

Dr. Powers MATURE ESSENTIALS MAX: Daily Supplement Packets for Individuals OVER 50

Dr. Powers FOUNDATIONAL Formulas						
Age	ESSENTIALS formula = 18-49 years			MATURE ESSENTIALS formula = 50+ years		
	ESSENTIALS	ESSENTIALS PLUS	ESSENTIALS MAX	MATURE ESSENTIALS	MATURE ESSENTIALS PLUS	MATURE ESSENTIALS MAX
Meds	Rarely take medication (Rx or OTC)	Rarely take medication (Rx or OTC)	Regularly take medication (Rx or OTC)	Rarely take medication (Rx or OTC)	Rarely take medication (Rx or OTC)	Regularly take medication (Rx or OTC)
Health	Usually feel well with good energy and stamina	Usually feel well with good energy and stamina	Often feel unwell with some recurring symptoms or chronic health challenges	Usually feel well with good energy and stamina	Usually feel well with good energy and stamina	Often feel unwell with some recurring symptoms or chronic health challenges
Diet	Eat well with lots of vegetables, some fish, & only occasional quick, processed meals	Don't often eat well with few vegetables, or no fish, or more than occasional quick, processed meals	Don't often eat well with few vegetables, or no fish, or more than occasional quick, processed meals	Eat well with lots of vegetables, some fish, & only occasional quick, processed meals	Don't often eat well with few vegetables, or no fish, or more than occasional quick, processed meals	Don't often eat well with few vegetables, or no fish, or more than occasional quick, processed meals

Dr. Powers MATURE ESSENTIALS MAX is ideal for you if you are **50 years old or over**, **often feel unwell**, or **regularly take medication** (prescription and/or over-the-counter).



MATURE ESSENTIALS MAX provides unique, evidence-based, daily supplements which when taken consistently five days a week, offers the opportunity – over time – to help **slow** or **“reverse” aging, increase energy, feel better, and perform at your best!**

Convenient, economical, and of the highest quality, these pre-packaged supplement packets are guaranteed pure and potent, and ideal for **filling dietary nutritional gaps, supporting gut health, and gently facilitating detoxification.**

MATURE ESSENTIALS MAX daily supplement packets contain:

- ⇒ The most commonly deficient nutrients revealed after measuring patient levels over 40+ years
- ⇒ Only the highest quality ingredients in safe, effective quantities, and optimal “forms” and ratios
- ⇒ Nutritional dosing at specific times to achieve the greatest benefit (i.e., [chrononutrition](#))
- ⇒ Economical (no-waste) daily-dose packets delivered directly to your home for about **\$5.76 a day** (taken 5x/wk)

Dr. Powers MATURE ESSENTIALS MAX contains enough of the right supplement “support” to make a real and meaningful difference (over time) in how you **feel** and **function while** facilitating your healing!

MATURE ESSENTIALS MAX provides: ([Mature Essentials MAX - Supplement Fact Sheet](#))

VITAMINS & MINERALS – as a balanced mix of bioactive vitamins and Albion-chelated minerals:

- ✓ **Multi without Iron** - bioavailable vitamins; Albion-chelated minerals
- ✓ **Ultimate E** - 33.5 mg Vitamin E and 289.5 mg mixed tocopherol complex for extra antioxidant protection
- ✓ **Mineral Complex** - a complex of 13 different minerals for additional systemic support
- ✓ **Magnesium Chelate** - 250 mg of magnesium glycinate as Albion-chelate
- ✓ **K2 D3 MAX** - 180 mcg of Vitamin K2 (as menaquinone-7), and 5000 IU/125 mcg of natural Vitamin D3 as cholecalciferol to support bone, immune and cardiovascular health
- ✓ **Vitamin A 3000** - 3000 mcg of Vitamin A (as retinyl palmitate) functions in tandem with Vitamins D3 and K2 to support bone, immune and cardiovascular health

ANTIOXIDANTS – and detoxification support to help offset the toxic effects of daily exposure and/or medication:

- ✓ **Citrus C** - 500 mg of Vitamin C + 500 mg of bioflavonoids to boost antioxidant recycling (glutathione, Vitamin E, etc.) and neutralize free radicals to help slow accelerated aging and reduce pain and inflammation
- ✓ **CoQ10 Fish Oil 100mg** - 100 mg CoQ10 antioxidant with omega-3s, both in highly absorbable forms
- ✓ **Liver Detox Support** - evidence-based antioxidant/botanical blend (with curcumin and resveratrol) to help neutralize the negative impact of cumulative daily toxic exposure from medications, air, water, food, environment, all of which drives inflammation, pain, and chronic disease, while helping to regulate hormone balance.

