



FORMULATED BY DAVID HAASE, MD

Clinical Applications

- Provide Foundation Micronutrition for a Variety of Protocols*
- Support Improved Dietary Nutrient Intake*
- Provide Long-Lasting Antioxidant Support*
- Support Individuals with Higher Vitamin D Requirements*

*Core NRG is a conveniently dose-packaged combination of three formulas that provide comprehensive nutritional support for health and well-being, especially when higher vitamin D intake and long-lasting antioxidant support against free radical damage is desirable.**

All Creating Health Formulas Meet or Exceed cGMP Quality Standards

Discussion

The average diet can be lacking in complete nutrition due to modern food-production techniques, poor food choices, and nutrient-depleting preparation methods.^[1-3] Combine these with the toll of lifestyle stress and oxidizing chemicals—found in foods and the environment—and it becomes essential to ensure comprehensive foundation nutrition for the body. To help achieve this, each cellophane-wrapped packet of Core NRG contains the following Creating Health formulas and ingredient combinations:*

Daily NRG No Iron This high-quality, hypoallergenic multivitamin/mineral blend provided in vegetable capsules not only features activated vitamin cofactors and patented Albion® chelated mineral complexes, but it also includes folate as 5-MTHF as well as methylcobalamin as MecobalActive™. The form of 5-MTHF is Quatrefolic®, which is proven to have greater stability, solubility, and bioavailability compared to calcium salt forms of 5-MTHF.^[4] MecobalActive is a patented form of methylcobalamin that has very high purity; no harmful solvents are used in its production.^[5] The balanced nutrient profile in Daily NRG No Iron supports vitamin/mineral synergistic activity; antioxidant protection with vitamins C and E, selenium, and carotenoids; and phase I detoxification.*

OmegaClean™ MonoMax™ 650EC is made using a proprietary MaxSimil composition containing monoglyceride fish oil with no additional ingredients, carriers, or excipients. Each fish-gelatin softgel is entericcoated. The fish oil is non-GMO, certified sustainable from Scandinavia, and antibiotic-free. Additionally, it is eco-friendly because the greater absorption of EPA and DHA ultimately means that fewer grams of fish oil need to be harvested for the same benefit. Research suggests that consumption of EPA and DHA omega-3 fatty acids may support cardiovascular health.^[6] Studies have also shown that fish oils may support healthy cytokine production, promote optimal joint function^[7], and support overall brain and nervous system function.*^[8]

OncoDetox Daily and D3 This combination contains truebroc™ glucoraphanin, a patented phytochemical derived from broccoli extract that is featured in Creating Health's OncoDetox Daily formulas, and bioactive D3. These two nutrients continue to be the focus of much research for their protective roles at both system and cellular levels.*

OncoDetox Daily delivers 15 mg of glucoraphanin, the glucosinolate in broccoli that converts to sulforaphane in the body. Extensive research suggests that when glucoraphanin is enzymatically converted to sulforaphane (its active form), it safely and effectively supports the Nrf2 system, antioxidant systems, and vital phase II detoxification enzymes.^[9,10] This process provides protection from common toxins and xenobiotics. In addition, sulforaphane has been shown to support normal cell-life regulation.^[11-14] It has also been shown to support the body's response to harmful microbes, a healthy response to aging-associated changes in cytokine production, and eye and cardiovascular health.*^[15-19]

D3 is provided as 2000 IU of cholecalciferol, identical to the form in which it is derived in the body from cholesterol and synthesized by sunlight on the skin. Although vitamin D forms are similar biochemically, a recent study reported D3 to be approximately 87% more potent in raising and maintaining serum 25-hydroxyvitamin D (25[OH]D) concentrations and in producing two- to threefold greater storage of vitamin D than did equimolar D2 (ergocalciferol).^[20] In addition to musculoskeletal benefits, research now suggests that optimal serum levels of vitamin D support normal cell differentiation, cardiovascular health, normal immune function, good balance, healthy mood, normal fetal development, neuronal growth and neurodevelopment, healthy glucose metabolism, periodontal health, and normal intestinal immune responses.*^[21-23]

*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.



