



**Daily Essence** is a unique and complete blend of Digestive Enzymes, Vitamins, Minerals, Super foods, and Antioxidants all in one product. The information for this product is divided into three sections: 1) Digestive Enzymes  
2) Vitamins/Minerals/Superfoods 3) Antioxidants.

**All of the following ingredients are found in the Daily Essence product.**

*For the digestion of Proteins*

**Acid Stable Protease-** (*Aspergillus niger*) 133 ASPU units. It breaks down proteins in a pH range of 1-5. This means that it is active in the lower portion of the stomach when pepsin is also active.

**Peptidase-** (*Aspergillus oryzae*) 133 U units. It breaks down proteins in a pH range of 5-9.

**Protease-** (*Aspergillus oryzae*) 14,666 HUT units. This enzyme breaks down proteins into amino acids in a pH range of 4-10. This means that it's active in the "predigestion" stage, inactivates in the lower stomach and reactivates in the small intestine.

*For the digestion of Carbohydrates*

**Alpha Galactosidase-** (*Aspergillus niger*) 50 GALU units. It breaks down the sugars found in beans and legumes in a pH range of 4-5.

**Amylase-** (*Aspergillus oryzae*) 4,000 SKB units. It breaks down carbohydrates (polysaccharides) into disaccharides (two sugars) in a pH of 4-10.

**Glucoamylase-** (*Aspergillus niger*) 6 AG units. It breaks down starch or complex carbohydrates into dextrose (simple sugar) in a pH range of 3-6.

**Invertase-** (*Saccharomyces*) 100 SU units. It breaks down sucrose (two sugars) into fructose (single sugar) and glucose (single sugar) in a pH range of 2-6.

**Malt Diastase-** (Barley malt) 50 DP units. It breaks down maltose (two sugars) into two single sugars of glucose in a pH range of 4-9.

**Pectinase/Phytase-** (*Aspergillus niger*) 6 endo-PG units.

*For the digestion of Fiber*

**Cellulase-** (*Trichoderma longibrachiatum*) 166 CU units. It breaks down cellulose (fiber considered a carbohydrate) into glucose (single sugar) in a pH range of 3-7

**Hemicellulase-** (*Aspergillus niger*) 166 HCU units. It breaks down complex sugars into simple sugars found in seeds and beans in a pH range of 2-6.

**Xylanase-** (*Aspergillus niger*) 166 XU units. It breaks down fiber found primarily in grains in a pH of 3-7.

*For the digestion of Lactose (milk)*

**Lactase-** (*Aspergillus oryzae*) 166 LACU units. It breaks down lactose (two sugars) into galactose (single sugar) and glucose (single sugar) in a pH range of 4-8.

*For the digestion of Fats*

**Lipase-** (*Aspergillus niger*) 200 FIP units per capsule. It breaks down fat molecules or tryglycerides into three simple fatty acids in a pH range of 3-10.

## **Part 2) Daily Essense ~ Vitamin-Mineral-Superfood**

**All of the following ingredients are found in the Daily Essenseproduct.**

### **Vitamin blend**

**Vitamin A-** (palmitate/beta carotene) 5,000 IU. Used for eye disorders, age spots, respiratory infections, acne and skin problems. Also used to lower cholesterol levels, boost the immune system, prevent types of cancer and heart disease. Water soluble.

**Vitamin B1-** (thiamine) 12mg. Promote growth, aid digestion, keeps the nervous system, muscles and heart functioning normally. Water soluble.

**Vitamin B2-** (riboflavin) 12mg. Promote healthy skin, hair, nails. Benefits vision, aid in growth and reproduction. Water soluble.

**Vitamin B3-** (niacinamide) 12mg. Reduces tryglycerides and cholesterol, metabolizes fat, healthier skin, increases circulation, reduces migraine headaches. Water soluble.

**Vitamin B5-** (pantothenic acid) 12mg. Helps fight infection, fatigue, reduces negative effects of antibiotics, aids in healing, lowers cholesterol. Water soluble

**Vitamin B6-** (pyridoxine HCL) 15mg. Strengthen the immune system, helps prevent kidney stones, alleviates nausea, reduces muscle spasms. Water soluble.

