

Supplemental Table S2: Daily Essential Nutrients (DEN) Ingredients

Ingredient	Unit	1 Cap[^]	9 Caps	12 Caps	RDA[#] or AI⁺	LOAEL⁹
Vitamin A (as retinyl palmitate)	IU	480	4320	5760	2000	46667
Vitamin C (as ascorbic acid)	mg	50	450	600	45	3000
Vitamin D (as cholecalciferol)	IU	250	2250	3000	600	3800
Vitamin E (as d-alpha tocopheryl succinate)	IU	30	270	360	16.5	750
Vitamin K (as 75% phylloquinone, 25% menaquinone-7)	mcg	10	90	120	60	NE
Vitamin B1 (as thiamin mononitrate)	mg	5	45	60	0.9	NE
Vitamin B2 (riboflavin)	mg	1.5	13.5	18	0.9	NE
Niacin - Vitamin B3 (as niacinamide)	mg	7.5	67.5	90	12	50
Vitamin B6 (as pyridoxine hydrochloride)	mg	5.8	52.5	70	1.0	500
Folate - B9 (as calcium L-5 methyltetrahydrofolate)	mcg	66.6	600	799.9	300	5000
Vitamin B12 (as 75% adenosylcobalamin, 25% methylcobalamin)	mcg	75	675	900	1.8	NE
Biotin – Vitamin H	mcg	90	810	1080	20	NE
Pantothenic acid (as d-calcium pantothenate)	mg	2.5	22.5	30	4	NE
Calcium (as NutraTek™ chelation complex)	mg	110	990	1320	1300	4000
Iron (as NutraTek™ chelation complex)	mg	1.15	10.35	13.8	8	70
Phosphorus (as NutraTek™ chelation complex)	mg	70	630	840	1250	10200
Iodine (as NutraTek™ chelation complex)	mcg	17	153	204	120	1700
Magnesium (as NutraTek™ chelation complex)	mg	50	450	600	240	360
Zinc (as NutraTek™ chelation complex)	mg	4	36	48	8	60
Selenium (as NutraTek™ chelation complex)	mcg	17	153	204	40	913
Copper (as NutraTek™ chelation complex)	mg	0.6	5.4	7.2	0.7	10
Manganese (as NutraTek™ chelation complex)	mg	0.8	7.2	9.6	1.9	15
Chromium (as NutraTek™ chelation complex)	mcg	52	468	624	25	NE

Molybdenum (as NutraTek™ chelation complex)	mcg	12	108	144	34	1500
Potassium (as NutraTek™ chelation complex)	mg	20	180	240	4500	NE
[Ⓟ] Lowest Observed Adverse Effects Level; [#] Recommended Daily Allowance; ⁺ Adequate Intake Unit measurements: mg – milligram (1,000 milligrams = 1 gram); mcg – microgram (1,000 micrograms = 1 milligram)						
DEN Proprietary blend ingredients: Choline bitartrate, Alpha-lipoic acid, Mineral wax (shilajit), Inositol, Acetyl-L-carnitine, Grape seed extract, Ginkgo biloba leaf extract, L-methionine, N-acetyl-L-cysteine, Boron (as NutraTek™ chelation complex), Vanadium (as chelate), Lithium orotate (as chelate), Nickel (as chelate). Gelatin capsule (Bovine derived, 100% BSE-free), Microcrystalline cellulose, Glycine						