OMEGA-3 FATTY ACIDS – as the purest, IFOS, 5-star certified, enteric coated, easily digestible fish oil (as EPA/DHA):

- ✓ **Omega Oil Mono 1300** - equivalent to 2580 mg of EPA/DHA as 1300 mg *MaxSimil* oil provides an evidence-based dose of omega-3 oil in a highly digestible form.

GUT & IMMUNE – support via strain-specific probiotics in therapeutic quantities to help **protect the gut** and bolster immunity:

- ✓ **Probiotic Immune** – an evidence-based, acid and antibiotic resistant, spore-based probiotic, combined with 26 egg-derived immunoglobulins (antibodies) and immunoregulatory factors that confer passive immunity, all of which supports immunity and enhanced gut (GI) health

Dr. Powers MATURE ESSENTIALS MAX:

- Is formulated for adults **50 years or OVER** and who **often feel unwell** or **regularly take medication** (prescription and/or over-the-counter)
- Helps you **feel better** by offering targeted supplement support tissue regeneration and repair
- Provides **nutrient, antioxidant, gut,** and **detoxification** support to replenish nutrient deficiencies, promote healing, and to help reduce the side effects associated with regular medication usage.
- Contain **14 pills** conveniently dosed in packets of **7 pills taken twice a day** at breakfast and dinner, **5 days a week** (skip 2 days/wk).

NOTE: If desired, all pills may be taken once a day with any meal (though twice a day offers additional support via [chrononutrition](#))

- **Total Cost \$5.76 a day** (\$259 for a 30-dose, 6-week supply or about 45 days), **FREE SHIPPING**, plus **5% OFF** with AutoShip

Remember: Although these supplements can make a significant difference in your health over time, they are **NOT** a substitute for eating a nutrient-rich diet. They *supplement* your daily, healthy diet and lifestyle – not replace it!

MATURE ESSENTIALS MAX arrives in economical and convenient individual, daily-dose packets:

Breakfast packet: (7 pills)

Multi without Iron, 1 cap
Omega Oil Mono 1300, 1 cap
Vitamin A 3000, 1 cap
Citrus C, 1 cap
Mineral Complex, 1 cap
Probiotic Immune, 2 caps

Dinner packet: (7 pills)

Liver Detox Support, 2 caps
Magnesium Chelate, 2 caps
K2 D3 MAXX, 1 cap
Ultimate E, 1 cap
Q10 Fish Oil 100 mg, 1 cap

ALERTS:

- ⇒ **Pregnancy:** If pregnant or breastfeeding, please consult with your doctor before taking any supplementation.
- ⇒ **Conditions requiring limiting vitamin D intake:** If you have been diagnosed with a condition that requires limiting intake of vitamin D to 10 mcg/400 IU a day (e.g., kidney disease, hypercalcemia, primary hyperparathyroidism, Crohn's, sarcoidosis, or other granulomatous disease) do not take this or any Dr. Powers' Foundational Formula (as they all exceed 10 mcg/400 IU).
- ⇒ **Prescription Medication:** Although *MATURE ESSENTIALS MAX* supplement support is likely compatible and even beneficial to take when on prescription medication, it is advised to check with your doctor before beginning any supplementation.

Dr. Powers MATURE ESSENTIALS MAX

Research shows that the *right* daily [supplementation](#) will help you feel and function your best, while lowering your risk for cancer; heart attacks; strokes; diabetes; Alzheimer's; and most chronic disease.

However, Dr. Powers couldn't find an "off-the-shelf" daily supplement formula that (1) contained the **right forms** and **amounts** of nutrients that people were **commonly deficient** in; (2) provided gentle, safe, yet effective gut health and detoxification support; (3) had a **guarantee** of **potency** and **purity**; and (4) was **affordable** and **convenient**.

