

# Inwellness Pack A Supplement Trio to Achieve Optimal Nutrition

- Provides Essential Fatty Acids
- Provides Baseline Nutrition for a Variety of Protocols
- Promotes Antioxidant Protection and Maintains Normal Inflammatory Balance

Inwellness Pack provide a targeted combination of three high-concentration nutritional formulas in convenient, easy-to-take packets. Each pack includes Alpha Base® Capsules without Iron, a hypoallergenic, comprehensive, high-quality blend of bioavailable vitamins and minerals. Many of the vitamins found in this formula are USP\* grade, providing the highest quality available. Alpha Base® contains as Quatrefolic™-100% MTHF, the biologically active form of vitamin B. Albion® TRAACS® chelated minerals provide enhanced bioavailability. An optimal 2:1 ratio of magnesium to calcium ensures proper mineral balance. Orthomega® 820 is also included, and contains 430 mg of eicosapentaenoic acid (EPA), 390 mg of docosahexaenoic acid (DHA) and 50 mg of docosapentaenoic acid (DPA) omega-3 fatty acids per soft gel. EPA, DHA and DPA are provided as re-esterified triglycerides, the preferred form for superior absorption. Finally, each pack includes Resvoxitrol, a unique combination of phytonutrients plus the new Complete Turmeric Matrix (CTM) for antioxidant potential as well as enhanced support of normal inflammatory balance.

## Overview

Good nutrition promotes health, while nutritional deficiencies can lead to many health challenges. Yet, many people underestimate the importance of achieving proper levels of essential nutrients each day. For the human body to complete vital daily tasks, it must be given a wide and complex variety of key nutrients. Comprehensive studies conducted by the USDA have revealed the average American diet is lacking in micronutrients.<sup>1,2</sup> Nutritional deficiencies may be caused by drug-induced nutrient depletion, poor food choices, inadequate nutrient levels in soil, and improper food transport and food processing techniques. Combine this with the impact of a high-stress, fast-paced modern lifestyle, and ensuring foundational nutrition each day becomes essential. Inwellness Pack make achieving optimal daily nutrition simple by supplying these cornerstone products in convenient packets.

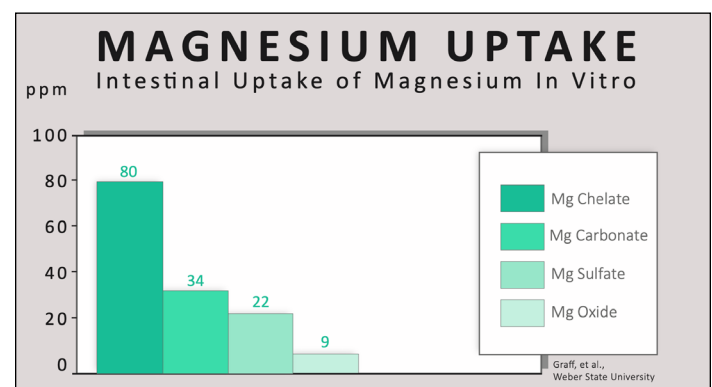
## Bioavailability\*

The importance of bioavailability is clear: If consuming a multivitamin has little effect on improving the body's nutrient balance, there is no reason to ingest it. A sure sign of an inferior multivitamin is the use of cheap, poorly absorbed, rock-salt minerals like calcium carbonate and magnesium oxide. These mineral forms have limited absorption and rely on adequate stomach acid to promote passive diffusion into the body. What's more, because they remain in the intestines for an extended period of time, these forms can cause intestinal distress such as constipation (calcium carbonate) or diarrhea (magnesium oxide). Unlike many multivitamin options, Inwellness Pack includes only the bioavailable forms of nutrients in precise, therapeutic amounts.

Albion® TRAACS® mineral chelates have extensive clinical research proving their superior bioavailability, biologic activity, stability and tolerance. In a magnesium comparison study reported by Graff et al. at Weber State University, Albion's® magnesium amino acid chelate had (See Figure 1):<sup>3</sup>

- 8.8 times greater absorption than magnesium oxide
- 5.6 times greater absorption than magnesium sulfate
- 2.3 times greater absorption than magnesium carbonate

