

# Daily Nutrition to Live Your Best Life



The World's Most Scientifically-Validated  
Micronutrient Supplements

# Made To Protect. Built to Sustain. Everyday. For Life.

## MICRO DAILY WAS ORIGINALLY FORMULATED FOR US TROOPS

**Our troops must meet the highest standards of health and wellness to protect our country.**

Not just to protect – but also to sustain our troops – the U.S. Military asked Dr. Kedar Prasad, Ph.D. – *the world's foremost expert on micronutrition and supplementation* – to develop a supplement that could provide a singular daily source of nutritional defense and nourishment for U.S. Troops.

Micro Daily (originally called Military Micronutrient Formulation) is the result of decades of research by Dr. Prasad and tens of millions of dollars of funding. This unprecedented investment validated a micronutrient supplement, now called Micro Daily, that can nourish and protect U.S. Troops in a way that no other supplement can.

Now that same formula can be safely delivered to your front door so that you can also experience the benefits of Micro Daily.

**EVERY DAY. FOR THE REST OF YOUR LIFE.**



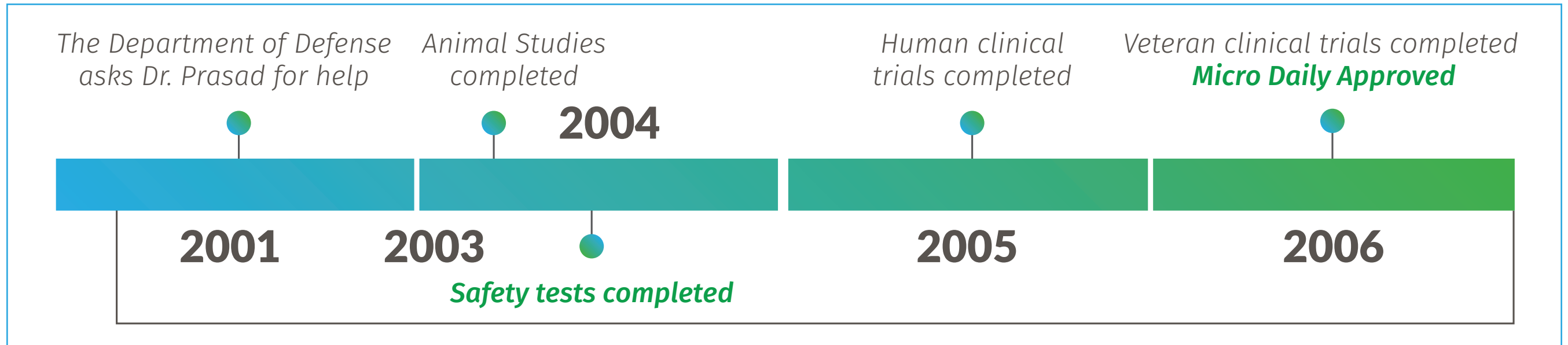
# Dedicated Diligence. Refined Research. Real Results.

## PERFECTING THE MICRO DAILY FORMULA

Dr. Prasad conducted 17 lectures to military scientists and worked with Congress for two years to gain approval for the funding necessary to complete the scientific validation process for Micro Daily. Six years and 14 clinical studies later, Dr. Prasad successfully demonstrated that Micro Daily is indeed the world's most scientifically validated supplement.

## MICRO DAILY SCIENTIFIC VALIDATION HIGHLIGHTS

- 6 years of testing
- 9 months of safety testing with the U.S. Military Internal Review Board
- 14 total clinical studies – including 7 human trials
- \$12.5 million funding from the U.S. Congress
- Over \$24 million total invested to develop and validate Micro Daily
- 7 U.S. Patents awarded to Dr. Kedar Prasad, Ph.D.



## TIMELINE TO SUCCESSFULLY VALIDATE THE EFFICACY OF MICRO DAILY



**DR. KEDAR PRASAD, Ph.D.**

# The Man Behind Micro Daily

## SOME OF DR. PRASAD'S EXCEPTIONAL WORKS, ACCOLADES AND CREDENTIALS

### CREDENTIALS:

- Professor, University of Colorado School of Medicine, 30+ years—Director of Vitamin and Cancer Research
- Former President, International Society of Cancer and Nutrition
- Member, British Society of Medicine
- Invited Member, Nobel Prize Nominating Committee for candidates in Medicine
- Attended Postdoctoral training at Brookhaven National Laboratory, Long Island, NY

