



### Great For:

- Adults who want complete daily nutrition

# Essentials for Men™ & Essentials for Women™

Build a Foundation for Good Health.

## What is Essentials?

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

## Why do you need Essentials?

- **Based on Science**  
Contains quantities and quality of nutrients on par with the latest nutritional guidelines.
- **Better Antioxidant Health**  
Antioxidants fight free radicals, a key factor in ageing.
- **Convenient**  
Fast-disintegration and absorption technologies allow your body to receive optimum levels of nutrients at timed intervals.
- **Powerful Supplements**  
Optimal levels of vitamins and minerals encourage better overall health and may provide nutrients not available conveniently in food.

## How does Essentials work?

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.

\*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.



For more information, please contact your Isagenix Independent Associate.



Australia/New Zealand



## 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.

## What's Inside?

Multivitamins, Minerals, Omega-3s, and Phytonutrients



### ESSENTIALS FOR MEN

- Delivers vital nutrients to support overall health and wellness, including prostate, heart 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.