

800.827.9529  
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## WHOLE FOOD

Whole-food, organic, B vitamins to support energy production

## BIOAVAILABLE

Bioavailable mineral amino acid chelates

## ANTIOXIDANTS

Super antioxidants including resveratrol, grape seed extract, pomegranate, and coenzyme Q10

## DETOX

Detoxification support via L-glutathione, curcumin, n-acetyl-cysteine, and green tea

## DIGESTIVE WELLNESS

Probiotics and enzymes for digestive wellness

### Why OmniEssentials?

Daily nutrition starts with the whole-food vitamins, mineral chelates, and specialty nutrients provided by **OmniEssentials**. A good multivitamin can be the first basic step on the road to general wellness. Many Americans rely on processed foods, and our nutrient intake from natural whole foods continues to decrease. Only 14% of US adults consume the recommended 5 servings of fruits and vegetables on a daily basis. The National Health and Nutrition Examination survey estimates that many Americans are deficient in essential nutrients, especially vitamin D and magnesium.<sup>1</sup> Even when we intend to eat right, hectic schedules, the availability of processed and packaged food, and the increased cost of nutritious whole foods often prevent us from eating the type and variety of foods we need to meet our daily nutrient requirements. The whole-food nutrients in **OmniEssentials** fill these gaps in a form similar to natural dietary sources.

### Stop the "multi-vitamin drive-thru."

The best nutrition doesn't come from processed, highly manufactured foods, so why take a processed multivitamin supplement? A multivitamin has become a staple in the American household, with use increasing by nearly 40% since the early 1990s. Many are taking this simple, positive step to better health, but unfortunately are selecting retail brand formulas that contain synthetic vitamins and minerals that are poorly absorbed by the body. **OmniEssentials** supplements daily nutrition with an expertly formulated product that puts quality and bioavailability first.

**Orgenetics B Vitamins** are certified organic B vitamins from natural food sources including guava, mango, and lemon. B vitamins play many central roles in metabolism, including serving as co-factors for enzymes in glycolysis and the Krebs cycle. Whole-food sourced vitamins, in the form provided by nature, are the most authentic form of supplementation available. Co-nutrients from food sources also support activity and stability of B vitamins. Whole food B vitamins do not present the same risk of nausea and gastric discomfort as synthetic B vitamins, eliminating the need to take them with food. Orgenetics B vitamins meet superior quality standards including certified organic, ISO 22000, HACCP, and Kosher.

**5-Methyltetrahydrofolate and Methylcobalamin** are co-factors in the methylation pathway utilized in reactions necessary for neurological and cardiovascular health. **OmniEssentials** provides folate as 5-methyl tetrahydrofolate and B12 as methylcobalamin to support healthy methylation. In a double-blind placebo-controlled study of liver transplant recipients treated with 5-MTHF (1 mg) vs. folic acid (1 mg) vs. placebo in an 8-week trial, 5-MTHF was



### Supplement Facts

Available with and without iron

Amount per Serving	% DV†
Vitamin A (as beta carotene) .....	5000 IU 100%
Vitamin C (from acerola fruit) .....	60 mg 100%
Vitamin D (as cholecalciferol) .....	800 IU 200%
Vitamin E (as D-alpha tocopherol) .....	30 IU 100%
Vitamin K (as phyloquinone and menaquinone-7) .....	70 mcg 88%
Thiamin (from organic guava fruit, organic holy basil leaf, organic lemon peel) .....	6 mg 400%
Riboflavin (from organic guava extract [fruit], organic holy basil extract [leaf], organic lemon extract [peel]) .....	6 mg 353%
Niacin (from organic guava extract [fruit], organic holy basil extract [leaf], organic lemon extract [peel]) .....	10 mg 50%
Vitamin B6 (from organic guava extract [fruit], organic holy basil extract [leaf], organic lemon extract [peel]) .....	6 mg 300%
Folate (from organic guava extract [fruit], organic holy basil extract [leaf], organic lemon extract [peel], as methyltetrahydrofolic acid) .....	400 mcg 100%
Vitamin B12 (as methylcobalamin) .....	20 mcg 333%
Biotin (from organic sesbania extract [leaf]) .....	300 mcg 100%
Pantothenic Acid (from organic guava fruit, organic holy basil leaf, organic lemon peel) .....	11.0 mg 110%
Calcium (as amino acid chelate) .....	200 mg 20%
Iron (as iron glycinate) .....	18 mg 100%
Iodine (from kelp) .....	100 mcg 67%
Magnesium (as magnesium amino acid chelate) .....	200mg 50%
Zinc (as zinc amino acid chelate) .....	10 mg 67%
Selenium (as selenium amino acid chelate) .....	50 mcg 71%
Copper (as copper amino acid chelate) .....	1 mg 50%
Manganese (as manganese amino acid chelate) .....	2 mg 100%
Chromium (as chromium amino acid chelate) .....	100 mcg 83%
Molybdenum (as molybdenum amino acid chelate) .....	20 mcg 27%