So, based on data from thousands of patients over more than four decades of laboratory testing, he formulated **Dr. Powers MATURE ESSENTIALS MAX**, containing:

- ✓ **NUTRIENTS:** Each nutrient has been carefully selected in specific **amounts** and **ratios**:
 - To meet the specific needs of those OVER 50 years who often don't feel well or regularly take medication
 - To provide gut and detoxification support and help replenish nutrient deficiencies in quantities that help maintain optimal nutrient sufficiency and with virtually no risk of "over-supplementation"
- ✓ **NATURAL MEDICINE:** Specific types and quantities of botanicals, amino acids, antioxidants, and probiotics selected for their efficacy and safety profiles, providing:
 - Management of toxic body burden via a blend of scientifically studied and validated ingredients
 - The identical probiotic strains proven effective in valid human clinical trials to support gut health

MATURE ESSENTIALS MAX – Ingredient Details

VITAMINS

MULTI-VITAMIN/MINERAL FORMULA as [Multi without Iron](#) (1 capsule)

A foundational mix of the most important and relevant vitamins and trace minerals to help ensure these nutrient needs are being met. (This formula intentionally avoids inclusion of iron as it is not recommended without blood testing indicating the need, e.g., TIBC; % saturation; hemoglobin; hematocrit; etc.).

- B-vitamins are in their "bioactive" forms which are more readily utilized by the body, e.g., 5MTHF vs. folic acid; P5P vs. pyridoxine; methylcobalamin vs. cyanocobalamin; etc.
- Provides Albion-chelated minerals for superior absorption and assimilation of minerals.
- Formulated with sufficient quantities (and appropriate ratios) of vitamins and minerals to provide maximum health benefit.

VITAMIN A as [Vitamin A 3000](#) (1 capsule)

Vitamin A is a fat-soluble vitamin and is added to this formula to balance the higher dosage of supplemental vitamin D within Mature Essentials Max. These two vitamins function together in their role to support immune function and healthy mucous membranes. Vitamin A is also necessary for growth, bone development, vision, hormone receptor function and cellular health.

- Provides 3000 mcg of pre-formed vitamin A (as retinyl palmitate), which in conjunction with vitamin D, supports bone density, immune function, and cardiovascular health.
- **Alert!** If pregnant or trying to conceive, DO NOT take this formula, as it is important to limit your intake of pre-formed vitamin A to a daily dose not to exceed 3000 mcg. When this is the case, select MATURE ESSENTIALS PLUS which includes a safe, lower dose of pre-formed vitamin A for those pregnant or trying to conceive.

VITAMIN C WITH BIOFLAVONOIDS as [Citrus C](#) (1 capsule)

Vitamin C is added as insufficient levels have been found in virtually all patients I have tested. Stress, pollution, smoking, radiation, heavy metal exposure, immune challenges all increase the requirement for vitamin C. Beyond its antioxidant value and role in immunity, vitamin C and bioflavonoids are important for healthy collagen

formation (skin/wrinkles; hair; blood vessels; joints; etc.), neurotransmitter synthesis and balance (cognition), adrenal function, gum and eye health, fat metabolism, and as a cofactor for metabolic enzymes.

- Provides **500 mg of vitamin C** which is sufficient to help correct inadequate levels, yet low enough to avoid loose stools (sometimes associated with very high doses of vitamin C intake).
- Includes **500 mg of standardized, full-spectrum, citrus bioflavonoid complex** supports the body's normal response to inflammation, is neuroprotective (brain), stimulates detoxification (enzymes), and supports cardiovascular health.

VITAMINS D3 AND K2 as [*K2 D3 MAX*](#) (1 capsule)

K2 D3 5000 provides additional Vitamin D3 in conjunction with Vitamin K2, as these vitamins function jointly within the body, e.g., Vitamin D3 facilitates calcium absorption, and Vitamin K (as K2-MK7) helps direct the calcium into bone (to help prevent osteoporosis) and away from blood vessels (to help prevent arteriosclerosis).

Vitamin D3 is included at this quantity as low levels are extremely common (as measured as 25-OH-Vit-D in blood). In addition to assisting with calcium absorption from the gut, Vitamin D3 sufficiency is critical for immune function; modulating inflammation; bone health; and regulating insulin sensitivity. Low levels have been associated with increased morbidity (e.g., cancer) and accelerated mortality (premature death).

- Provides **125 mcg (5000 IU) of natural Vitamin D3** (cholecalciferol) – sufficient to help replenish low levels; yet moderate enough to avoid any risk of “over-dosing” (annual 25-OH-Vit-D testing recommended to ensure optimal levels).

Although seemingly counterintuitive to find low levels of a sun-exposure dependent vitamin in southern latitudes (e.g., Florida), low levels of Vitamin D are common even in “sunny” environments. Multiple metabolic factors (e.g., toxicity; genetic variability; hydroxylase enzyme competition; excessive sunscreen use) increases the need for Vitamin D3 supplementation.

