



CUSTOM ESSENTIALS® INGREDIENTS

Your formulation may contain:

- Vitamin A (as Vitamin A Palmitate, Natural Beta Carotene with Mixed Carotenoids)
- Vitamin C (as Ascorbic Acid/Calcium Ascorbate/Ester C™)
- Vitamin D-3 (as Cholecalciferol)
- Vitamin E (with natural d-alpha tocopheryl and mixed tocopherols)
- Thiamine (Vitamin B-1)
- Riboflavin (Vitamin B-2)
- Niacinamide/Inositol Hexaniacinate (Vitamin B-3)
- Vitamin B-6 (as Pyridoxine HCl/Pyridoxal-5-Phosphate)
- Folic Acid
- Vitamin B-12 (as Methylcobalamin)
- Biotin
- Pantothenic Acid
- Calcium (CAAC-18*)
- Magnesium (CAAC-18*)
- Zinc (CAAC-18*)
- Selenium (CAAC-18*)
- Copper (CAAC-18*)
- Manganese (CAAC-18*)
- Chromium (CAAC-18*)
- Molybdenum (CAAC-18*)
- Potassium (CAAC-18*)
- Choline Bitartrate/Citrate
- Inositol
- Vanadium (CAAC-18*)
- Betaine HCl
- Saw Palmetto
- L-Lysine
- L-Glutathione
- Boron (CAAC-18*)
- L-Arginine
- L-Ornithine
- L-Aspartate of Magnesium
- L-Succinate of Magnesium
- L-Glycine
- L-Taurine
- N-Acetyl-L-Cysteine
- Alpha-Ketoglutarate
- Bioflavonoids
- Milk Thistle (seeds, with Silymarin)
- Grape Seed Extract (seed, with Polyphenols & Proanthocyanidins)
- Bioperine (fruit, providing standardized piperine)

In a natural food base of:

- Yellow Pea Protein
- Dunaliella salina (whole plant, supplying Natural Beta-Carotene and mixed Carotenoids)
- Broccoli (florets & stalks with Sulforaphane)
- Cauliflower (florets & stalks with Sulforaphane)
- Garlic (cloves, odor modified)
- Watermelon Powder Extract (fruit)
- Grape Skin Extract (seed, with Polyphenols & Proanthocyanidins)
- Marigold Extract (flower, with Lutein)
- Pineapple Extract (fruit & stems, with Bromelain)

Custom Essentials®

A Dietary Supplement

Product Overview

Custom Essentials is a scientifically designed, individualized nutritional supplement based on the latest research in the areas of metabolic profiling and biochemical individuality. Each Custom Essentials nutrient formulation is determined by a sophisticated, computer-assisted analysis of distinct information specific to an individual including age, gender, personal laboratory test results and other information from the questionnaire. The use of this individualized information in the blending of a specific formulation makes Custom Essentials a revolutionary product in the field of nutritional supplementation.

Healthy Highlights

- As in all Ideal Health products, Custom Essentials meets or exceeds the highest standards of quality in the industry, including the highest United States Pharmacopeia (USP) requirement for disintegration and dissolution for oil and water soluble vitamins and minerals.
- Each formulation is based on an individual's needs as determined by age, sex, lifestyle habits, and laboratory testing, along with other information from the questionnaire.
- In addition to exceptional comprehensive nutrition, Custom Essentials provides enhanced personalized coverage based on your status in three major areas of nutritional concern: oxidative stress (antioxidant protection), detoxification (toxin-clearing capability of the body), and inflammatory/immune system response.

As Part of Your Plan

Custom Essentials is the very foundation of your total supplementation program. In conjunction with a healthy diet, your Custom Essentials can serve as the source of excellent broad-based nutritional insurance specific to your needs; it can provide the base from which to build an even more personalized program using the complete Ideal Health product line. Every product in the Ideal Health family works synergistically with the other products, so you can augment your Custom Essentials as your individual health and lifestyle needs dictate.

Ingredient Information

Due to the individualized nature of Custom Essentials, actual amounts of each nutrient listed will be found only on your individualized bottle. Depending on your precise needs, some nutrients may or may not be found in your particular formula.

Recommended Usage

Recommended Adult Use: One pak daily, with your largest meal.