



Certified for Sport™  
www.nsf.org



Guaranteed nutrient delivery.™

## FAST FACTS

*I need Essentials for Life if...*

- I eat cooked or processed foods.
- I have low energy levels.
- I do not eat 5 servings of fruits and vegetables per day.
- I drink carbonated beverages, alcohol, tea or coffee.
- I have difficulty losing weight.
- I feel stressed.

vollara®

# Essentials for Life

THE ULTIMATE SIX-IN-ONE SUPPLEMENT  
FOR SUPERIOR DAILY NUTRITION AND  
OPTIMAL HEALTH, ENERGY & VITALITY

**WELLNESS LIFESTYLE**  
Dietary Supplement



Vollara's Essentials for Life is the world's finest 100% natural, full spectrum nutritional system for superior daily nutrition, optimal health, energy and vitality. Essentials for Life is SIX natural products combined into ONE amazing system for maximum health benefit, convenience and cost effectiveness.

### **Vitamins (Re:Gain):**

Complete, whole food multi-vitamins replenish essential nutrients for a healthy body.

### **Minerals (Re:Claim):**

Patented chelated minerals with maximum absorption to promote energy, stamina and a healthier you.

### **Digestive Enzymes (Re:Absorb):**

Vital enzymes necessary for proper digestion and nutrient utilization of the foods you eat.

### **Antioxidants (Re:Inforce):**

Potent antioxidants for complete protection against the damaging effects of free radicals.

### **Flora (Re:Balance):**

Billions of stabilized flora to help suppress harmful bacteria in the digestive tract and promote optimal health.

### **Fat-Digesting Enzymes (Re:Lease):**

Specific nutrients for metabolizing fat and supporting healthy blood sugar levels.

### **CAeDS® GUARANTEES DELIVERY**

CAeDS® is Vollara's proprietary and highly sophisticated nutrient delivery system that ensures the rich nutrients in Vollara products are absorbed and delivered to the cells of the body. The powerful combination of Vollara's premium quality ingredients, advanced formulations, and a cellular nutrient delivery system makes it virtually impossible for any other nutritional product to match the effectiveness of our products. Simply put, CAeDS® guarantees maximum effectiveness!

### **ABOUT VOLLARA:**

You've always heard we are what we eat... NOT TRUE... we are what we ABSORB! Air, water and nutrients are all vital to our health and what we absorb is the key. Vollara technologies offer complete health choices; choices to purify the air you breathe and the surfaces you touch, enrich the water you drink, support your immune system and strengthen your body. Our in-house team works closely with our esteemed Medical & Scientific Advisory Board who tests and researches every component of every technology to ensure we are delivering solid, best-in-class products. Our proven business systems empower people to command their financial footing, to bring security to their lives, to provide for themselves and their loved ones and to help all of us care for this precious planet with which we have been blessed. Welcome to a new way to live healthy. Welcome to Uncompromising Health™ by Vollara.

These statements have not been evaluated by the Food and Drug Administration.  
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## WHAT MAKES ESSENTIALS FOR LIFE SUPERIOR?

Vollara's Essentials for Life is much more than just your typical multi vitamin and mineral product. Essentials for Life is the only complete, nutritional supplement system that addresses all your core daily nutritional supplementation needs - and is combined with the most powerful nutritional delivery system on the planet, CAeDS®.

- Vitamins, minerals, antioxidants, enzymes, and flora meet your body's daily core nutritional needs in one convenient and cost effective product.
- Provides 100% natural whole food vitamins – the most complete and effective form of vitamins available.
- Uses only patented amino acid chelated minerals - proven to be the safest, and most absorbable minerals available.
- Provides multiple sources of the most powerful super antioxidants for maximum free radical protection.

- Offers the full spectrum of digestive enzymes from plant sources for optimal benefit throughout the digestive tract.
- Contains a broad array of stabilized friendly flora for maximum support of the immune and gastro-intestinal systems of the body.
- Added lipase and patented chelated chromium provide extra support for metabolizing fat and maintaining healthy blood sugar levels within normal range.
- Includes a custom formulated Chelate Activated Enzyme Delivery System (CAeDS®) ensuring the nutrients in this product are delivered to the cells of the body for guaranteed maximum effectiveness.
- Complete, balanced formulation; all natural; highest quality ingredients; and completely vegetarian.
- Contains no artificial colors, flavors, sweeteners, or chemical preservatives, additives or fillers.

## BENEFITS:

Vollara's Essentials for Life is a 100% natural, doctor-formulated, whole food nutritional system created to address your body's daily nutritional supplement needs.