- Provides **180 mcg of Vitamin K2 as menaquinone-7** (MK7). Vitamin K2 provides an intrinsic role in bone, immune and cardiovascular health.
- **Alert! DO NOT take this formula if it is important to limit your intake of vitamin D to less than 10 mcg/400 IU, e.g., kidney disease, hypercalcemia, primary hyperparathyroidism, Crohn's, sarcoidosis, or other granulomatous disease.**

VITAMIN E as [*Ultimate E*](#) (1 softgel)

Ultimate E is known as the “master antioxidant” as it helps quench damaging free radicals within the body, thus protecting and preserving its cell membranes and other cellular components. More recent research has linked vitamin E to signal transduction (cellular communication) and gene expression. The combination of all eight isomers of vitamin E within Ultimate E results in superior antioxidant protection and greater health benefits (than solely with alpha-tocopherol).

- Provides a full-spectrum vitamin E formula, containing all **8 forms of the vitamin E complex** – alpha-, beta-, gamma- and delta-tocopherol and alpha-, beta, gamma-, and delta-tocotrienols.
- All eight forms are important for human health and offers **optimal antioxidant protection** for cell membranes and lipids; inflammation balance (healthy cytokine and eicosanoid balance); nerve and brain health (neuroprotection and cognitive health); and cardiovascular, liver and reproductive health
- Contains **33.5 mg vitamin E as d-alpha tocopherol** and **289.5 mg total mixed tocopherols**, plus **50 mg of mixed tocotrienols**, providing the other half of the vitamin E complex.

MINERALS

MINERALS as [*Mineral Complex*](#) (1 capsule)

A sufficient intake of minerals is important for the body to make energy (mitochondria), blood, hormones, as well as for the immune system, enzyme function, and reproduction. Medication usage (and a less than optimal diet) can increase the need for mineral supplementation, and on-going or recurring health challenges may be a sign of mineral deficiency. This Mineral Complex helps ensure sufficiency of minerals in the body.

- Contains 13 of the most important “macro” and trace minerals to help provide overall systemic mineral optimization.
- This mineral formula ensures all minerals are in the right proportions, for example, the ratio of zinc to copper is maintained at 10:1.
- Includes Albion chelated minerals for optimal bioavailability and utilization.

MAGNESIUM as [Magnesium Chelate](#) (2 capsules)

In addition to the minerals within the *Multi without iron* and *Mineral Complex* supplements (noted above), extra magnesium is included in this formula. Magnesium is one of the most important minerals in the human body, yet it is the most commonly deficient intracellular macro-mineral (about 80% test low), particularly in those on medication. Low levels affect brain health, blood sugar, detoxification; and may precipitate muscle cramps, arrhythmias, headache, fatigue, insomnia, anxiety.

- Two capsules provide an additional **250 mg magnesium glycinate/malate** in an easily absorbable form (as an Albion chelate) for improved utilization and benefit.
- The timing of this mineral towards the evening (within the dinner packet) provides the additional benefit of supporting sleep via [chrononutrition](#).

MITOCHONDRIAL “ENERGY” NUTRIENT

CoQ10 as [Q10 Fish Oil 100 mg](#) (1 gelcap)

Q10 Fish Oil 100 mg provides both Coenzyme Q10 (CoQ10) and additional omega-3 fatty acids. CoQ10 is a fat-soluble antioxidant (like Vitamin E), that also plays a critical role in energy production – especially in the brain and heart where there is a high concentration of mitochondria.

Deficiencies of CoQ10 are prevalent, as levels are depleted by several commonly used medications, and tend to decline with age. Symptoms may include fatigue, headaches, and more. Given the frequency of deficiencies and importance of CoQ10 to help ensure optimal energy levels, exercise tolerance, muscle comfort, neurological health, cardiovascular fitness, and overall quality of life, supplementing CoQ10 with a meaningful dose (and absorbable “form”) makes a lot of sense.

- Each gelcap provides **100 mg of highly absorbable CoQ10**. How well CoQ10 is absorbed determines how much is getting to your cells and mitochondria. **Kaneka** CoQ10 is a unique, micro-emulsified and highly bioavailable form which translates to greater benefit and value.
- **Purity** is another issue – Kaneka CoQ10 is a pure form of bioidentical CoQ10 fermented from natural yeast and does not contain the impurities commonly found in synthetically processed CoQ10.