### ACCOLADES:

- World's First Radiation Biology Ph.D. – 1963
- Awarded 7 U.S. Patents on micronutrients
- National Institutes of Health awarded millions of dollars for research on human health
- Awarded \$12.5 million by Congress to further research with US Military, NASA, and others on micronutrients and human health
- Discovered the anti-cancer potency of Vitamin E Succinate
- Discovered that butyric acid, the small fatty acid formed by fermentation of fibers in the gut, is an anti-cancer agent

### WORKS:

- Author and co-author of 29 books
- Published 250+ peer-reviewed articles

Dr. Prasad's 250+ articles have been reviewed by his peers, including his mentor, Nobel Laureate Linus Pauling, and have been published in numerous prestigious health journals. For perspective, most scientist publish many fewer articles in their careers. He has written 29 books in the areas of nutrition and cancer, as well as nutrition and neurological diseases—particularly Alzheimer's Disease, Parkinson's Disease and concussions. With the legalization of CBD, he has researched over 500 publications on CBD and is now considered to be one of the world's foremost experts on CBD.

# From The Military To The Masses.

## DR. PRASAD'S MISSION TO BLESS THE MASSES WITH OPTIMAL HEALTH.

Dr. Prasad's mission has always been to give as many people access to his Micro Daily formula as possible. For many years, Micro Daily (named at the time Military Micronutrient Formulation) was only available to the U.S. Military.

A chance encounter with businessman and investor David Nemelka began a multi-year journey that ultimately led to a partnership between David and Dr. Prasad.

Seeing how Micro Daily positively impacted the lives of thousands (including his wife), David developed a conviction of Micro Daily's efficacy that drove an urgency to put Dr. Prasad's formula in the hands of all that need it.

Making Dr. Prasad's mission his own David partnered with Dr. Prasad to bring Engage to the world and make Micro Daily available to the masses.



# MICRO DAILY

# David & Dr. Prasad's Vision

*“Build a community of wellness by inspiring, enhancing, and defending human health – one life at a time.”*

“Our promise to you is not one of platitudes – but of real, effective, tangible results. We believe in Engage, in Micro Daily, and in you – not as a means of profit, but as a means of proof.

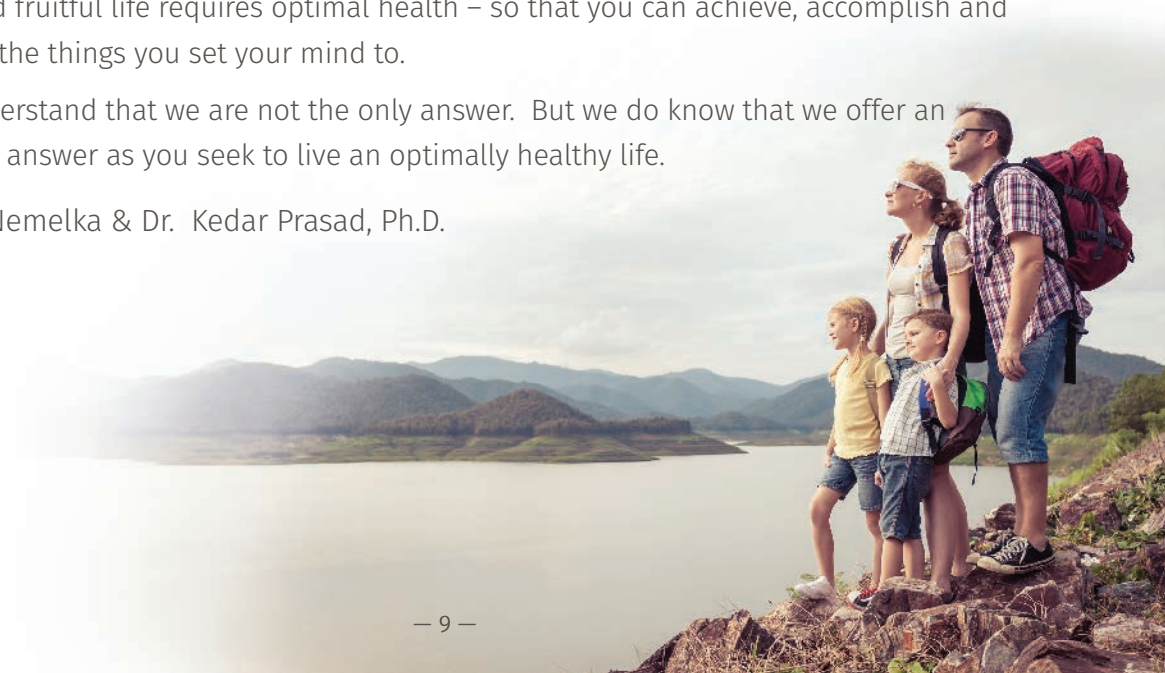
Proof that human health is within our grasp. Proof that we can take back our futures, feel good, safe, whole, and healthy again.