- Provides all the essential vitamins and nutrients necessary for the creation of energy and overall health.
- Provides essential minerals needed by the body to promote stronger bones, healthy hair, skin and nails, and help maintain firm muscle tone.
- Provides potent antioxidants to help protect you from free radical damage.
- Provides vital enzymes to support proper digestion and to receive maximum nutrition and energy from your food.
- Provides beneficial intestinal bacteria to strengthen your body's immune system and support your overall health.
- Supports the body's ability to make lean muscle and burn fat while exercising.
- Patented chromium source is proven to support healthy insulin function and healthy blood sugar levels already within normal ranges, and reduce food cravings.



## Supplement Facts

Serving Size 2 Capsules    Servings Per Container 84			Amount per serving    %DV		
Vitamin A (100% as natural beta-carotene)	500 IU	10%	<b>Proprietary Whole Food Vitamin and Antioxidant Blend:</b> 265 mg †		
Vitamin C	20 mg	33%	Ascorbic acid, acerola fruit extract, vegetarian yeast, kelp, rutin, broccoli, Brussels sprouts, safflower oil powder, spinach leaf, beet root, blackstrap molasses, chlorella algae, cranberry, Jerusalem artichoke inulin, quercetin dihydrate, alfalfa juice powder, blueberry fruit, carrot root, ginger rhizome, grape seed extract, green pepper fruit, olive leaf extract, raspberry juice powder, shiitake mushroom, spirulina, sweet potato tuber, turmeric rhizome extract, olive fruit extract, pine bark extract, resveratrol		
Vitamin D (as cholecalciferol (D <sub>3</sub> ))	800 IU	200%	<b>Proprietary Digestive Enzyme Blend:</b> 140 mg †		
Vitamin E (as natural mixed tocopherols with tocotrienols)	10 IU	33%	Acid protease, fungal protease, glucoamylase, invertase, malt diastase, lactase, cellulase, lipase, fungal amylase, peptidase		
Vitamin K (as K <sub>1</sub> menaquinone-7 from soy)	20 mcg	25%	<b>Proprietary Probiotic Blend:</b> 100 mg †		
Thiamin (as thiamin HCl)	0.5 mg	33%	Lactobacillus acidophilus, Bifidobacterium lactis, Streptococcus thermophilus, Bifidobacterium breve, Lactobacillus rhamnosus, Lactobacillus paracasei, Lactobacillus plantarum, Bifidobacterium bifidum, Bifidobacterium longum, Bifidobacterium adolescentis in a base of fructo-oligosaccharides		
Riboflavin	0.56 mg	33%	<b>CAeDS® Blend:</b> 357 mg †		
Niacin (as niacinamide)	6.6 mg	33%	TRAACS® calcium bisglycinate chelate and calcium carbonate, TRAACS® magnesium bisglycinate chelate, magnesium oxide, TRAACS® zinc bisglycinate chelate, TRAACS® magnesium glycyl-L-glutamine, TRAACS® copper bisglycinate chelate, TRAACS® manganese glycinate chelate, TRAACS® vanadium nicotinate glycinate chelate		
Vitamin B <sub>6</sub> (as pyridoxal-5-phosphate)	0.66 mg	33%	† Daily value (DV) not established		
Folate (as (6S)-5-Methyltetrahydrofolic acid, Glucosamine Salt Quatrefolic®)	133 mcg	33%	Other ingredients: Hypromellose, rice flour, vegetable stearic acid, ascorbic acid and silica.		
Vitamin B <sub>12</sub> (as methylcobalamin)	2 mcg	33%	Albion, Ferrochel and TRAACS® are registered trademarks of Albion Laboratories, Inc. Quatrefolic® is a registered trademark of Gnosis Sp.A.U.S. Patent No. 7,947,662		
Biotin	100 mcg	33%			
Pantothenic acid (as D-calcium pantothenate)	3.3 mg	33%			
Calcium	50 mg	5%			
Iron (as Ferrochel® ferrous bisglycinate chelate)	0.76 mg	4%			
Iodine (as potassium iodide)	50 mcg	33%			
Magnesium	25 mg	6%			
Zinc	3 mg	20%			
Selenium (as Albion® selenium glycinate complex)	5 mcg	7%			
Copper	0.4 mg	20%			
Manganese	0.26 mg	13%			
Chromium (as TRAACS® chromium nicotinate glycinate chelate)	70 mcg	58%			
Molybdenum (as TRAACS® molybdenum glycinate chelate)	5 mcg	7%			

Distributed by: Vollara, LLC, 300 East Valley Drive, Bracon, VA 24201

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## ESSENTIALS FOR LIFE TECHNICAL INFORMATION

There are five fundamental nutritional needs that must be met on a daily basis – vitamins, minerals, antioxidants, enzymes and flora. Environmental toxins, pollution, stress and poor diets place a significant burden on the body and have created greater nutritional needs than ever before. In addition, depleted soils and cooked and processed foods have made it difficult, if not impossible, to meet these daily nutritional needs from foods alone. As a result, nutritional supplementation in all five of these core areas is recommended for optimal health.

