving		% Daily Value
Vitamin A (Retinyl Acetate and 50% as Beta Carotene)	750 mcg RAE	83%
Vitamin C (Ascorbic Acid from Calcium Ascorbate)	30 mg	33%
Vitamin D3 (Cholecalciferol)	12.50 mcg	63%
Folate (from 5-MTHF ((6S)-5-Methyltetrahydrofolic Acid, Glucosamine Salt (Quatrefolic®) and Calcium Folate)	50 mcg DFE	13%
Vitamin B5 (Pantothenic Acid from d-calcium Pantothenate)	5 mg	100%
Calcium (from Calcium Carbonate)	100 mg	8%
Iodine (from Organic Geothermal Kelp)	75 mcg	50%
Magnesium (from Magnesium Oxide)	100 mg	24%
Zinc (from Zinc Bisglycinate Chelate) (TRAACS®)	1 mg	9%
Selenium (from L-Selenomethionine)	36 mcg	65%
Copper (from Copper Bisglycinate Chelate)(TRAACS®)	500 mcg	56%
Manganese (from Manganese Bisglycinate Chelate) (TRAACS®)	1 mg	43%
Molybdenum (from Molybdenum Glycinate Chelate) (TRAACS®)	75 mcg	167%
Potassium (from Potassium Citrate)	50 mg	1%
Vanadium (from Vanadium Nicotinate Glycinate Chelate)(TRAACS®)	500 mcg	*
GABA (Gamma Aminobutyric Acid)	50 mg	*
Green Tea Extract ( <i>Camellia sinensis</i> ) (Leaf) (80% Polyphenols, 60% Catechins, 30% EGCG)	22 mg	*
Quercetin ( <i>Dimorphandra mollis</i> )	1.25 mg	*
Tumeric Extract ( <i>Curcuma longa</i> ) (Root) (95% Curcuminoids)	1.25 mg	*
Glucoraphanin (from <i>Brassica oleracea</i> ) (seeds (Truebroc®)	65 mcg	*

\* Daily Value not established

\*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.