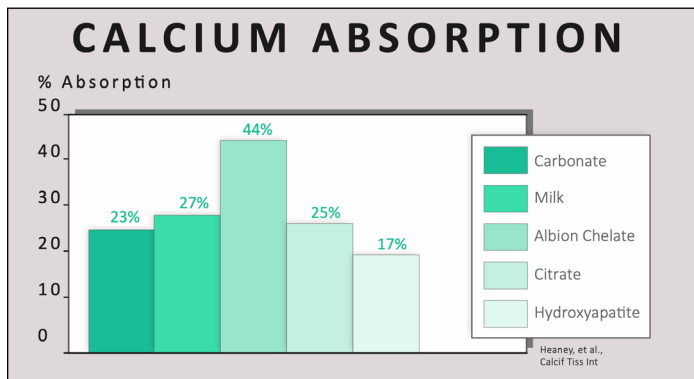
Figure 1



\*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.

In a clinical study comparing calcium absorption in humans, Albion's® patented calcium chelate delivered the greatest absorption of all calcium sources tested (44% absorption, see Figure 2).<sup>4</sup>

Figure 2



### Alpha Base® Capsules without Iron\*

Alpha Base® provides a full spectrum of highly absorbed, Albion® mineral chelates. Albion® uses a patented process to create natural mineral compounds that significantly enhance mineral absorption. Comparison studies show significantly superior absorption of mineral chelates over other forms of minerals.

### Metabolism and Energy Production\*

Converting food into cellular energy is a nutrient-intensive process. Alpha Base® provides substantial levels of B vitamins, which are prime coenzymes for the Krebs cycle, or the biochemical pathway responsible for maintaining energy production in the form of ATP (adenosine triphosphate). Numerous B vitamins found in Alpha Base® are of USP\* grade, ideal for those looking to boost energy levels and support stressful lifestyles. This includes the bioavailable form of folate (Quatrefolic™ - 100% 5-MTHF). 5-MTHF helps promote DNA repair, homocysteine balance, neurotransmitter production, hormone balance and healthy detoxification.

### Broad-Spectrum Antioxidant Support\*

The body is constantly exposed to free radicals and relies heavily on its antioxidant reserve for protection. Free radicals are generated by metabolic by-products and environmental exposure such as UV rays from the sun, air pollution and radiation. Alpha Base® contains a balanced spectrum of antioxidant vitamins, such as vitamin C, mixed carotenoids, trace elements and nutrients, that up-regulate antioxidant supporting pathways in the body. They work synergistically to regenerate each other and maintain adequate levels of protective antioxidants throughout the body.

### Orthomega® 820\*

Omega-3 fatty acids are deemed "essential" because the body needs them for proper health, but cannot produce them. Therefore, consumption of these healthy fats through diet and supplementation is extremely important. Omega-3 fatty acids are required for supporting proper blood flow, maintaining normal inflammatory balance and supporting mood, memory and focus.

Orthomega® 820 is a high-concentration fish oil sourced from waters off the Chilean coast. As the world's least-industrialized coastline, these cold, unpolluted waters provide the cleanest, most sustainable source of fish in the world. Orthomega® provides 820 mg of EPA and DHA as well as 50 mg of DPA per soft gel as concentrated re-esterified triglycerides, the preferred form with superior absorption. Vitamin E (as mixed tocopherols) is added to stabilize the oil and ensure maximum purity and freshness. This exceptional fish oil is purified, vacuum distilled and independently tested to ensure heavy metals, pesticides and polychlorinated biphenyls (PCBs) are removed to undetectable levels.

### Resvoxitrol\*

Resvoxitrol is a unique combination of phytonutrients designed to enhance antioxidant potential by stimulating the nuclear factor-erythroid-2-related factor (Nrf2), the binding protein responsible for the antioxidant response in the body. This exclusive blend of bioactive Complete Turmeric Matrix, andrographis, resveratrol, and broccoli seed extract has a wide array of biological activity. The Complete Turmeric Matrix is based on new research demonstrating that the entire turmeric complex acts on the biome and maintains normal inflammatory balance. The vital phytochemicals demonstrate free radical scavenging potential as powerful antioxidants and are the basis of many superfoods. They have extensive peer-reviewed research supporting their effect on cell health and longevity.

### Directions

1 packet per day or as recommended by your health care professional.

### Does Not Contain

Gluten, yeast, artificial colors and flavors.

### Cautions

Do not consume this product if you are pregnant or nursing. Consult your physician for further information.

