

AROGA® ESSENTIALS MULTIVITAMIN

WELLNESS BEGINS WITHIN®



Aroga's MultiVitamin supplement is designed to fill in the nutrient gaps of the modern Western diet by providing all 13 vitamins and an assortment of minerals necessary for optimal health. Aroga invested years in identifying the very best sources of specific nutrients, from around the world, in the development of this product. As is provided in nature with plant-based foods, nutrients are optimally bound together to help assure that they are available to the body in usable form, and can be properly distributed throughout the body as needed.

There are four fat-soluble vitamins - A, D, E, and K. They are stored in the fatty tissues of the body and the liver, and perform various important functions, from maintaining healthy teeth to wound healing and keeping the immune system strong. Vitamin C and all the B vitamins are the water-soluble vitamins. Water-soluble vitamins are not stored in the body, so we need a constant supply of these vitamins to stay healthy.

Significant deficiencies of vitamins lead to serious, even life-threatening, conditions. These deficiencies can occur even in developed nations from various reasons such as malabsorption diseases, smoking, surgery involving the digestive tract, and old age. A large percentage of people aged 50 years or more, for example, do not absorb vitamin B12 efficiently; therefore, it is often recommended that supplements provide 25-100 mcg/day of this important vitamin (up to 35 times the percent daily value [% DV]).

Vitamins should ideally come from a balanced and varied diet with plenty of fruits and vegetables. Unfortunately, the modern Western diet tends to be lacking in well-balanced, plant-based foods. Taking vitamin supplements can lead to a significant enhancement in overall health.

Minerals are found naturally in soil and water and are absorbed by plants, many of which are then eaten by animals. People thus obtain minerals from eating plants, or animals that have obtained minerals from the plants they eat. These micronutrients support many bodily processes, from digestion to heart function, immune function and many others.

The modern Western diet tends to lack adequate amounts of some of these important nutrients. It should not be surprising, then, that various studies have demonstrated the benefit of dietary supplements, in all age ranges, in providing adequate amounts of minerals required for optimal health.

Aroga's MultiVitamin is designed to supplement the diet with vitamins and minerals by providing a fraction of the % DV of these important nutrients (except for vitamin B12, see above). Percent daily value was adopted in 2016 to replace RDI (reference daily intake). It defines the level of a nutrient in food or supplements in relation to the approximate requirement for it in a healthy individual. These values are general guidelines, estimates of what is needed to maintain optimal health, and differ depending on age, gender, and condition (e.g. pregnant/lactating female).

To summarize, Aroga's MultiVitamin fills in the nutrient gaps common in today's modern diet by providing all 13 vitamins and an assortment of minerals, from the best sources in the world, that are necessary for optimal health.



One Time \$22.50	RV: 23 CV: 23
Monthly \$18.00	RV: 18 CV: 18

Supplement Facts

Amount per Serving		% DV			
Vitamin A (as Acetate, Beta Carotene)	375 mcg RAE	42%	Iodine (as Potassium Iodide)	75 mcg	50%
Vitamin C (Ascorbic Acid)	30 mg	33%	Magnesium (as Magnesium Oxide)	25 mg	6%
Vitamin D (as Cholecalciferol)	0.25 mcg	33%	Zinc (as Zinc Oxide)	5.5 mg	50%
Vitamin E (As DL-Alpha Tocopherol Acetate)	11.5 mg	77%	Selenium (as Sodium Selenate)	9.5 mcg	17%
Vitamin K (as Phylloquinone)	15 mcg	13%	Copper (as Copper Sulfate)	25 mcg	28%
Thiamin (as Thiamin Mononitrate)	75 mcg	63%	Manganese (as Manganese Sulfate)	1.15 mg	50%
Riboflavin	85 mcg	65%	Chromium (as Chromium Picolinate)	22.5 mcg	64%
Niacin	10 mg NE	63%	Nickel (as Nickel Sulfate)	2.5 mcg	†
Vitamin B ₆ (As Pyridoxine HCl)	1.5 mg	68%	Vanadium (As Vanadyl Sulfate)	5 mcg	†
Folate	0 mcg DFE (200 mcg folic acid)	68%	Lutein	5 mcg	†
Vitamin B ₁₂ (as Cyanocobalamin)	12.5 mcg	821%	Lysozyme	125 mcg	†
Biotin	15 mcg	50%	Silicon (from Silicon Dioxide)	1 mg	†
Pantothenic acid	5 mg	100%			
Calcium (as Carbonate)	122 mg	9%			

† Daily Value (DV) not established.

Other ingredients: Micro-Crystalline Cellulose, Stearic Acid, Magnesium Stearate, Croscarmellose Sodium.

CALL US : 800-930-0175

Aroga, Ltd. Customer Service is available from 9AM to 5PM Central Time. If you call outside our office hours, please leave a message and our staff will help you out at first availability.



**DEVELOPED &
MANUFACTURED IN
TEXAS**

AROGA®

230 Westway Pl. Ste 111
Arlington, TX 76018