

Supports healthy eyes[†]

Vitamin A, Carotenoids, and Lutein are all absolutely necessary for proper eye function and protection from free radicals. **Vitamin B Complex** is needed for intraocular energy production. **Vitamin C** combined with **Bioflavonoids** confers anti-oxidant protection and support healthy intraocular pressures. **Vitamin E** aids healing processes that take place in the eyes. **Zinc** is required for optimal retinal function. **Selenium** quenches free radicals that can affect eye health. ^{†*}

Supports healthy skin[†]

Vitamin A is necessary for healing and for producing new skin tissue. **Vitamin C and Bioflavonoids** aid in the formation of collagen production, skin tone, enhanced skin flexibility, free radical protection, and healthy blood circulation to the skin. **Vitamin E** protects against free radicals that can damage the skin and contribute to aging. **Vitamin B Complex** combats stress and fights aging. **Fatty acids** from sunflower seed oil are healing nutrients that promote skin health. These oils contain linoleic acid which is highly beneficial for maintaining supple, youthful skin.[†]

*Please see website at www.yor.com for all resources, quotes, and clinical studies.

SUPPLEMENT FACTS & INGREDIENTS

Directions: As a dietary supplement, take six (6) tablets daily, preferably with meals. Do not exceed recommended dosage.

Supplement Facts					
Serving Size: 6 Tablets		Servings Per Container: 28			
	Amount Per Serving	%DV**			
Vitamin A (as beta carotene)	2500 IU	50%	Zinc (as zinc picolinate)	15 mg	100%
Vitamin C (as ascorbic acid)	1000 mg	1667%	Selenium (as selenium methionine)	100 mcg	143%
Vitamin D3 (as cholecalciferol)	1000 IU	250%	Copper (as copper gluconate)	0.5 mg	25%
Vitamin E (as d-alpha tocopheryl succinate)	200 IU	667%	Manganese (as manganese aspartate)	4 mg	200%
Thiamin, B1 (as thiamin HCl)	25 mg	1667%	Chromium (as chromium complex)	120 mcg	100%
Riboflavin, B2	25 mg	1471%	Potassium (as potassium gluconate)	50 mg	1%
Niacin, B3 (as niacinamide)	40 mg	200%	Spirulina	1000 mg	***
Vitamin B6 (as pyridoxine HCl)	25 mg	1250%	Coenzyme Q10 (CoQ10)	100 mg	***
Folate (as folic acid)	400 mcg	100%	YOR Essential Proprietary Blend	665 mg	***
Vitamin B12 (as cyanocobalamin)	200 mcg	3333%	Phytonutrients incl' Chlorophyll (from spirulina),		
Biotin	150 mcg	50%	Choline (as bitartrate), Citrus Bioflavonoids, Grapefruit PE,		
Pantothenic Acid, B5 (as calcium pantothenate)	60 mg	600%	Sunflower seed oil, Inositol, Quercetin dihydrate, Rutin, Betaine HCl,		
Calcium (as calcium citrate and dibasic calcium phosphate)	375 mg	38%	Panax ginseng, RNA (ribonucleic acid), Digestive enzymes		
Phosphorus (as dibasic calcium phosphate)	136 mg	14%	(protease, amylase, glucoamylase, lipase, cellulase, lactase,		
Iodine (as potassium iodide)	150 mcg	100%	invertase, maltase), Lutein, Carotenoids, Policosanol		
Magnesium (as magnesium oxide)	100 mg	25%			

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

Other Ingredients: Cellulose, magnesium stearate, stearic acid, silicon dioxide and food glaze.

Manufactured in a facility that processes egg, milk, fish, shellfish, tree nuts, wheat and soy. Free of Artificial colors and preservatives.

KEEP OUT OF REACH OF CHILDREN.

Persons under the age of 18 should not use without clearance from a physician.

Consult your physician if you are pregnant, nursing, taking a prescription drug, or have any medical conditions.

Read Entire Label before use.

Do not use if safety seal is broken, damaged or appears to have been tampered with. Store in a cool, dry place, away from extreme heat and direct sunlight.

Distributed by:  YOR Irvine, CA 92614 • Made in the USA

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[†]These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.

SPONSOR INFORMATION

Purchase products online at: www.yor.com

Sponsor Name: _____

Sponsor Phone: _____ Sponsor Email: _____ @YOR.net

(SPONSOR USERNAME)



YOR ESSENTIAL
VITAMIN™



CONTAINS 100MG

CoQ10



YOR ESSENTIAL VITAMIN™

NOURISH YOR HEALTH

Our modern day lifestyles, daily stresses, poor diets, chlorinated water, and polluted environment robs us of the nutrients we need for optimum health. A poll taken and reported in Document #264 of the U.S. Senate states, "99% of the American people are deficient in vitamins and minerals, and deficiency in any one of the more important minerals actually results in disease...."* A 2002 study in the Journal of the American Medical Association stated that "a lack of certain vitamins is a risk factor for chronic diseases, and [lack of vitamins] is a common factor in the general population." The report continues, "Most people do not consume an optimal amount of all vitamins by diet alone. It appears prudent for all adults to take vitamin supplements."*

YOR Essential Vitamin is a comprehensive life-enhancement supplement containing potent vitamins, minerals, anti-oxidants, amino acids, digestive enzymes, fatty acids, green superfoods, and herbs in optimal ratios for maximum effectiveness. This dynamic total-body support system offers a full range of benefits†:



Featuring 100 mg of Coenzyme Q10 (CoQ 10) which acts to:

