



Essential shield

Comprehensive Multivitamin and Mineral Support



Overview:

Essential Shield is a balanced multivitamin and mineral supplement designed to provide daily support for overall health and well-being. It combines a variety of vitamins and essential minerals to promote immunity, energy production, and the maintenance of vital bodily functions. This formula helps individuals meet their daily nutritional needs, especially in cases of dietary gaps or increased nutrient requirements.

1. Vitamin A (as beta-carotene):

Function: Essential for vision, immune function, and skin health.

Benefits:

- Supports eye health
- Strengthens the immune system
- Promotes healthy skin by aiding in cell regeneration.

2. Vitamin D3:

Function: Vital for calcium absorption and bone health.



A&S Nutrition



1806 NJ-35 Suite 304, Oakhurst, NJ 07755, United States

**Benefits:**

- Enhances the strength of bones and teeth,
- Supports the immune system
- Aids in maintaining proper calcium and phosphorus levels in the blood.

3. Vitamin E:

Function: A powerful antioxidant that protects cells from oxidative stress.

Benefits:

- Helps in improving skin health
- Support immune function
- Protect against free radical damage

4. Vitamin C:

Function: Necessary for collagen synthesis, wound healing, and immune defence.

Benefits:

- Enhances immune function
- Promotes skin health
- Enhances iron absorption.

5. Vitamin B1 (Thiamine):

Function: Involved in carbohydrate metabolism and energy production.

Benefits:

- Supports nervous system function
- Helps in converting food into energy.

6. Vitamin B2 (riboflavin):

Function: Important for energy production and the breakdown of fats, proteins, and carbohydrates.

Benefits:

- Promotes healthy skin, eyes, and nervous system function.

7. Nicotinamide:

Function: Supports metabolism and energy production.

Benefits:

- Reducing fatigue
- Maintains healthy skin.

8. Vitamin B6:

Function: Essential for protein metabolism, cognitive development, and immune function.



**Benefits:**

- Supports brain health, immune function, and red blood cell production.

9. Vitamin B12:

Function: Important for red blood cell production and nervous system maintenance.

Benefits:

- Prevents anaemia
- Supports normal nerve function
- Promotes mental well-being.

10. Calcium Pantothenate:

Function: It is critical for synthesising coenzyme A, which is involved in energy metabolism.

Benefits:

- Promotes a healthy metabolism
- Aids in the production of hormones.

11. Folic Acid:

Function: Essential for DNA synthesis, cell division, and red blood cell formation.

Benefits:

- Prevents anaemia,
- Supports heart health
- Play a crucial role in fetal development during pregnancy.

12. Biotin:

Function: Supports the health of hair, skin, and nails and participates in energy metabolism.

Benefits:

- Strengthens hair and nails
- Enhances skin health,
- Aids in the metabolism of carbohydrates, fats, and proteins.

13. Iron (ferrous sulfate):

Function: Necessary for haemoglobin production and oxygen transport in the blood.

Benefits:

- Prevents iron-deficiency anaemia
- Supports energy levels
- Boosts immune function.

14. Iodine (potassium iodide):

Function: Crucial for thyroid hormone production.



**Benefits:**

- Supports healthy thyroid function, which regulates metabolism and energy production.

15. Magnesium oxide:

Function: It is involved in over 300 enzymatic reactions, which include muscle and nerve function.

Benefits:

- Support muscle function, bone health, and energy production.

16. Copper sulfate:

Function: Essential for iron metabolism and connective tissue formation.

Benefits:

- Supports immune function
- Promotes bone health
- Aids in the formation of collagen.

17. Zinc Oxide:

Function: Important for immune function, DNA synthesis, and cell division.

Benefits:

- Strengthens the immune system
- Promotes wound healing
- Supports healthy skin.

18. Manganese sulfate:

Function: Supports bone formation and energy metabolism.

Benefits:

- Promotes bone health, cartilage formation, and wound healing.

19. Calcium Carbonate:

Function: Offers vital calcium for enhancing bone strength and promoting nerve function.

Benefits:

- Supports strong bones and teeth
- Promotes proper muscle function.

20. Sodium Selenite:

Function: It functions as an antioxidant and supports thyroid function.

Benefits:

- Enhances immune function
- Protects cells from oxidative stress.





21. Chromium picolinate:

Function: This product helps regulate blood sugar by enhancing insulin sensitivity.

Benefits:

- Supports healthy blood sugar levels
- Promotes fat metabolism.

22. Sodium molybdate:

Function: Contributes to the body's detoxification of harmful substances.

Benefits:

- Supports metabolic reactions
- It prevents the buildup of toxins.

23. Potassium Chloride:

Function: Essential for maintaining proper electrolyte balance and muscle function.

Benefits:

- Regulates fluid balance
- Supports heart function
- Promotes regular muscle contractions.

Precautions:

Overconsumption of certain vitamins and minerals, such as iron and fat-soluble vitamins (A, D, and E), may lead to toxicity. Individuals with pre-existing conditions, such as kidney disease, thyroid disorders, or those on medications, should consult a healthcare provider before use.

Pregnant or breastfeeding women should seek medical advice before using this supplement, especially due to its folic acid and vitamin A content.

References:

1: Brannon, P. M., Taylor, C. L., & Bhatia, J. (2014). "Vitamin D and bone health during pregnancy." American Journal of Clinical Nutrition, 99(2), 422–430.

2: V. S. Kamanna et al. (1999). "Folic acid: A vitamin for the prevention of cardiovascular disease." Reports on Current Atherosclerosis, 1(3), 221-228.

3: Prasad, A. S. (2008). Zinc in human health: effect of zinc on immune cells. Molecular Medicine, 14(5-6), 353-357.

