



MyVitamins[®]

CustomEssentials[®]
Personalized Nutraceutical



Product Overview

Custom Essentials is a scientifically designed, individualized nutritional supplement based on the latest research in the areas of metabolic profiling and biochemical individuality. Each Custom Essentials nutrient formulation is determined by a sophisticated, computer-assisted analysis of distinct information specific to an individual including personalized data from your PrivaTest questionnaire and laboratory test results. The use of this individualized information in the blending of a specific formulation makes Custom Essentials a revolutionary product in the field of nutritional supplementation.

Healthy Highlights

- As in all Bioceutica products, Custom Essentials meets or exceeds the highest standards of quality in the industry, including the stringent United States Pharmacopeia (USP) requirements for disintegration and dissolution of dietary supplements.
- Based on responses from the PrivaTest questionnaire, a foundation formulation is first established, providing an individualized blend of known essential vitamins and minerals.
- In addition to the comprehensive foundation of essential nutrients, Custom Essentials also provides enhanced nutrient support based on your test results in three critical areas of metabolism: oxidative stress (antioxidant support against free-radical damage to DNA), detoxification ability (nutrient reserves for a key detox pathway), and regulation of a critical signaling molecule, nitric oxide (affecting multiple body systems).*

As Part of Your Total Health Plan

Custom Essentials is the very foundation of your total supplementation program. In conjunction with a healthy diet, your Custom Essentials can serve as the source of excellent broad-based nutritional insurance specific to your needs; it can provide the base from which to build an even more personalized program using the complete Bioceutica product line. Every product in the Bioceutica family is designed to work synergistically with the other products, so you can augment your Custom Essentials as your individual health and lifestyle needs dictate.

Ingredient Information

Due to the individualized nature of Custom Essentials, actual amounts of each nutrient listed will be found only on your individualized label. Depending on your precise needs, some listed nutrients may or may not be found in your particular formula.

Recommended Usage

Recommended Adult Use: One pak daily, with a large meal. You may also take in divided doses throughout the day, taking two capsules each with breakfast, lunch, and dinner OR three capsules each with breakfast and lunch.

Your formulation can contain...

- Vitamin A (palmitate)
- Natural beta-carotene with mixed carotenoids
- Vitamin C (mineral ascorbates)
- Vitamin D-3
- Vitamin E (d-alpha tocopherol)
- Natural mixed tocopherols/tocotrienols
- Vitamin B-1 (thiamin mononitrate)
- Vitamin B-2 (riboflavin)
- Vitamin B-3 (inositol hexaniacinate/nicotinamide)
- Vitamin B-5 (calcium pantothenate)
- Vitamin B-6 (pyridoxine HCl/pyridoxal-5-phosphate)
- Folic Acid
- Vitamin B-12 (methylcobalamin)
- Biotin
- Calcium (CAAC)**
- Magnesium (CAAC)**
- Zinc (CAAC)**
- Selenium (CAAC)**
- Copper (CAAC)**
- Manganese (CAAC)**
- Chromium (CAAC)**
- Molybdenum (CAAC)**
- Boron (CAAC)**
- Choline Bitartrate
- Inositol (inositol/inositol hexaniacinate)
- Vanadium (CAAC)**
- Betaine HCl
- L-Glycine
- Taurine
- N-acetylcysteine
- Alpha-Ketoglutarate
- Milk Thistle Extract
- Grape Seed Extract (98% proanthocyanidins)
- Bioflavonoids
- L-Arginine
- Black Pepper Extract (95% piperine)

**CAAC = Chelated Amino Acid Complex

...in Bioceutica's proprietary synergistically balanced base of food extracts and botanicals, sealed in vegetarian capsules.