

## Supplement Facts

Serving Size: 6 Capsules

Servings Per Container: 30

See dosage guide for dosing by bodyweight.

	Amount Per Serving	% Daily Values for Adults and Children 4 or more years of age
Vitamin A (with 1800 mcg RAE as mixed carotenoids and 600 mcg RAE as retinol)	2400 mcg RAE	267%
Vitamin C (as Calcium Ascorbate)	300 mg	333%
Vitamin D3 (as Cholecalciferol)	62 mcg	313%
Vitamin E (as 100 mg of mixed Tocopherols)	45 mg	300%
Vitamin K (as K1 and K2)	300 mcg	250%
Vitamin B1 (as Thiamine Hydrochloride)	30 mg	2500%
Vitamin B2 (Riboflavin)	40 mg	3077%
Vitamin B3 (as Niacin and Nicotinamide)	40 mg NE	219%
Vitamin B6 (as Pyridoxal-5-Phosphate and Pyridoxine HCl)	40 mg	2353%
Folate (Methyltetrahydrofolate) (MTHF as Quatrefolic®)	600 mcg DFE	150%
Vitamin B12 (as Hydroxycobalamin and Methylcobalamin)	600 mcg	25000%
Biotin	500 mcg	1667%
Vitamin B5 (Pantothenic Acid as Calcium-D-Pantothenate)	30 mg	600%
Choline (as VitaCholine® Choline Bitartrate)	250 mg	45%
Calcium (from DimaCal® Dicalcium Malate, Calcium Ascorbate and Calcium Pantothenate)	200 mg	15%
Iodine (as Potassium Iodide)	100 mcg	67%

Other ingredients: Hypromellose (Capsule), Silica.

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OptiMSM® is a registered trademark of Bergstrom Nutrition.

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Quatrefolic®



ALBION  
MINERALS



	Amount Per Serving	% Daily Values for Adults and Children 4 or more years of age
Magnesium (as DIMagnesium Malate, Magnesium Citrate and Magnesium Taurate)	200 mg	48%
Zinc (as Zinc Sulfate and Amino Acid Chelate)	15 mg	136%
Selenium (80% as Selenomethionine, 20% as Sodium Selenite)	50 mcg	91%
Manganese (as Manganese Aspartate)	0.5 mg	22%
Chromium (as Chromium Picolinate)	70 mcg	200%
Molybdenum (as TRAAACS® Molybdenum Glycinate Chelate)	100 mcg	222%
Potassium (as Potassium Chloride)	50 mg	1%
Methylsulfonylmethane (OptiMSM®)	500 mg	†
Co-Enzyme Q10	100 mg	†
N-Acetyl-L-Cysteine (NAC)	100 mg	†
L-Carnitine	300 mg	†
Nicotinamide Riboside	10 mg	†
Nicotinamide Adenine Dinucleotide (NADH)	10 mg	†
Lithium (as Lithium Orotate)	350 mcg	†
Inositol	100 mg	†
Daily Value based on a 2000 calorie diet.		
† Daily value not established		

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

**Developed by and manufactured for**  
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# DOSING GUIDE

## ANRC Essentials Plus CAPSULES



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### Dosage Chart for ANRC Essentials Plus Capsules

Vitamins and minerals are normally consumed as part of the food we eat. Therefore, vitamin/mineral supplements should always be taken with food, not on an empty stomach, to reduce the risk of stomach upset.

Dosing can be 3x a day (preferred, since slightly better absorption) or 2x/day (almost as good).

ANRC Essentials Plus Capsule DOSAGE CHART - 3X DAILY						
Bodyweight 20-45 Lbs.	Days 1-14	Days 15-28	Days 29+			
	Breakfast	1	1	1		
Lunch	0	0	1			
Dinner	0	1	1			
Bodyweight 46-75 Lbs.	Days 1-6	Days 7-12	Days 13-18	Days 19-24	Days 25-30	Days 31+
	Breakfast	1	1	1	2	2
Lunch	0	0	1	1	1	2
Dinner	0	1	1	1	2	2
Bodyweight 76-105 Lbs.	Days 1-7	Days 8-14	Days 15-21	Days 22-28	Days 29+	
	Breakfast	1	2	2	3	3
Lunch	0	1	2	2	3	
Dinner	1	1	2	3	3	
Bodyweight 106+ Lbs.	Days 1-10	Days 11-20	Days 21-30	Days 31+		
	Breakfast	1	2	3	4	
Lunch	1	2	3	4		
Dinner	1	2	3	4		

We recommend starting at a low dose, and gradually increasing as tolerated.

The Adams et al. 2012 study found that this dosing was optimal for most participants, but some did better at 50-75% of the final recommended dosage. Adjust the dosage to what works best for your child.

Optional Dosing Schedule: ANRC Essentials Plus Capsule DOSAGE CHART - 2X DAILY						
Bodyweight 20-45 Lbs.	Days 1-14	Days 15-28	Days 29+			
	Breakfast	1	1	2		
Dinner	0	1	1			
Bodyweight 46-75 Lbs.	Days 1-6	Days 7-12	Days 13-18	Days 19-24	Days 25-30	Days 30+
	Breakfast	1	1	2	2	3
Dinner	0	1	1	2	2	3
Bodyweight 76-105 Lbs.	Days 1-7	Days 8-14	Days 15-21	Days 22-28	Days 29+	
	Breakfast	1	2	3	4	5
Dinner	1	2	3	3	4	
Bodyweight 106+ Lbs.	Days 1-6	Days 7-12	Days 13-18	Days 19-24	Days 25-30	Days 30+
	Breakfast	1	2	3	4	5
Dinner	1	2	3	4	5	6

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