Green Tea Extract (45% EGCG) (leaf) .....	100 mg **
Bromelain (2400 GDU/g) .....	50 mg **
Papain (70 TU/g) .....	50 mg **
Turmeric Extract (95% curcuminoids) (root) .....	50 mg **
Amylase (100,000 SKBU/g) .....	20 mg **
Grape Seed Extract (95% proanthocyanidins) .....	20 mg **
N-Acetyl-Cysteine .....	20 mg **
Pomegranate Fruit .....	20 mg **
Protease (800,000 HUT/g) .....	20 mg **
Quercetin (as quercetin dihydrate) .....	20 mg **
Bacillus coagulans (15 million spores/g) .....	15 mg **
CoQ10 .....	10 mg **
L-Glutathione .....	10 mg **
Lipase (80,000 LU/g) .....	10 mg **
Resveratrol (from Japanese knotweed) .....	10 mg **
Mixed Tocopherols .....	5 mg **

†Percent daily values (%DV) are based on a 2,000 calorie diet. \*\*Percent daily values 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.



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for Over 20 Years

found to be significantly more potent than folic acid at lowering elevated homocysteine levels.<sup>2</sup>

**Mineral Amino Acid Chelates** provide a preferred, bioavailable source of macro and micro mineral supplementation. Minerals come in one of two forms, organic or inorganic mineral salts. Common inorganic salts utilized in dietary supplements include calcium carbonate (limestone) and magnesium oxide. Inorganic mineral salts quickly dissociate within the acidic environment of the upper GI tract. Since these free minerals carry a charge, they are quickly attracted and bound to other compounds, which may inhibit their absorption. Amino acid chelates overcome this obstacle by binding organic minerals to two glycine amino acids. This complex protects the mineral, keeping it intact throughout the digestive tract so it can be released in the jejunum for absorption. Amino acid chelates have up to twenty times greater bioavailability than inorganic forms.<sup>3,4</sup> **OmniEssentials** provides amino acid chelate forms of macro and microminerals, including calcium, magnesium, iron, zinc, manganese, selenium, copper, chromium, and molybdenum.

**Vitamin C** (from acerola) is a natural, absorbable form of vitamin C. Acerola has been shown to be the richest source of vitamin C available.<sup>5</sup> In mouse models, vitamin C from acerola has been shown to prevent oxidative stress and also reduce the genotoxic effects of a high fat diet.<sup>6</sup>

**Vitamins K1 and K2** make up the two sub categories of the vitamin K molecules. Vitamin K1 primarily regulates blood clotting via the production of blood clotting factors II, VII, IX, and X. Vitamin K2 is a critical factor for enzymes involved in bone density. In females with higher intakes of vitamin K2, a reduced incidence of bone fractures and bone density issues has been observed.<sup>7</sup>

**Probiotics** (as B. Coagulans) is a lactic acid-producing probiotic that is especially durable and survives the stomach acid to be delivered to the small intestine without loss of viable organisms. Maintaining a balanced microflora ecosystem helps balance the immune system. B. coagulans has been shown to upregulate the immune response in the presence of viral infections.<sup>8</sup>

**Coenzyme Q10** is an endogenous antioxidant and an essential component of the body's energy-producing pathways. Clinical studies have shown CoQ10 supplementation as providing promising benefits in supporting healthy blood lipids and blood pressure and restoring heart health after myocardial infarctions.

**Pomegranate** is a superfood known for its potent antioxidant benefits. Both laboratory and clinical studies have demonstrated the extensive benefits of pomegranate in preventing the arterial changes associated with cardiovascular disease. The polyphenols in pomegranate provide exceptional antioxidant activity which help protect LDL particles from oxidation.

**Grape Seed Extract** provides proanthocyanidins, a potent antioxidant compound. Grape seed extract has been shown to protect blood vessel health and help prevent conditions related to free radical damage.

