



# Essentials

No matter your age or lifestyle, every woman benefits from consistent, high-quality nutrition. Step up your support with Essentials, a daily nutrient boost of plant-based vitamins and minerals. Essentials delivers 100% Daily Value of 11 essential nutrients, all in the most bioavailable form for your body. Taking Essentials as part of your daily routine helps you feel energized, balanced, and confident from within.\*

## 7 Benefits of Essentials



### 1. Promotes Natural Energy

B vitamins are essential for energy production in the body and need to be replenished daily.



### 2. Everyday Immune Support

Vitamin C and Zinc help bolster the immune system and support your natural defenses.



### 3. Healthy Hormone Support

Iodine provides an essential nutrient for the thyroid, supporting healthy hormone balance.

### 4. Radiant Skin and Hair

Vitamins A, C, B2, and Zinc support healthy skin, hair, and nails from the inside out.



### 5. Supports Balanced Mood

B vitamins help in the creation of neurotransmitters and support a calm mood.



### 6. Healthy Vision Support

Vitamin A supports the health of the eyes, which are often stressed from screen time.



### 7. Supports Healthy Blood Levels

Plant-based Folate (B9) is essential for the creation of red blood cells in the body.



## The Good Inside

### 11 Essential Vitamins & Minerals (All Sourced from Whole Foods)

**Vitamin A** (100%)

**Vitamin C** (100%)

**Thiamin B1** (120%)

**Riboflavin B2** (125%)

**Niacin B3** (105%)

**Pantothenic Acid B5** (160%)

**Vitamin B6** (120%)

**Folate B9** (160%)

**Vitamin B12** (100%)

**Iodine** (100%)

**Zinc** (100%)

### Organic Essentials Blend

Organic Guava Extract, Organic Fruit Extract Blend (Guava Fruit, Mango Fruit, Lemon Fruit), Organic Nutritional Yeast, Organic Acerola Cherry Extract, Organic Sea Kelp, Organic Annatto Seed Extract, Organic Black Pepper Extract.

**Other Ingredients:** Organic Pullulan Capsule



**Suggested Use:** Take 4 capsules daily, ideally with a meal, to support natural energy, mood balance, and overall vitality.



touchstone essentials

TheGoodInside.com

\*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.