

# **Essentials For Women™**

Health functional food that provide women with 23 essential vitamins and minerals.

### WHAT IS Essentials For Women™?

Essentials for Women™ is responsible for balancing 13 vitamins and 10 minerals that women need. It is a health functional food containing multi-vitamin&mineral.

It provides ingredients that meet the recommended daily nutritional standards of Korean adult females (excluding beta-carotene, iron, calcium, magnesium) and is reinforced 10 additional ingredients.

#### WHY NEEDS Essentials For Women™?

Easily improve nutritional imbalances in busy daily lives.

You can supplement nutrition according to various lifestyle and health goals.

It's easy to get essential-nutrients that your body can't synthesize.

## **HOW DOES Essentials For Women™ WORK?**

Essentials For Women™ is a multi-vitamin&mineral containing health functional food that balances the 13 vitamins and 10 minerals that women need, which can easily improve the nutritional imbalance in their busy lives.

- Beta carotene Needed for visual response in dark places / Needed to form mucous membranes and maintain function / Needed to develop epithelial cell growth
- Vitamin B1 Needed for carbohydrate and energy metabolism
- Vitamin B6 Helps the body utilize proteins and amino acids / Needed to keep the blood homocysteine level normal
- Niacin, Vitamin B2 Necessary for energy production in the body
- Biotin, Pantothenic acid Needed for fat, carbohydrate, protein metabolism and energy generation
- Folic acid Needed for cell and blood production / Needed for normal development of the embryo neural tube / Needed to keep the blood homocysteine level normal
- Vitamin B12 Needed for normal folic acid metabolism
- Vitamin C Needed to form and maintain function a connective tissue / Needed to absorb iron / Needed to protect cells from harmful oxygen
- Magnesium Needed to use energy / Needed to maintain nerve and muscle function
- Zinc Needed for normal immune function / Normal cell division
- Iron Needed for oxygen transport and blood production in the body / Needed for energy generation
- Calcium, Vitamin D, Vitamin K Helps reduce risk of osteoporosis, necessary for bone health
- Vitamin E, Copper, Manganese, Selenium Protect cells from harmful oxygen
- Iodine Needed to synthesize thyroid hormone / Needed to generate energy / Needed to develop nerves
- Molybdenum Needed for the activation of oxidizing-recombining enzymes

#### **HOW TO USE:**

Take 2 tablets twice a day with water





