

RECODE WITH THE BREDESEN PROTOCOL

# Daily Essentials

## How It Works

Free radicals are naturally occurring cellular waste that can cause cell and tissue damage in the body. Dr. Bredesen, one of the world's leading neurologists, has partnered with LifeSeasons to tackle free radicals and give you the ingredients your body needs in the Daily Essentials pill packs.

Now in conveniently pre-measured stick packs, the Daily Balance formula is so much easier to incorporate in your day-to-day routine.

Daily Essentials provides your daily doses of probiotics, antioxidants, omega-3s and multivitamins. These unique formulas enhance nutritional support for optimal brain performance and overall good health.\*

*Everyone is different, and results will vary from person to person. The key is to maintain consistent use every day to see the best results.*



## Features & Benefits

Essential nutrients that support cognitive function.\*

Helps sustain natural cellular health.\*

Supports the gut-brain connection.\*



ReCODEsupport.com | 801.308.8001



### Daily Probiotics

This formula enriches your brain-gut connection with specific probiotics that support a healthy microbiome and cognitive health. It contains beneficial bacterial strains that are clinically shown to promote cognition, support gastrointestinal and immune health, decrease stress-induced digestive discomfort, and promote a positive mood.\*



### Daily Omega-3s

Fish oil has many studied benefits for neural building, a healthy response to inflammation, and overall circulatory health. This formula includes Eicosapentaenoic acid (EPA) and Docosahexaenoic acid (DHA), which support eye, heart, and brain health. EPA and DHA encourage normal brain function and memory.\*



### Daily Multivitamin

The Daily Multivitamin provides essential nutrients that have been shown to promote memory and better health. This formula is designed to also meet daily needs for key vitamins, including Vitamin A and C, among many others, as well as boost your overall cognitive performance.\*



### Daily Antioxidants

Your body naturally produces cellular waste in the form of free radicals. An imbalance of free radicals could cause cellular and tissue stress, which leads to subjective cognitive decline and other age-related concerns. This dose of antioxidants can help you defend against oxidative stress and protect your brain health by neutralizing free radicals.\*



## How to take



2 Pill Packets



With Food



Daily

If tolerated, pill packets can be taken in the morning on an empty stomach. They may be taken separately or together. However, it is not recommended that you take these supplements in the evening as the ingredients could be energizing and may interfere with sleep. Feel free to personalize the timing to best address your needs.

## Ingredients

Supplement Facts			
Serving size: 2 Pill Packets / Servings per container: 30			
Amount per serving		% DV	
Calories	35		
Total Fat	3.5 g	4%**	
Vitamin A (as retinyl palmitate)	1,500 mcg RAE	167%	
Vitamin C (as ascorbic acid)	400 mg	444%	
Vitamin D3 (as cholecalciferol)	100 mcg	500%	
Vitamin E (as natural d-alpha tocopheryl succinate, plus mixed tocopherols)	274 mg	1,827%	
Vitamin K2 (as menaquinone MK-7)	100 mcg	83%	
Vitamin B1 (as thiamine HCL)	1.5 mg	125%	
Vitamin B2 (as riboflavin)	2 mg	154%	
Vitamin B3 (as niacinamide)	15 mg NE	94%	
Vitamin B6 (as pyridoxal-5-phosphate)	15 mg	882%	
Folate (from Magnafolate® C as calcium L-5-methyltetrahydrofolate)	1,336 mcg DFE	334%	
Vitamin B12 (as 500 mcg adenosylcobalamin, 500 mcg methylcobalamin)	1,000 mcg	41,667%	
Iodine (from Atlantic kelp ( <i>Laminaria digitata</i> ) extract)	150 mcg	100%	
Zinc (as OptiZinc® zinc methionine)	15 mg	136%	
Omega-3 Fatty Acids	5,000 mg	†	
EPA (Eicosapentaenoic Acid)	(600 mg)	†	
DHA (Docosahexaenoic Acid)	(1,000 mg)	†	
Probiotic (20 Billion CFU) & Prebiotic Blend	518 mg	†	
FOS (Fructo-Oligosaccharide)	(105 mg)	†	
<i>Lactobacillus helveticus</i> R0052 (6 Billion CFU)	(80 mg)	†	
<i>Bifidobacterium longum</i> R0175 (6 Billion CFU)	(240 mg)	†	
<i>Lactobacillus acidophilus</i> La-14 (4 Billion CFU)	(40 mg)	†	
<i>Bifidobacterium bifidum</i> Bb-06 (2 Billion CFU)	(40 mg)	†	
<i>Bifidobacterium breve</i> Bb-03 (2 Billion CFU)	(13 mg)	†	
Potassium Caprylate (80% [400 mg] caprylic acid)	500 mg	†	
Meriva® Curcumin/Sunflower Lecithin (from Turmeric ( <i>Curcuma longa</i> ) rhizome and Sunflower ( <i>Helianthus annuus</i> ) seed extracts)	500 mg	†	
NeuroFactor® Coffee ( <i>Coffea arabica</i> ) fruit extract	100 mg	†	
Resveratrol (from <i>Polygonum cuspidatum</i> )	100 mg	†	
Alpha Lipoic Acid	100 mg	†	
CoQ10 (ubiquinone)	100 mg	†	
Trace Minerals (from Redmond's Real Salt®)	75 mg	†	
Tocotrienols (10% [2.5 mg] tocopherols)	25 mg	†	
PQQ (Pyrroloquinoline quinone, as PQQ disodium salt)	10 mg	†	

† Daily Value (DV) not established.  
\*\* Percent Daily Value are based on a 2,000 calorie diet.

Other Ingredients: Capsules (Hypermellose (vegetable cellulose), microcrystalline cellulose, rice bran, silica). Softgel capsules (Highly purified fish oil, bovine gelatin, glycerin, purified water).

Contains: Fish (anchovy, sardine, mackerel), soy and milk.

