



## Qssentials Family

Qssentials Family is a customized formula specifically targeting our nutritional needs. A powerful combination of amino acids, vitamins, minerals, and herbs, Qssentials works synergistically to purify, optimize, and protect both mind and body. Each daily dose contains four key formulas that work together for total, whole body health:

**EMPowerplus™ Q96:** Containing a balanced blend of 36 essential vitamins, minerals, and amino acids in optimum ratios, EMPowerplus™ Q96 supports optimal brain function, mental clarity, and enhanced mood. \*

**QBiotics:** By providing probiotic cultures to the GI tract through a unique, patented, 12-hour controlled-release delivery system, QBiotics promotes healthy digestive function and is the only tablet in the nutritional industry which contains a moisture activated gelatin shell that forms a protective layer, shielding bacteria from the harsh conditions of the stomach to ensure controlled delivery to the GI tract over 10 to 24 hours. \*

**Q Amino Acids:** Q Amino Acids is a balanced formula designed to protect against deficiencies of key amino acids. Because the body is unable to produce certain amino acids that are crucial for our health, Q Amino Acids contains a full array of these essential amino acids.

**Q Omegas:** This proprietary formula includes a full complement of balanced omega-3 fatty acids as well as a number of additional components: DMAE, Citicoline, Lipase, and Lecithin. These additional nutrients allow for better digestion, absorption, metabolism, and potency at the cellular level.\*

**Suggested Use:** Take one packet in the morning and one packet in the afternoon. Store in a cool, dry place.



### Key Benefits:

- Supports optimal brain health and function\*
- Promotes digestive function for a healthy immune system\*
- Supports a healthy heart
- Provides essential amino acid support



\*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.

Live Life eXponentially!



# Qssentials Family

Q Amino Acids • QBiotics • Q Omega • EMPowerplus™ Q96

## Supplement Facts

Serving Size: 4 Capsules

Servings Per Container: 30

QAMINO ACIDS

Amount Per Serving		% Daily Value
Vitamin C (as ascorbic acid)	300 mg	500%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopheryl acid succinate)	20 IU	67%
Thiamin (as thiamin mononitrate)a	1.6 mg	107%
Vitamin B6 (as pyridoxine 5-phosphate)	3 mg	150%
Folic Acid	100 mcg	25%
Vitamin B12 (as methylcobalamin)	24 mcg	400%
L-Alanine	69.6 mg	*
L-Arginine hydrochloride	88.8 mg	*
L-Aspartic Acid	163 mg	*
L-Carnitine tartrate	108 mg	*
N-Acetyl L-carnitine	12 mg	*
L-Citrulline	7.2 mg	*
N-Acetyl-L-cysteine	31.2 mg	*
L-Glutamic acid	194 mg	*
L-Glutamine	168 mg	*
L-Glycine	48 mg	*
L-Histidine hydrochloride	64.8 mg	*
L-Isoleucine	149 mg	*
L-Leucine	240 mg	*
L-Lysine (as L-lysine Hydrochloride)	178 mg	*
L-Methionine	36 mg	*
L-Phenylalanine	96 mg	*
L-Proline	139 mg	*
L-Serine	88.8 mg	*
L-Taurine	96 mg	*
L-Threonine	137 mg	*
L-Tryptophan	84 mg	*
L-Tyrosine	69.6 mg	*
L-Valine	132 mg	*

\*Percent Daily Values are not established

Other Ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, silicon dioxide, magnesium stearate, natural vanilla flavor.

## Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 30

QBiotics

Amount Per Serving		% Daily Value
<b>Proprietary QVitalize Blend</b>	150 mg	**
Lactobacillus Acidophilus		
Lactobacillus Helveticus		
Bifidobacterium Bifidum		
Streptococcus Thermophilus		
Sodium	20 mg	

\*\* Daily Value not established

Other Ingredients: Microcrystalline cellulose, Hydroxypropyl methylcellulose, Pectin, Sodium carbonate-anhydrous, Silica dioxide, Stearic acid, Guar gum, Turmeric (color)

## Supplement Facts

Serving Size: 4 Capsules

Servings Per Container: 30

EMPowerplus™ Q96

Amount Per Serving		% Daily Value
Vitamin A (as retinyl palmitate)	1536 IU	30%
Vitamin C (as ascorbic acid)	160 mg	267%
Vitamin D (as cholecalciferol )	384 IU	100%
Vitamin E (as d-alpha tocopheryl acid succinate)	100 mg	320%
Thiamine (as thiamine mononitrate)	4.8 mg	320%
Riboflavin	3.6 mg	210 %
Niacin (as niacinamide)	24 mg	120%
Vitamin B6 (as pyridoxine hydrochloride)	9.6 mg	480%
Folic Acid	384 mg	100%
Vitamin B12 (as cyanocobalamin)	240 mg	4000%
Biotin	288 mg	100%
Pantothenic Acid (as d-calcium pantothenate)	5.8 mg	60%
Iron (as chelate)	3.7 mg	20%
Iodine (from Atlantic kelp)	54.4 mcg	36%

**Q Sciences Proprietary Nano Blend** 2,249 mg \*\*  
Calcium chelate, Magnesium chelate, Potassium chelate, Phosphorus chelate, Copper chelate, Chromium chelate, Zinc chelate, Manganese chelate, Selenium chelate, Molybdenum chelate

**Q Sciences Proprietary Optimization Blend** 670 mg \*\*  
Choline bitartrate, DL-phenylalanine, Citrus bioflavonoids, Inositol, L-glutamine, L-methionine, Grape seed extract, Ginkgo biloba leaf extract, Germanium sesquioxide, Boron chelate, Vanadium chelate, Nickel chelate

\*\* Daily Value (% DV) not established

Other Ingredients: Capsule shell (Gelatin, Titanium dioxide), Microcrystalline cellulose, Glycine, Magnesium stearate, Citric acid, Silicon dioxide, Mineral wax

## Supplement Facts

Serving Size: 1 Softgel

Servings Per Container: 30

QOMEGAS

Amount Per Serving	% Daily Value
<b>Total Calories</b>	6
Calories from Fat	5
<b>Total Fat</b>	541 mg
Saturated Fat	34 mg
Trans Fat	0.1 mg
Unsaturated Fat	507 mg
Monounsaturated Fat	91 mg
Polyunsaturated Fat	416 mg
<b>Cholesterol</b>	0 mg
<b>Total Carbohydrate</b>	129 mg
<b>Protein</b>	243 mg
Mixed Fish Oil (93% Mackerel & 7% Salmon)	300 mg +
DMAE (Dimethylamino Ethanol)	25 mg +
Flaxseed Oil	250 mg +
CDP Choline	25 mg +
Inositol	200 mg +
Lipase	6000 IU +

\*Percent Daily Values are not established  
+ Daily Value not established

Ingredients: Gelatin, Organic flaxseed, Inositol powder, Glycerin, Marine lipid concentrate 10/60, Marine lipid concentrate 300/200, DMAE bitartrate, Lipase, Marine lipid concentrate 600/200, Purified water, Fumed silica, CDP choline, Salmon oil, Soy lecithin