We believe that optimal health is an important step to a free mind, a healthy body and an enriched soul.

Our promise to you is an enhanced lifetime with Dr. Prasad's formulations. Living a happy and fruitful life requires optimal health – so that you can achieve, accomplish and complete the things you set your mind to.

We understand that we are not the only answer. But we do know that we offer an important answer as you seek to live an optimally healthy life.

— David Nemelka & Dr. Kedar Prasad, Ph.D.



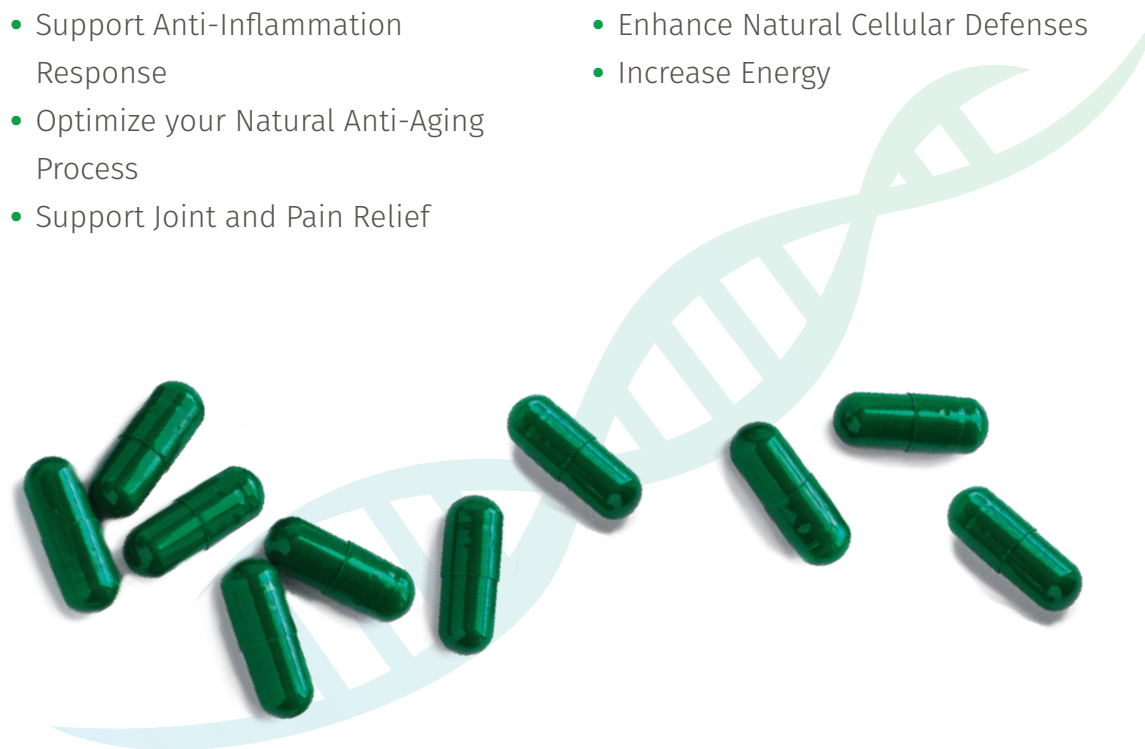
## The World's Most Scientifically Validated Supplement



## The Benefits of Micro Daily

Originally formulated to sustain and defend the health of U.S. Troops, Micro Daily is now available to promote these benefits for you every day:

- Boost Your Immune System
- Support Anti-Inflammation Response
- Optimize your Natural Anti-Aging Process
- Support Joint and Pain Relief
- Maintain DNA Integrity
- Enhance Natural Cellular Defenses
- Increase Energy



*\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.*

## What's Inside

**Vitamin A** – Protects cells from free radicals. Promotes healthy skin, a strong immune system and eye health.

**Vitamin C** – Enhances the production of anti-viral agent interferon gamma and strengthens the immune system. Enhances the formation of collagen to maintain skin elasticity.

**Vitamin E Succinate** – Activates Nrf2, crosses the blood brain barrier, nourishes & protects the brain, protects against excessive glutamate induced cell death throughout the body.