OMEGA-3 OILS

EPA/DHA (AS FISH OIL) as [Omega Oil Mono 1300](#) (1 gelcap)

Omega-3 fats (as EPA/DHA) is predominantly in certain cold-water fish and are a critical component of our 10+ trillion cell membranes and needed for brain health; insulin sensitivity; immune function; regulating inflammation; and optimizing metabolism. Unfortunately, deficiencies are common and have been linked to infertility; obesity; developmental disorders (e.g., ADHD); psoriasis; heart attacks; strokes; Alzheimer’s; cancer; and diabetes.

- One gelcap provides the equivalent of **2580 mg EPA/DHA** (1800 mg EPA; 780 mg DHA) due to 300% greater absorption rate of this “pre-digested” oil (1.3 g of *MaxSimil** Fish Oil Concentrate). This translates to less fish oil, and in a smaller softgel for easier swallowing. (*patented lipid absorption enhancement technology)
- Contains the highest level of purity – Alaskan IFOS, 5 Star, certified Fish Oil Concentrate (even beyond “molecularly distilled”), which means lower levels of oxidation and therefore greater benefit and value.
- The high quality of this fish oil coupled with the enteric-coating and “pre-digested” form reduces the incidence of fish oil “repeat,” especially when taken with food (as directed).

DETOXIFICATION SUPPORT

DETOXIFICATION INGREDIENTS as *Liver Detox Support* (2 capsules)

We live in the most toxic environment the world has ever known. Excessive toxic body burden has the potential to sabotage one's health on many levels, including blood sugar (diabetes); bone health (osteoporosis); cardiovascular health (heart attacks; strokes); cancer; Alzheimer's; and more.

Liver Detox Support is designed to support detoxification of a wide array of environmental pollutants; hormonal disruptors; estrogen metabolites; and toxic metabolic waste products.

- *Liver Detox Support* provides an evidence-based blend of antioxidants, botanicals, and other unique, highly researched substances (and in specific quantities) designed to safely and effectively neutralize free radicals; protect cells; and naturally facilitate detoxification.
- Contains **Oncoplex** (glucoraphanin); **Resveratin Plus** (trans-Pterostilbene; resveratrol); Turmeric extract (95% curcuminoids); DIM (diindolylmethane); NAC (N-Acetyl-Cysteine); Calcium-D-Glucarate; Green tea extract; Milk thistle extract (80% silymarin); a-Lipoic Acid; Quercetin/DHQ; Methylselenocysteine; and 5-MTHF (folate)

GUT & IMMUNE HEALTH

PROBIOTICS as *Probiotic Immune* (2 capsules)

The balance of microorganisms in our "gut" (microbiome) directly impacts digestion and absorption of nutrients from our food; plays a key role in immune health and in preventing autoimmune disease; and has been shown to affect brain health (Alzheimer's); stress management; blood sugar regulation; and cardiovascular health. Dysbiosis (or an imbalanced gut "flora") is very common (from unmanaged stress; toxic body burden; poor diet) and predisposes one to health challenges, chronic disease, as well as to colon/colorectal cancer.

- The purpose of a probiotic supplement is to help re-inoculate the gut with specific strains of bacteria demonstrated to help bring the gut flora back into healthier balance, and by competitive inhibition, prevent the growth of unhealthy (or non-beneficial) microorganisms (dysbiosis).
- A healthy microbiome (microorganisms in the gut) improves digestion, nutrient absorption, immune function, and lowers one's risk for developing many chronic diseases.
- Two capsules provide **10 mg (1 billion spores) of LactoSpore®** (Bacillus coagulans MTCC5856), a "licensed," unique lactic acid-producing probiotic strain featuring a thermostable spore coating that enables viability throughout shelf life and the ability to survive gastric acid secretions intact until reaching the gut. (Note: Most probiotic supplements do not contain research-proven "licensed" genera and strains).

LactoSpore® has a well-documented safety profile and studies have demonstrated real, measurable health benefits including improving both acute and chronic GI symptoms (pain, bloating, discomfort), as well as symptoms of non-specific vaginitis.

- Two capsules of Probiotic Immune also provide **1000 mg of IgY Max Hyperimmunized Egg Powder** (avian immunoglobulins) which supports passive immunity in the intestinal tract, thus allowing the beneficial flora to thrive. These antibodies have been shown to improve quality of life and decrease gut permeability ("leaky" gut). IgY Max also contains immunoregulatory factors that circulate systemically to help regulate a variety of immune, metabolic, and hormonal processes.

Disclaimer: Any of the statements shared in this document about products and health conditions have not been evaluated by the Food and Drug Administration (FDA). These products are not intended to diagnose, treat, cure, or prevent any disease. You should consult with a healthcare professional before starting any diet, exercise, supplementation, or medication program.