### References

1. Block G, et al. Vitamin supplement use by demographic characteristics. *Am J Epidemiol* 1988; 127:297-309.
2. National Research Council, Diet and Health: Implications for Reducing Chronic Disease Risk (Washington, DC: National Academy Press, 1989).
3. Graff et al. Magnesium: wide spread benefits. *Albion Research Notes* 1992; 1(2):1.
4. Heaney RP, Recker RR, Weaver CM. Absorbability of calcium sources: the limited role of solubility. *Calcif Tissue Int* 1990; 46(5):300-4.

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# Supplement Facts

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Serving Size 1 Packet  
Servings Per Container 30 & 60

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Calories	15		Copper (as TRAACS™ Copper Bisglycinate Chelate)	1 mg	111%
Total Fat	1.5 g	2%*	Manganese (as TRAACS™ Manganese Bisglycinate Chelate)	2.5 mg	109%
Cholesterol	<5 mg	<2%	Chromium (as O-polymicotinate) <sup>†</sup>	200 mcg	571%
Vitamin A (from 7,500 IU as Natural Beta Carotene, Palmitate)	2,250 mcg	250%	Molybdenum (as TRAACS™ Molybdenum Glycinate Chelate)	25 mcg	56%
Vitamin C (as Calcium Ascorbate USP, Ascorbic Acid USP)	500 mg	556%	Potassium (as Potassium Citrate USP)	50 mg	1%
Vitamin D (D3 as Cholecalciferol)	25 mcg (1,000 IU)	125%	<b>Total Omega-3s (as Triglycerides)</b>	<b>950 mg</b>	<b>**</b>
Vitamin E (from 100 IU as d-Alpha Tocopherol Succinate USP)	67 mg	447%	EPA (Eicosapentaenoic Acid)	430 mg	**
Vitamin K (K1 as Phytoladione)	50 mcg	42%	DHA (Docosahexaenoic Acid)	390 mg	**
Thiamin (Vitamin B1) (from Thiamine Hydrochloride USP)	25 mg	2,083%	Omega-3s (additional)	130 mg	**
Riboflavin (Vitamin B2 USP)	25 mg	1,923%	Turmeric Root Extract (Complete Turmeric Matrix) (Standardized to contain 45-55% Curcuminoids, 3-8% Volatile Oil, 2-6% Turmerin)	200 mg	**
Niacin (as Niacin USP, Niacinamide USP)	25 mg	156%	Broccoli Seed Extract (TrueBroc®) (Standardized to contain 13% Glucoraphanin)	115 mg	**
Vitamin B6 (as Pyridoxine Hydrochloride USP)	37 mg	2,176%	DPA (Docosapentaenoic Acid)	50 mg	**
Folate (from 400 mcg as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid glucosamine salt)	680 mcg DFE	170%	Inositol NF	50 mg	**
Vitamin B12 (as Methylcobalamin)	500 mcg	20,833%	Mixed Tocopherols	50 mg	**
Biotin	200 mcg	667%	<i>trans</i> -Resveratrol (from <i>Polygonum cuspidatum</i> (Roots))	50 mg	**
Pantothenic Acid (as d-Calcium Pantothenate USP)	150 mg	3,000%	<i>Andrographis paniculata</i> Extract (Leaves) (ParActin® (Bioactive 14-Neo-Andro Compound)) (Standardized to contain 50% Andrographolides)	30 mg	**
Choline (as Choline Bitartrate)	19 mg	3%	Rutin	25 mg	**
Calcium (as DimaCal™ Dicalcium Malate, Calcium Ascorbate USP, d-Calcium Pantothenate USP)	100 mg	8%	Boron (as Bororganic Glycine)	1.5 mg	**
Iodine (from Kelp)	112 mcg	75%	Vanadyl Sulfate Hydrate	1 mg	**
Magnesium (as DiMagnesium Malate, TRAACS™ Magnesium Lysinate Glycinate Chelate)	200 mg	48%	Vitamin K2 (as Menaquinone-7 (MK-7)) (MenaQ7®PRO)	12.5 mcg	**
Zinc (as TRAACS™ Zinc Bisglycinate Chelate)	10 mg	91%			
Selenium (as Selenium Glycinate Complex)	100 mcg	182%			

\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value not established.

Fish oil (anchovy) (highly refined and concentrated omega-3), gelatin, glycerin, water (purified), natural flavors, rosemary extract (leaf), hypromellose (natural vegetable capsules), ascorbyl palmitate, microcrystalline cellulose, magnesium stearate, stearic acid and silicon dioxide.

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