**Vitamin B-3** – Provides substrate to mitochondria for energy, and enhances production of new mitochondria.

**Vitamin B-12** – Prevents excessive release of glutamate. Essential in red blood cell function, cell metabolism, nerve function and DNA production.

**CoQ10** - Activates Nrf2, improves energy, provides mitochondria substrate for generation of energy. Boosts the immune system, neutralizes free radicals, supports cell growth, and prevents release of excessive glutamate.

**Alpha Lipoic Acid** – Activates Nrf2. One of the most powerful antioxidants and natural distributor of glutathiones. Destroys toxins and is present in every cell, where it assists in energy production.

**N-Acetyl-L-Cysteine (NAC)** - Activates Nrf2. Used by the body to build antioxidants and replenish the most powerful antioxidant in your body – glutathione. Helps with respiratory conditions and brain health.

**Beta-Carotene** - Critical antioxidant that prevents cellular and DNA damage.



## Twice Daily (Morning/Evening)

### PROPER DOSING IS KEY FOR OPTIMAL RESULTS

In order to achieve optimal results and ensure that each ingredient is used by the body exactly as it should be, it is critical to follow proper dosing instructions for Dr. Prasad's products.

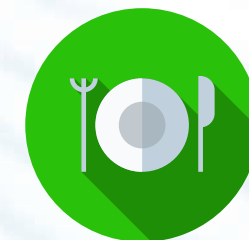


### TWICE DAILY DOSING

Dr. Prasad's research revealed that two times per day dosing maximizes the effectiveness of micronutrients and supplementation. Research shows that dosing once a day may cause high fluctuations in antioxidant levels in your body that may markedly alter gene expression and increase the chance of cell mutation which can be the source of disease and illness. Twice daily supplementation keeps your body fed all day long and can decrease the risk of altered gene expression and cell mutation.

### TAKE WITH FOOD

Some micronutrients and CBD are fat soluble and require food for maximum absorption and efficacy. By taking micronutrients with food you are maximizing their absorption and effectiveness for your health.



# CQF is What Sets Us Apart

## WHAT IS CQF? WHY IS IT IMPORTANT TO YOUR HEALTH?

All of Dr. Prasad's products have his name and his CQF seal on them to certify that you are taking the finest, most scientifically validated supplements in the world.

# C

The right **Combination** of ingredients.

# Q

The right **Quantity** of ingredients.

# F

The right **Form** of ingredients.



# How CQF Affects You

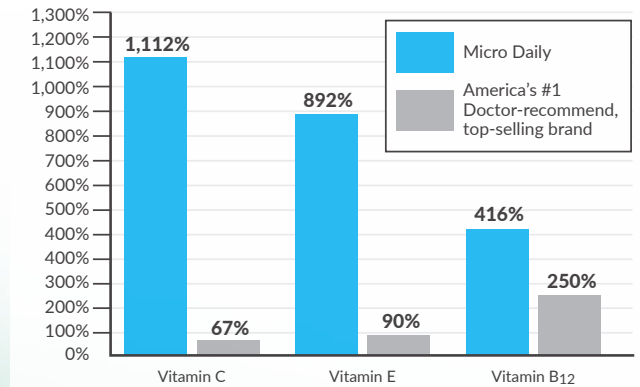
## COMBINATION

Dr. Prasad conducted the research that proved micronutrients taken in combination are much more effective than when taken individually. His research also demonstrated that there are certain combinations of ingredients that should never be together.

**NEVER COMBINE VITAMIN C WITH COPPER, MANGANESE OR IRON** Dr. Prasad's products do not combine Vitamin C with Copper, Manganese or Iron in the same capsule. Scientists have known for many years that combining these ingredients causes a chemical reaction that creates free radicals, which are the enemies of our health. If you need to take iron, take it two hours before or after taking Micro Daily.

## QUANTITY

Quantity isn't what the government recommends, RDA's (Recommended Daily Allowances) are set simply to meet "adequate" standards of nutrition to avoid a deficiency. RDA's are NOT what your body actually needs to be optimally healthy and thrive! Some essential vitamins that other supplements fall short on are shown in the graph on the right.



## FORM

### TWO FORMS OF VITAMIN E

Dr. Prasad has both Vitamin E succinate, which rapidly crosses the blood brain barrier to neutralize free radicals in your brain, and Vitamin E acetate, which rapidly converts to alpha-tocopherol which boosts your immune system.