**Vitamin B12-** (cyanocobalamin) 75mcg. Prevents anemia, lowers heart disease, increases energy, maintains nervous system, improves memory. Water soluble.

**Vitamin C-** (calcium ascorbate) 167mg. Protects against many forms of cancer, accelerates healing, prevents scurvy, lowers blood pressure and blood clots, activates the immune system and potent antioxidant. Water soluble.

**Vitamin D-** (cholecalciferol) 133IU. Works with minerals to create strong bones and teeth, prevents colds used along with vitamins A and C, aids in absorption of vitamin A. Fat soluble.

**Vitamin E-** (d-alpha tocopherol) 133IU. Alleviates fatigue and leg cramps, keeps you looking younger by retarding oxidation, supplies oxygen, prevents various forms of cancer, accelerates healing process, lower blood pressure. Fat soluble.

**Vitamin K-** (phytonadione) 150mcg. Promotes blood clotting, reduces excessive menstrual flows and prevents internal bleeding and hemorrhages. Fat soluble.

**Blue Green Algae-** (whole plant) 100mg. A fresh water algae that is rich in vitamins, minerals, amino acids and enzymes. Also very high in chlorophyll, a blood

detoxifier and antiseptic. It is over 60% plant protein by weight.

**Spirulina-** (leaf) 50mg. Another nutrient-dense algae.

**Chlorella-** (whole plant) 33mg. A rich source of vegetable protein and essential vitamins and minerals.

**Biotin-** 100mcg. Keeps hair from turning gray and falling out, alleviates eczema and dermatitis, eases muscle pains. Water soluble.

**Choline-** (bitartrate) 50mg. Helps control cholesterol, aids the liver in eliminating toxins, increases memory, used in treatment of Alzheimer's disease. Water soluble.

**Folic Acid-** 200mcg. Helps microcytic anemia, protects against birth defects, promotes healthier skin, protects against parasites and food poisoning. Water soluble.

**Inositol-** 30mg. Produces a calming effect, lower cholesterol levels, promotes healthier hair, prevents eczema. Water soluble.

**PABA-** (para-aminobenzoic acid) 7mg. Keeps skin smooth and healthy, delays wrinkles, reduces the pain of burns, restores natural hair color. Water soluble.

### **Mineral blend**

**Boron-** (amino acid chelate- AAC) 1mg. Helps prevent osteoporosis and brain function.

**Calcium-** (citrate/ascorbate) 50mg. Maintain strong bones and teeth, lower risk of colon cancer, alleviate insomnia, aid your nervous system, keep heart beating regularly.

**Chromium-** (AAC) 60mcg. Lowers blood pressure, prevents sugar cravings and sudden drops in energy as well as chances of diabetes.

**Copper-** (AAC) 500mcg. Required to convert iron into hemoglobin, increase energy.

**Iodine-** (kelp) 30mcg. More energy, promote healthy hair, nails, skin and teeth, burn excess fat, insures proper growth.

**Magnesium-** (citrate) 51mg. Help burn fat and produce energy, promotes a healthy cardiovascular system and prevents heart attacks, relieves indigestion, healthier teeth, helps prevent calcium deposits, kidney and gallstones.

**Manganese-** (AAC) 3mg. Helps eliminate fatigue and osteoporosis, improves memory, reduces nervous irritability.

**Molybdenum-** (AAC) 15mcg. Helps prevent anemia, aids in fat/sugar metabolism.

**Potassium-** (citrate) 10mg. Reduces blood pressure, used in allergy treatments, sends oxygen to the brain and improves thinking, helps dispose of body wastes.

**Selenium-** (AAC) 15mcg. Helps protect against cancer, heart disease and stroke, raises sperm counts in men, keeps dandruff in control.

**Silica-** (horsetail grass) 2mg. Speeds the repair of damaged connective tissue, improving its strength and elasticity.