Supplement Facts

Serving Size 1 Packet
Servings Per Container 60

	2 Multivitamin Formula without Iron Capsules		1 Broccoli Power & D3 Capsule	1 Omega-3 Max Formula Softgel
	Amount Per Serving	%DV	Amount Per Serving	%DV
Calories				5
Total Fat			0.5 g	1%*
Vitamin A (75% as natural beta-carotene and 25% as retinyl palmitate)	1120 mcg	124%		
Vitamin C (as sodium ascorbate, potassium ascorbate, zinc ascorbate, and calcium ascorbate)	125 mg	139%		
Vitamin D3 (cholecalciferol)	2.5 mcg μ 100 IU)	13%	50 mcg μ 2000 IU)	250%
Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)	67 mg	447%		
Thiamin (as thiamine mononitrate)	10 mg	833%		
Riboflavin (as riboflavin 5'-phosphate sodium)	10 mg	769%		
Niacin (as niacinamide and niacin)	32 mg	200%		
Vitamin B6 (as pyridoxal 5'-phosphate)	10 mg	588%		
Folate (as Quatrefoil® (6S)-5-methyltetrahydrofolic acid, glucosamine salt)	200 mcg DFE	50%		
Vitamin B12 (as MecobalActive™ methylcobalamin)	250 mcg	10,417%		
Biotin	500 mcg	1667%		
Pantothenic Acid (as d-calcium pantothenate)	100 mg	2000%		
Choline (as choline dihydrogen citrate)	18 mg	3%		
Calcium (as DimaCal® di-calcium malate, d-calcium pantothenate, and calcium ascorbate)	50 mg	4%		
Iodine (as potassium iodide)	50 mcg	33%		
Magnesium (as Albion® di-magnesium malate)	50 mg	12%		
Zinc (as TRAACS® zinc bisglycinate chelate)	6.5 mg	59%		
Selenium (as Albion® selenium glycinate complex)	50 mcg	91%		
Copper (as TRAACS® copper bisglycinate chelate)	0.5 mg	56%		
Manganese (as TRAACS® manganese bisglycinate chelate)	0.25 mg	11%		
Chromium (as TRAACS® chromium nicotinate glycinate chelate)	250 mcg	714%		
Molybdenum (as TRAACS® molybdenum glycinate chelate)	25 mcg	56%		
Potassium (as Albion® potassium glycinate complex and potassium ascorbate)	49.5 mg	1%		
MaxSimil® Fish Oil Concentrate			650 mg	**
Total Omega-3 Fatty Acids			430 mg	**
EPA (eicosapentaenoic acid)			300 mg	**
DHA (docosahexaenoic acid)			130 mg	**
Inositol	18 mg	**		
truebroc® Glucoraphanin (from broccoli extract) (Brassica oleracea italica)(seed)			15 mg	**
PABA (para-aminobenzoic acid)	6.5 mg	**		
Vanadium (as TRAACS® vanadium nicotinate glycinate chelate)	375 mcg	**		

† Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value μ DV) not established.

Other Ingredients for Multivitamin Formula without Iron:HPMC μ capsule), microcrystalline cellulose, ascorbyl palmitate, silica, and medium-chain triglyceride oil.

Other Ingredients for Broccoli Power & D3 capsule:Microcrystalline cellulose, HPMC μ capsule), vegetable stearic acid, vegetable magnesium stearate, and silica.

Other Ingredients for Omega-3 Max Formula:Softgel μ fish gelatin, vegetable glycerin, and purified water), GRAS enteric coating μ ethylcellulose, sodium alginate, purified water, medium-chain triglycerides, oleic acid, vegetable stearic acid, and ammonium hydroxide), and mixed natural tocopherols.

Contains:Fish μ anchovy and/or sardine μ sources of fish oil], tilapia and/or pangasius μ sources of fish gelatin]).

Directions

Consume the contents of one packet daily, or as directed by your healthcare practitioner.

Consult your healthcare practitioner prior to use. Individuals taking medication, especially blood thinners, should discuss potential interactions with their healthcare practitioner. Do not use if packet is damaged.

Does Not Contain

Wheat, gluten, yeast, soy protein, dairy products, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or artificial preservatives.

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DRS-240
REV. 06/07/18



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