**Resveratrol** (from Japanese knotweed) has gained recent attention for its benefits as both an antioxidant and in anti-aging. Resveratrol has been shown to help prevent the deterioration of telomeres, shoe-string like compounds found on the end of DNA. The breakdown of telomeres has been linked to aging and disease.<sup>9</sup>

**L-Glutathione:** Known as the "super antioxidant," glutathione plays a key role as a protective antioxidant and detoxifier. This tripeptide, made up of L-cysteine, L-glycine, and L-glutamine, is involved in promoting the activity of the immune system, maintaining cellular and mitochondrial integrity, and preserving liver health.

**Curcumin** contains polyphenols that provide exceptional anti-inflammatory and antioxidant effects in the body. These benefits may help support healthy inflammatory responses and help slow the progression of changes seen in inflammatory-related conditions.

**Green Tea** provides the potent antioxidant EGCG, a catechin which has been shown to be beneficial in both cellular health and metabolism. Catechins support detoxification by binding to intermediate byproducts activated by phase 1 that are not conjugated by phase 2 to protect the body from damage from these reactive species.<sup>10</sup>

**Mixed Tocopherols** is the natural form of vitamin E. Vitamin E is the most viable of the fat-soluble antioxidants. Mixed tocopherols contain natural mixtures of d-alpha, beta, gamma, and delta tocopherols.

**Enzymes (amylase, lipase, protease, bromelain, papain)** are essential for healthy digestion. Insufficient enzyme production is a major contributor to intestinal distress, including symptoms of gas, bloating, and intestinal pain. Intake of natural enzymes from raw, whole foods diminishes significantly with the increased consumption of processed foods, and supplementation becomes increasingly beneficial. **OmniEssentials** contains amylase, lipase, and protease to support healthy digestion of macronutrients. The specialty enzymes bromelain and papain have shown positive effects in everything from digestive support, to reducing inflammation, and even interfering with tumor cell growth.<sup>11</sup>

<sup>1</sup> Ford ES, Mokdad AH. Dietary Magnesium Intake in a National Sample of U.S. Adults. *The Journal of Nutrition*. <http://jn.nutrition.org>.

<sup>2</sup> Akoglu B, Schrott M, Bolouri H, Jaffari A, Kutschera E, Caspary WF, Faust D. The folic acid metabolite L-5-methyltetrahydrofolate effectively reduces total serum homocysteine level in orthotopic liver transplant recipients: a double-blind placebo-controlled study. *European Journal of Clinical Nutrition*. 2008 Jun;62(6):796-801.

<sup>3</sup> Ashmead HD. The absorption and metabolism of iron amino acid chelate. *Archivos Latinoamericanos de Nutrición*. 2001 Mar;51(1 Suppl 1):13-21.

<sup>4</sup> Walker AF, Marakis G, Christie S, Byng M. *Mg citrate found more bioavailable than other Mg preparations in a randomised, double-blind study*. *Magnesium Research*. 2003 Sep;16(3):183-91.

<sup>5</sup> Clein NW. Acerola juice, the richest known source of vitamin C; a clinical study in infants. *Journal of Pediatrics*. 1956 Feb;48(2):140-5.

<sup>6</sup> Leffa DD, da Silva J, Daumann F, Dajori AL, Longaretti LM, Damiani AP, de Lira F, Campos F, Ferraz AD, Côrrea DS, de Andrade VM. Corrective effects of acerola (Malpighia emarginata DC.) juice intake on biochemical and genotoxic parameters in mice fed on a high-fat diet. *Mutation Research*. Epub.2013 Dec.

<sup>7</sup> Koitaya N, Ezaki J, Nishimuta M, Yamauchi J, Hashizume E, Morishita K, Miyachi M, Sasaki S, Ishimi Y. Effect of low dose vitamin K2 (MK-4) supplementation on bio-indices in postmenopausal Japanese women. *Journal of Nutritional Science and Vitaminology (Tokyo)*. 2009 Feb;55(1):15-21.

<sup>8</sup> Baron M. A patented strain of *Bacillus coagulans* increased immune response to viral challenge. *Postgraduate Medicine*. 2009 Mar;121(2):114-8.

<sup>9</sup> Rusin M, Zajkovic A, Butkiewicz D. Resveratrol induces senescence-like growth inhibition of U-2 OS cells associated with the instability of telomeric DNA and upregulation of BRCA1. *Mechanisms of Aging and Development*. 2009 Aug;130(8):528-37.

<sup>10</sup> McKay DL, Blumberg JB. The role of tea in human health: an update. *Journal of the American College Nutrition*. 2002;21(1):1-13.

<sup>11</sup> Beuth J. Proteolytic enzyme therapy in evidence-based complementary oncology: fact or fiction? *Integrated Cancer Therapies*. 2008 Dec;7(4):311-6.



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