**Vanadium-** (citrate) 30mcg. Prevents heart attacks, helps control insulin-resistant and Type II diabetes, improves nutrient transport and increases energy.

**Zinc-** (citrate) 6mg. Helps in the formation of insulin and the decrease in cholesterol deposits, accelerates healing times, helps prostrate problems and mental disorders.

### **Part 3) Daily Essense ~ Antioxidant**

**All of the following ingredients are found in theDaily Essenseproduct.**

**Grape Seed Extract 95% OPC-** 10mg. This extract has the highest potency levels and because it's standardized the quality is guaranteed.

**Pine Bark Extract 90% OPC-** 10mg. This extract also has the highest potency levels and because it's standardized the quality is guaranteed.

**Alpha Lipoic Acid-** 33mg. Moderates blood sugar levels, may be effective in treating Parkinson's, generating energy, protects the liver from alcohol damage as well as the lungs from smoke damage.

**Catalase-** (Aspergillus niger) 66 U units. One of the most potent antioxidant enzymes active in a pH range of 4-9.

**Citrus Bioflavonoids-** 11mg. Strengthens the capillary walls, builds resistance to infection, another source of Vitamin C, heals bleeding gums.

## Part 1) Daily Essense ~ Digestive Enzyme Overview

Enzymes are the single most important element of your health and far outweigh the importance of any other nutrient. Nothing in the human body functions without enzymes making it happen. Without exception, every new “breakthrough” nutritional product being introduced on the market depends entirely upon enzymes (i.e. MSM, HGH, 5HDP, DHEA, etc.) for its effectiveness. So, what are enzymes? Enzymes are:

- Proteins that hold an electrical charge
- Catalysts that speed up chemical processes without being used up in the process
- Specific in that they only cleave or cut certain bonds
- Efficient in that one enzyme can break-down millions of bonds

There are three factors that affect enzymes; temperature, pH and inhibitors. Enzymes work optimally at slightly higher temperatures. This is why the body creates a fever when it’s fighting off an infection. When temperatures go above 118 degrees most enzymes are destroyed. This is what happens when we cook and process our foods. Each enzyme has its own optimum pH range in which it is active. When it goes outside of this pH range the enzyme is inactivated. Similarly, when specific substances (i.e. snake or insect venom, aspirin, etc.) are introduced into the body they may inhibit certain enzymes.

Where do enzymes come from? Enzymes come from one of three sources; plants, animals or microbes. Plant enzymes (bromelain and papain) work in a wide pH range but only digest some proteins. Animal enzymes (pepsin, pancreatin) work in a very limited pH range and only digest some of the food groups. The microbial enzymes are the only ones that work in a wide pH range and will digest all of the food groups. Acid and alkaline are the two words most commonly associated with pH. pH means hydrogen potential or the number of hydrogen ions in a solution.