### VITAMINS:

The best source of vitamins is from whole food sources. Whole food sources of vitamins not only provide the essential vitamins, but also supply all the natural cofactors and synergistic phytonutrients required for optimal health in the balance nature intended. Vitamins, minerals and phytonutrients work synergistically with each other and must be provided in the correct balance to achieve health. Too much of one nutrient can cause an imbalance and potentially do more harm than good. In other words, more is not always better and the body needs the right amount of a nutrient rather than more of it. A true nutrient must contain the vitamins along with its natural synergists (naturally associated factors) as found in unrefined food. Essentials for Life is superior to other supplements because it provides a full complement of rich whole food vitamin sources in the proper amounts for complete nutrition.

### MINERALS

The form of mineral used in a product is critical because it determines the extent to which the body can use the supplemental mineral. Many forms of minerals on the market are poorly absorbed, and consequently are largely excreted from the body as waste. Simply put, minerals only benefit the body to the extent they can be absorbed and utilized. Essentials for Life contains a balanced blend of all the essential minerals needed by the body in the most absorbable form, as amino acid chelated minerals. They are assimilated by the body as amino acids rather than minerals, so they have the highest absorption rate possible. By increasing the absorption rate, the minerals in

Essentials for Life are more readily available so the body will have the supply of minerals it needs for a healthy metabolism and a strong immune system.

### ANTIOXIDANTS

Essentials for Life provides potent levels of cutting-edge antioxidants such as grape seed extract, pine bark extract, a patented organic olive extract, resveratrol from grape skin, quercetin, blueberry, cranberry and raspberry, along with selenium and natural sources of the antioxidant vitamins A, C and E. This combination of antioxidant sources provides the strongest and most complete balance of antioxidants to fight free radicals, and includes powerful, natural antioxidant compounds like bioflavonoids, polyphenols (including hydroxytyrosol and resveratrol), anthocyanadins, carotenoids, tocopherols, tocotrienols and more. Additionally, it contains an SOD Precursor System used exclusively by Vollara brand products. This system allows the body to create more of its own powerful antioxidant enzyme, Superoxide Dismutase.

### ENZYMES

Essentials for Life contains the full spectrum of enzymes required by the body to assist in digestion and absorption. Raw food naturally contains the enzymes necessary to digest itself. However, enzymes are destroyed by the high temperatures required to cook food. Thus, most methods of cooking and processing leave food devoid of enzymes and place the full burden of digestion on the body. In essence, eating processed foods “robs” the body of the energy it needs for growth, maintenance and repair of its tissues and organ systems. Essentials for Life replenishes your body with these critical enzymes.

### FLORA

Your body needs to have a sufficient amount of “friendly flora” or “good” bacteria to sustain good intestinal health. These bacteria are destroyed by such common factors as carbonated drinks, laxatives, birth control pills, coffee, alcohol, aging, stress and antibiotics. Maintaining and promoting the growth of helpful bacteria, while destroying the harmful strains, is vital to health. If harmful bacteria grow in too great a proportion, serious consequences can arise. The level of health and well-being we enjoy is affected by how well we maintain a wholesome

environment in which these microorganisms can live and flourish. The regular inclusion of supplemental flora contained in Essentials for Life supports the healthy growth of needed bacteria.

### SUPPORT FOR FAT AND SUGAR METABOLISM

Recognizing the harmful effects of fats, many people have chosen to greatly reduce their fat intake. However, fat is a vital source of energy and is essential to the workings of all the body's systems. Nutritional research shows that the healthiest diets contain significant amounts of naturally-occurring fats, especially unsaturated fats. The key to the benefit of dietary fat is simply to make sure that fats are digested. To address this need, Essentials for Life has included a high level of the enzyme lipase to ensure that fat is digested. Lipase breaks fat into fatty acids that can be utilized for energy. Along with lipase, Essentials for Life includes extra chromium, a vital ingredient to support and work with the body's insulin. This is important because insulin helps to regulate blood sugar and control hunger; regulate energy, fat burning and muscle building; govern the utilization of cholesterol; and resist disease by stimulating the immune system. Vollara's Essentials for Life is your complete solution to conveniently and cost effectively meeting your body's core nutritional supplementation needs. Use this advanced system to help you achieve optimal health, energy and vitality.

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The logo for Vollara, featuring the brand name in a lowercase, sans-serif font with a registered trademark symbol. Above the 'a' in 'Vollara' is a stylized graphic of three blue and white curved lines, resembling a leaf or a drop.