

**Active Essentials™** is the most complete and advanced Raw Food nutritional support supplement available. Designed to provide superior protection from “free radicals” and support immune function, nothing comes close to **Active Essentials™ Raw Food Multi Vitamin!**

Everyday we face environmental and nutritional challenges where our bodies fail to keep up with constant “**Toxic Load**”. These challenges come from our lifestyle, stress, environment, working habits and most strikingly from our nutrient deficient mass produced food. Feeding your body with supplemental high density nutrients has become a necessity for long term wellness.

### Active Essentials Raw Food Multi offers:

- ◆ Proprietary Blend
- ◆ Organic Sprout Blend
- ◆ Organic Mushroom Blend
- ◆ Probiotic & Enzyme Blend
- ◆ Organic Fruit & Berry Blend
- ◆ Proprietary Green Nutrient Blend
- ◆ Organic Green Superfood Blend
- ◆ Organic Vegetable & Herbal Blend

Supplement Facts		Serving Size: 2 capsules	Servings Per Container: 30		
Each Serving Contains:	Amount	%DV	Each Serving Contains:	Amount	%DV
Vitamin A (as Beta-Carotene)	833.5IU	17	Pantothenic Acid (B-5)	12mg	60
Nat. Vitamin C (as Camu Camu)	14mg	23	Calcium Egg Shell	8mg	<1
Vitamin D3	3,000IU	750	Magnesium (as Magnesium Gluconate)	432mcg	<1
Vitamin K	60mcg	75	Zinc (as Zinc Citrate)	3mg	17
Thiamin (B-1)	12mg	800	Selenium (as L-Selenomethionine)	3mcg	6
Riboflavin (B-2)	6mg	353	Manganese (as Manganese Gluconate)	1mg	27
Niacinamide (B-3)	12mg	60	Chromium (as Chromium Picolinate)	159mcg	132
Pyridoxine (B-6)	16mg	800	Potassium (as Potassium Gluconate)	4mg	<1
Folic Acid	266mcg	67	Molybdenum (as Molybdenum Citrate)	33mcg	44
Vitamin B12 (as Methylcobalamin)	120mcg	2,000	Vanadium (as Vanadium Chelate)	<1mcg	†
Biotin	3mcg	1			

  

Each Serving Contains:	Amount	%DV
<b>Proprietary Blend</b>	<b>323mg</b>	†
Spirulina, Tocopherols, Tocotrienols, Alfalfa Grass Juice Powder, Amaranth, Apple Polyphenols 80%, Bifidobacterium Longum, Kamut, Lactobacillus Acidophilus, Resveratrol 50%, Sunflower, L-Glutathione, Lactobacillus Casei, Lycopene 5%, COQ10, Kelp Pwdr. (Natural Iodine), Copper Sodium Chlorophyllin.		
<b>Proprietary Organic &amp; Kosher Green Superfood Blend</b>	<b>234mg</b>	†
- Green Blend: Spirulina, Wheat Grass Juice, Barley Grass Juice, Chlorrella, Nettle, Stivias Leaf, Fruit & Berry Blend: Apple Fruit, Acerola Ext., Wild Bilberry, Wild Blueberry, Wild Lingonberry. - Vegetable Blend: Carrot Juice, Beet Juice, Tomato Juice, Parsley, Spinach, Kale, Collard. - Plant Bio-Active Enzymes Blend: Reishi Mushroom Mycelia, Maitake Mushroom Mycelia, Shiitake Mushroom Mycelia, Cordyceps Mushroom Mycelia, Broccoli Sprout, Cauliflower Sprout, Kale Sprout, Amylase, Cellulase, Lipase, Protease.		
<b>Organic Vegetable Blend</b>	<b>180mg</b>	†
Parsley, Cabbage, Lemon Grass Leaf, Dandelion Leaf, Ginkgo Leaf, Rosemary, Tomato, Beet Pwdr., Carrot Pwdr., Plantain Leaf, Broccoli, Kale Pwdr., Spinach Pwdr., Cilantro Leaf Pwdr.		
<b>Enzymes Blend</b>	<b>180mg</b>	†
Beta-Glucanase, Alpha-Galactosidase, Peptidase, Phytase, Lactase, Hemicellulase, Bromelain, Pectinase, Papain.		
<b>Organic &amp; Kosher Berry and Fruit Blend</b>	<b>60mg</b>	†
Wild Bilberry, Wild Lingonberry, Black Currant, Aronia, Pomegranate, Wild Blueberry, Concord Grape, Sour Cherry, Wild Elderberry, Wild Cranberry, Red Raspberry, Black Raspberry.		

Other Ingredients: Vegetarian Capsule, Glycerol Behenates. †† Percent Daily Values (DV) are based on a 2,000 calorie diet.



### Why Go Raw?

We developed **Active Essentials™ Raw Food Multi Vitamin** because chemical synthetic vitamins bear little resemblance to the nutrients from food which we receive from Mother Nature. Our bodies recognize and use food nutrients quickly and easily. This is why most people rarely see or feel a difference when they take a commercial multi vitamin!

The vast majority of “off the shelf” multi vitamins are synthetic nutrients refined in a lab from sources including petroleum products and are known as “**isolates**”. Isolates, a highly refined form are devoid of nutritional cofactors that are present in the foods we eat, things like amino acids, fibers, enzymes, antioxidants, protein wrappers and trace elements.

It is precisely these cofactors that are SO important for the proper absorption and utilization of nutrients so your body can support and balance hormone, energy and enzyme production. Its no wonder people feel exhausted and depressed and cannot deal with toxic load.

### Healthy Aging Support:

Conversely, **Raw Food Nutrients** are bound to proteins, organic fibers and amino acids from plants making them highly usable by the body. At Your Holistic Life we employed Nature’s most perfect “**Nutrient Delivery System**” by using natural raw food extracts that are “pre-packaged” or bonded to plant based organic wrappers! This is the most efficient and natural way of delivering nutrients and also provides “**Micro Nutrients**” in a form that the body recognizes as usable.

**Active Essentials™** was designed to support the body’s natural healing abilities by providing the correct ratio of natural & organic nutrients. **Active Essentials™** is the fighting chance everyone should have to support proper enzymatic functions, hormone balance and antioxidant protection that is so critical for a long and healthy life.