More hydrogen = acidic

Less hydrogen = alkaline

The pH in the human digestive tract varies greatly (see Human Digestive Tract pH Range Chart). The pH of saliva is usually between 6.5 - 7.5. After we chew and swallow food it then enters the fundic or upper portion of the stomach that has a pH between 4.0-6.5. This is where “predigestion” occurs while the lower portion of the stomach is secreting hydrochloric acid (HCl) and pepsin until it reaches a pH between 1.5 - 4.0. After the food mixes with these juices it then enters the duodenum (small intestine) where the pH changes to 7.0 - 8.5. This is where the body takes in 90% of the absorption of nutrients while the waste products are passed out through the colon (pH 4.0-7.0). With this basic understanding of enzymes and digestion let’s look at what happens in the body over the period of one life-time. The human body was specifically designed to function on raw, enzyme-rich foods that support the digestive and metabolic enzymes found naturally in the body (see Enzyme Pyramid Chart). When enzymes are present in the raw foods we eat they “predigest” themselves and are readily assimilated. Think of what happens when we eat a salad for lunch. How long does it take before we’re hungry again? Now, let’s look at what happens when we lower our body’s enzyme level through eating enzyme-deficient foods. Heating, cooking, pasteurizing or processing, destroys enzymes occurring naturally in foods. At the bottom of the Enzyme Pyramid are the food enzymes taken in from the foods we eat. They are the most abundant and are the foundation of our health and longevity. When these food enzymes are not replenished on a daily basis, our body is forced to supply all of the enzymes needed to digest that cooked food. This is where the The Law of Adaptive Secretion that was established in 1943 is important. This Law holds that an organism values its enzymes highly and will make no more than are needed for the job. These enzymes come from our digestive system or the second level of the Enzyme Pyramid. After years or decades of eating patterns that lack enzymes our bodies will eventually use up its own digestive enzymes or the building blocks needed to manufacture them. What may show up at this point are a host of side effects that include acid reflux, belching, bloating, gas, heartburn, indigestion, nausea and upset stomach. These symptoms are not a result of too much HCl and enzymes but way too few. Our bodies have now used up the two lower levels of the Enzyme Pyramid. Do we stop eating now? No, we continue to eat enzyme-deficient foods that will now begin to rob the enzymes that perform all of your internal bodily functions. They are referred as metabolic enzymes or the third level of the Enzyme Pyramid. Once this process starts whatever genetic weaknesses or tendencies that run in your family tree may begin to appear (i.e. cancer, diabetes, heart disease). Because of the limited number of metabolic enzymes and the importance of their functions, the body will deteriorate at a very rapid pace. Death occurs when our final enzyme has been used up.

When digestive enzymes are taken with meals there are a number of benefits:

- Reduction of gas, bloating, indigestion and heartburn
- Better elimination
- Increased energy levels
- Balance of blood sugar levels
- Relief from hiatal hernias and ulcers
- Lactose tolerance

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### *For the digestion of Fats*

**Lipase-** (*Aspergillus niger*) 200 FIP units per capsule. It breaks down fat molecules or tryglycerides into three simple fatty acids in a pH range of 3-10.

## **Part 2) Daily Essense ~ Vitamin-Mineral-Superfood Overview**

Without rehashing the same old information over again, let's do a real brief summary. Is vitamin and mineral supplementation really necessary? Modern farming techniques are producing larger quantities of food from the same acreage. This has required an ever-increasing amount of chemicals and fertilizers to try and replace the missing soil minerals. In addition, pesticides and herbicides are sprayed on these already mineral deficient crops. This "quantity over quality" scenario has been going on for over fifty years! Is it any wonder what ends up on our tables from commercial grocery stores are basically "empty" foods. One option is organically grown foods if they're available. Even eating the best organic foods available today, we are exposed to more stress (mental, physical, environmental) than our bodies were ever designed to handle. Adding a quality vitamin and mineral supplement to your daily regiment makes good sense. Not all vitamin/mineral supplements are created equal. Most vitamins are in tablets, which commonly use di-calcium-phosphate as a binder. This acts as a glue which prevents it from dissolving in the intestinal tract. Even if it were to break down, phosphates inhibit the assimilation of food nutrients (like drinking soda pop with a meal). On the other extreme there are 100% natural vitamins that come from certain fruits and vegetable sources. The only problem with these is that you would have to eat such enormous amounts in order to get any

benefit. For example, acerola cherries are the best food source of vitamin C at 1% by weight. This means it could take 130-180 capsules to get the minimum daily value of just that one vitamin. What other options are there? First, look for products that are in capsules. They are typically higher quality. A good choice would be a concentrated “food-source” like yeast, liver and wheat germ. Another good choice would be a “superfood-source” like blue green algae, spirulina, chlorella, barley, alfalfa, etc. The amount of vitamins and minerals in these may be lower than other options but the absorption and bio-availability is considerably higher. This is because the processing keeps the enzymes intact.

A few words about minerals. Other than the minerals that are found naturally in superfoods, look for mineral sources from amino acid chelates (AAC). These types of minerals have the highest percentage by weight of actual active mineral and are similar to those found naturally in plants (chelated to an amino acid) so they are easily absorbed.