- Support energy metabolism†
- Support healthy cardiovascular function†
- Maintain cholesterol levels of those already in the normal range†
- Help promote skin health**
- Help maintain prostate and breast health**
- Enhance cognitive function and support brain health†*
- Reduce the instances of occasional headaches†*
- The benefits of CoQ10 are maximized when combined with Vitamins C, E, selenium, and the phytonutrients and plant-derived anti-oxidants in Spirulina†*

THE BENEFITS

Boosts energy production and metabolism†

CoQ10 is a powerful energy-producing anti-oxidant that prevents oxidative damage caused by free radicals. It aids energy and cellular metabolism by improving the way mitochondria convert oxygen and food to energy. **B Complex Vitamins: B1, B2, B3, B5, B6, B12, biotin, and folic acid** play a crucial role in countless metabolic steps converting fats, proteins, and carbohydrates into energy. B Vitamins are essential in maintaining consistent energy levels, endurance, and vitality by supporting and nourishing the adrenal glands. **Ginseng** aids mental energy, alertness, and focus. **Digestive Enzymes** boost the body's ability to assimilate and absorb food into energy, so it doesn't just pass through the digestive system or get stored as fat.†*

Enhances the body's natural system for cleansing, detoxification and gastrointestinal health†

Digestive Enzymes are known to have many benefits including: aiding digestion, helping to cleanse and purify the blood, and aiding in the removal of toxins by supporting normal, healthy detoxification mechanisms in the body. Enzymes have also been shown to help improve metabolism, normalize hormones, and improve the immune system. **Spirulina** is a naturally digestible food that contains a myriad of nutrients needed to help cleanse and heal such as: chlorophyll (pigment that makes plants green and has great cleansing ability), phycocyanin, polysaccharides, carotenoids, xanthophylls, and other nourishing phytonutrients.†*

Supports a healthy heart and cardiovascular function†

CoQ10 is widely recognized as a nutrient that protects heart health. For years, scientists have known that by supporting energy production in the heart tissues, CoQ10 may support heart function, and help maintain moderate blood pressure levels that are already within the normal range.* CoQ10's benefits are maximized when combined with **Vitamins C, E, and Selenium**. This powerhouse of anti-oxidants helps to maintain the health of lipid molecules and supports arterial function.* **B Complex Vitamins**, specifically **Folic Acid, Vitamin B6, and Vitamin B12** are all responsible for healthy homocysteine metabolism, which may support healthy circulatory function. **Calcium** works with **Magnesium** to stabilize the heart's mechanical functions. **Potassium** allows the heart muscle to beat properly and may help maintain normal blood pressure levels. **Selenium** facilitates healthy blood flow and circulation. **Fatty acids** in the sunflower oil help to lower triglycerides in conjunction with **Vitamin C** and a low carbohydrate diet. **Flavonols, Flavones, and Flavanones** have been greatly studied to have a protective effect on the heart. **Spirulina** is a blue green micro-algae composed of mucopolysaccharides with many uses. Its molecular structure is composed of simple and complex sugars interlaced with amino acids the body utilizes to reinforce strong healthy heart tissues and support arterial function. **Policosanol** is a powerful extract from sugar cane wax that has been widely studied and shown to support cholesterol levels that are already within normal range.†*

Boosts immunity and supports overall health through strong anti-oxidant protection†

CoQ10 has been shown to have a range of benefits in recent studies, including to help maintain prostate and breast health and to promote skin health. **Vitamin D:** Ground-breaking research in clinical trials has recently shown higher than normal dosages (above the RDA) of Vitamin D may regulate the growth of body cells and tissues, enabling cells to grow more maturely. Furthermore, ensuring adequate levels of Vitamin D is recognized as being beneficial for the health and wellness of multiple body systems. Adequate Vitamin D status may enhance mood, support healthy energy levels and support optimal bone health. No reports exist for high levels of Vitamin D being toxic, but it is generally advised to stay under 10,000 IU a day. Most multivitamins supply the currently recommended 400 IU daily, but experts are now advising 1,000 to 2,000 IU per day to be optimally safe and effective.* **Vitamin C, Zinc, and Bioflavonoids** aid healthy immune function and act to protect cells and tissues from the potentially harmful effects of free radicals. **Vitamins A and E** are essential for the immune system, and, in their natural forms: beta carotene and d-alpha tocopherol, act as powerful anti-oxidants that are easy to assimilate and absorb. **B Complex Vitamins** improve circulation, brain function, build red blood cells, and support healthy liver function. Folic Acid affects the repair of DNA and has been recognized as a health protective nutrient. **Calcium, Magnesium, and Potassium** are essential for normal cell division and function. **Carotenoids** support immune health and may enhance natural killer cell activity. Beta-carotene may be protective of lung, bronchial, and stomach tissue, supporting the health of these organs. **Phytochemicals** in **Spirulina** are the biologically active plant substances that, when ingested, support immune function and protect cells in the body against oxidative damage. **Chromium** helps to build and maintain muscle mass, especially if muscle atrophy exists. **Inositol** has powerful immune-enhancing properties at higher doses because it supports the function of immune cells, including natural killer cell activity.* **Enzyme Complex** aids digestion, which can lead to maintenance of healthy bowel function.†

Supports healthy bones, joints, teeth, and gums†

Calcium is necessary in maintaining strong bones. **Magnesium** is crucial for healthy calcium uptake into bones. **Manganese** is vital in metabolizing minerals to be made into healthy bones. **Vitamin D** is needed for the absorption of calcium. **Zinc** is important for calcium uptake and immune function.†*

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