


# BUILD A FOUNDATION FOR GOOD HEALTH

**ESSENTIALS FOR MEN™ AND ESSENTIALS FOR WOMEN™** provide daily nutrition uniquely designed for men and women.


## WHY YOU NEED ESSENTIALS:



**CONVENIENT**  
Fast-disintegration and absorption technologies allow your body to receive optimum levels of nutrients at timed intervals.



**BASED ON SCIENCE**  
Contains quantities and quality of nutrients on par with the latest nutritional guidelines.



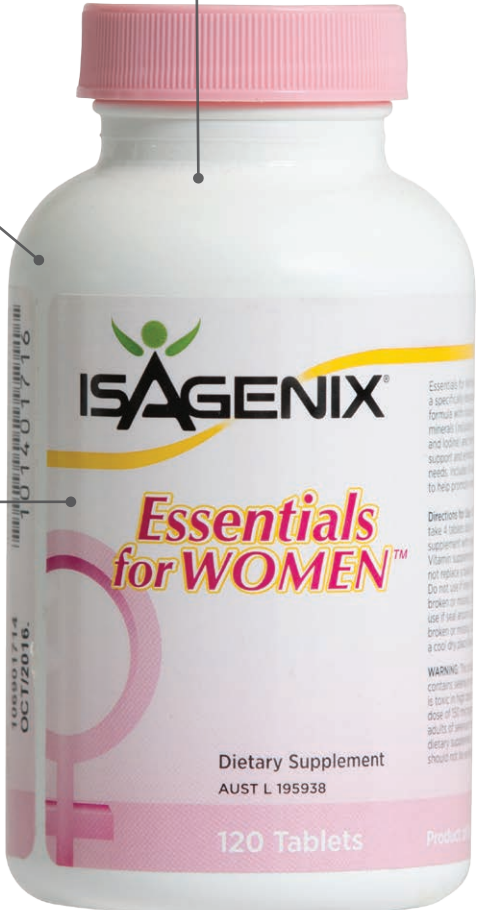
**POWERFUL SUPPLEMENTS**  
Optimal levels of vitamins and minerals encourage better overall health and can provide nutrients not available conveniently in some food.



**BETTER ANTIOXIDANT HEALTH**  
Antioxidants fight free radicals, a key factor in ageing.

## WHAT IS ESSENTIALS?

Essentials fortifies your body with a balanced blend of high-potency vitamins, minerals and antioxidants for complete daily nutrition tailored for men and women.



## HOW ESSENTIALS WORKS:

Essentials is scientifically formulated to deliver the daily nutrients your body needs. Essentials is designed to be taken during the day with meals, to maximise absorption.

## NUTRIENTS IN ACTION

Getting the right nutrients at the right time is the key to sustaining better health long-term. Even with the right food, most people don't get their daily recommended amount of nutrients for optimal health.

### Perfect For:

- Adults who want complete daily nutrition.



GLUTEN-FREE



DAIRY-FREE

## WHAT'S INSIDE?

Multivitamins, Minerals, Omega-3s, and Phytonutrients



### ESSENTIALS FOR MEN

- Delivers vital nutrients to support overall health and wellness, including prostate, cardiovascular, and immune system support.
- Contains zinc and selenium to support prostate health.

(OR)



### ESSENTIALS FOR WOMEN

- Delivers vital nutrients to support overall health and wellness, including bone health and energy production.
- Contains extra forms of calcium and B vitamins for strong bones, increased energy and healthy hair, skin and nails.

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For more information,  
please contact your Isagenix  
Independent Associate:

Contains selenium which is toxic in high doses. Daily dosage for adults through dietary supplements should not exceed 150mcg.  
These products are not intended to diagnose, treat, cure or prevent any disease.  
Vitamin supplements should not replace a balanced diet.