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**Vitamin B1-** (thiamine) 12mg. Promote growth, aid digestion, keeps the nervous system, muscles and heart functioning normally. Water soluble.

**Vitamin B2-** (riboflavin) 12mg. Promote healthy skin, hair, nails. Benefits vision, aid in growth and reproduction. Water soluble.

**Vitamin B3-** (niacinamide) 12mg. Reduces tryglycerides and cholesterol, metabolizes fat, healthier skin, increases circulation, reduces migraine headaches. Water soluble.

**Vitamin B5-** (pantothenic acid) 12mg. Helps fight infection, fatigue, reduces negative effects of antibiotics, aids in healing, lowers cholesterol. Water soluble

**Vitamin B6-** (pyridoxine HCL) 15mg. Strengthen the immune system, helps prevent kidney stones, alleviates nausea, reduces muscle spasms. Water soluble.

**Vitamin B12-** (cyanocobalamin) 75mcg. Prevents anemia, lowers heart disease, increases energy, maintains nervous system, improves memory. Water soluble.

**Vitamin C-** (calcium ascorbate) 167mg. Protects against many forms of cancer, accelerates healing, prevents scurvy, lowers blood pressure and blood clots, activates the immune system and potent antioxidant. Water soluble.

**Vitamin D-** (cholecalciferol) 133IU. Works with minerals to create strong bones and teeth, prevents colds used along with vitamins A and C, aids in absorption of vitamin A. Fat soluble.

**Vitamin E-** (d-alpha tocopherol) 133IU. Alleviates fatigue and leg cramps, keeps you looking younger by retarding oxidation, supplies oxygen, prevents various forms of cancer, accelerates healing process, lower blood pressure. Fat soluble.

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detoxifier and antiseptic. It is over 60% plant protein by weight.

**Spirulina-** (leaf) 50mg. Another nutrient-dense algae.

**Chlorella-** (whole plant) 33mg. A rich source of vegetable protein and essential vitamins and minerals.

**Biotin-** 100mcg. Keeps hair from turning gray and falling out, alleviates eczema and dermatitis, eases muscle pains. Water soluble.

**Choline-** (bitartrate) 50mg. Helps control cholesterol, aids the liver in eliminating toxins, increases memory, used in treatment of Alzheimer's disease. Water soluble.

**Folic Acid-** 200mcg. Helps microcytic anemia, protects against birth defects, promotes healthier skin, protects against parasites and food poisoning. Water soluble.

**Inositol-** 30mg. Produces a calming effect, lower cholesterol levels, promotes healthier hair, prevents eczema. Water soluble.

**PABA-** (para-aminobenzoic acid) 7mg. Keeps skin smooth and healthy, delays wrinkles, reduces the pain of burns, restores natural hair color. Water soluble.

### **Mineral blend**

**Boron-** (amino acid chelate- AAC) 1mg. Helps prevent osteoporosis and brain function.

**Calcium-** (citrate/ascorbate) 50mg. Maintain strong bones and teeth, lower risk of colon cancer, alleviate insomnia, aid your nervous system, keep heart beating regularly.

**Chromium-** (AAC) 60mcg. Lowers blood pressure, prevents sugar cravings and sudden drops in energy as well as chances of diabetes.

**Copper-** (AAC) 500mcg. Required to convert iron into hemoglobin, increase energy.

**Iodine-** (kelp) 30mcg. More energy, promote healthy hair, nails, skin and teeth, burn excess fat, insures proper growth.

**Magnesium-** (citrate) 51mg. Help burn fat and produce energy, promotes a healthy cardiovascular system and prevents heart attacks, relieves indigestion, healthier teeth, helps prevent calcium deposits, kidney and gallstones.

**Manganese-** (AAC) 3mg. Helps eliminate fatigue and osteoporosis, improves memory, reduces nervous irritability.

**Molybdenum-** (AAC) 15mcg. Helps prevent anemia, aids in fat/sugar metabolism.

**Potassium-** (citrate) 10mg. Reduces blood pressure, used in allergy treatments, sends oxygen to the brain and improves thinking, helps dispose of body wastes.

**Selenium-** (AAC) 15mcg. Helps protect against cancer, heart disease and stroke, raises sperm counts in men, keeps dandruff in control.

**Silica-** (horsetail grass) 2mg. Speeds the repair of damaged connective tissue, improving its strength and elasticity.

**Vanadium-** (citrate) 30mcg. Prevents heart attacks, helps control insulin-resistant and Type II diabetes, improves nutrient transport and increases energy.

**Zinc-** (citrate) 6mg. Helps in the formation of insulin and the decrease in cholesterol deposits, accelerates healing times, helps prostrate problems and mental disorders.

### **Part 3) Daily Essense ~ Antioxidant Overview**

What is the connection between antioxidants and free radicals? First, let's define free radical. Free radicals are molecules that have lost an electron. These molecules are very unstable and are capable of destroying enzymes, protein molecules, a strand of DNA or entire cells. They can be thought of as invaders that attack the body. They will do anything to restore their balance through stealing an electron from a nearby molecule. This process will cause a chain reaction. Free radicals have been linked to a number of health problems including premature aging, stroke, heart disease, arthritis and cancer. They originate from either the external environment or our own internal environment. External sources include; air pollution, smog, exhaust fumes, cigarette smoke, industrial wastes, herbicides, pesticides, drugs, radiation, chemicals, power lines, microwave ovens, electronic equipment. Other sources are hydrogenated oils (vegetable shortening and margarine) and polyunsaturated oils. The body also produces free radicals internally as natural byproducts of oxygen metabolism as well as from aging, disease, stress, vigorous exercise, trauma or injury. Now, let's discuss antioxidants. Simply put antioxidants are elements that will terminate free radicals and stop the chain reaction. Antioxidants are also referred to as scavengers. They stop free radicals by replacing the missing

electron. There are two sources of antioxidants. First, the body has a natural defense mechanism in which it produces specific enzymes that act as antioxidants. These enzymes need minerals and antioxidants to function optimally and are found in foods and certain plants. The most commonly known sources of antioxidants are Vitamin A, C, E, Beta Carotene, selenium and zinc. However, in recent years scientists have discovered new antioxidants from oligomeric proanthocyanidins (OPC) that are 20 to 50 times more powerful. They come from grape seed or pine bark and are non-toxic. Here's a brief list of the health benefits of OPC:

- Lowers LDL cholesterol levels thus reducing the risk of cardiovascular disease.
- Reduces platelet aggregation thus reducing arterosclerosis.
- Increases the strength and elasticity of blood vessels.
- Enhances the ability of collagen to repair itself thus improving skin feel and elasticity.
- Relieves problems with varicose veins and PMS.
- Inhibits swelling and inflammation.
- Increases brain function (improves memory and reduces senility).
- Reduces the tendency towards diabetic retinopathy.

With the nutrient in our foods being compromised, the air quality declining, the living of faster and more stressful lifestyles and the exposure to more toxins and chemicals- the need for antioxidants and the protection they offer is more critical than ever before.

### **Part 3) Daily Essense ~ Antioxidant**

**All of the following ingredients are found in theDaily Essense product.**

**Grape Seed Extract 95% OPC-** 10mg. This extract has the highest potency levels and because it's standardized the quality is guaranteed.

**Pine Bark Extract 90% OPC-** 10mg. This extract also has the highest potency levels and because it's standardized the quality is guaranteed.

**Alpha Lipoic Acid-** 33mg. Moderates blood sugar levels, may be effective in treating Parkinson's, generating energy, protects the liver from alcohol damage as well as the lungs from smoke damage.

**Catalase-** (Aspergillus niger) 66 U units. One of the most potent antioxidant enzymes active in a pH range of 4-9.

**Citrus Bioflavonoids-** 11mg. Strengthens the capillary walls, builds resistance to infection, another source of Vitamin C, heals bleeding gums.