# The Causes of Bad Health

**OXIDATIVE STRESS AND INFLAMMATION, CREATED BY FREE RADICALS IN OUR BODIES, ATTACK OUR CELLS AND CAUSE THEM TO FUNCTION POORLY, MUTATE OR EVEN DIE.**

## What causes free radicals in our bodies?

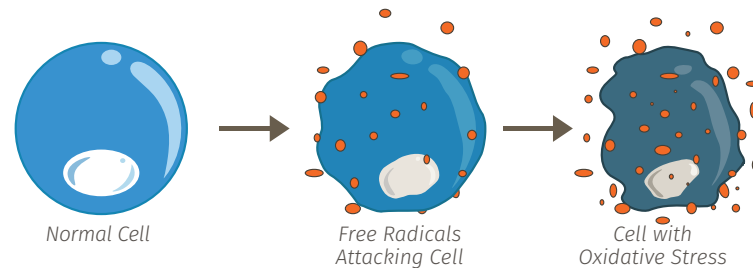
Poor diet, a high stress lifestyle, a toxic environment including pollution, EMF radiation, poor air and poor water quality generates free radicals that attack our body at the cellular level.

## What are the consequences of free radicals attacking our cells?

**Increased Oxidative Stress** – increases chronic inflammation.

**Chronic Inflammation** – the source of almost all chronic illnesses.

**Excessive Releases of Glutamate** – kills nerve cells by allowing an excessive influx of calcium which is toxic, sodium which causes edema (swelling), and potassium which increases lactic acid.



## What are the effects on our health of free radicals, increased oxidative stress, chronic inflammation and excessive releases of glutamate?

Pain, obesity, poor sleep, lack of DNA integrity, accelerated aging, lack of energy, anxiety and stress, and most chronic illnesses are ultimately the result of unchecked free radicals attacking our cells.

## How do micronutrients fight free radicals, oxidative stress, chronic inflammation and releases of excessive glutamate?

**Free Radicals** - Free radicals are neutralized by anti-oxidants and the right micronutrient combination, which means less oxidative stress and healthier cells.

**Chronic Inflammation** - Less oxidative stress means less chronic inflammation. Excessive Glutamate - Vitamin E protects against glutamate induced cell death. CoQ10 and vitamin B-12 work to lower excessive glutamate levels.

# Quality Assured

Dr. Prasad's CQF seal is his personal commitment to you that all of his products contain premium ingredients that are formulated to the highest scientific standards.



# Satisfaction Guaranteed

All of Dr. Prasad's products carry a 90 day satisfaction guarantee. If for any reason you are not satisfied with the first bottle of any product you purchase, Engage will refund your purchase price (less S&H) no questions asked.



# Why Does Your Child Need a Micronutrient Supplement?

## UNHEALTHY DIETS

Providing children a healthy diet in our world of fast food and junk food is hard to do. Proper Micronutrient supplementation gives your child the nutrient boost they need to promote their optimal health.

## CURRENT KIDS' VITAMINS FALL FAR SHORT IN MICRONUTRIENTS

Unlike Micro Daily for Kids, which is loaded with important micronutrients, most children's vitamins are formulated mainly for low cost, good taste, and appealing marketing messages.

### • INADEQUATE VITAMINS

Vitamins A, C, D and the B vitamins are often in too low of dosage or completely left out.

### • INADEQUATE MINERALS

• Studies have shown that these ingredients can be Zinc and Chromium are often left out of kid's supplements.

### • IMPROPER MINERALS

Copper and Manganese should not be added to kid's supplements. These ingredients can be toxic and negatively affect brain health when taken over long periods of time.

### • LACK THESE ESSENTIAL NUTRIENTS

CoQ10, N-Acetyl-L-Cysteine, Alpha Lipoic Acid, Beta Carotene, Resveratrol, Curcumin, Quercetin.



# The World's Most Complete Nutrient-Rich Gummy – Patent Pending

## GREAT CITRUS TASTE THAT KIDS LOVE.

- Formulated Specifically for Kids

## THE MOST COMPLETE NUTRIENT RICH GUMMY

- Contains proper amounts of Vitamin A, C, D and the B Vitamins, along with minerals Zinc, Selenium and Chromium.
- Contains other essential nutrients CoQ10, N-Acetyl-L Cysteine, Alpha Lipoic Acid, Beta Carotene, Resveratrol, Curcumin, Quercetin.

## MICRO DAILY FOR KIDS PROMOTES:

- Healthy Bone and Organ Development
- Immune System Boost
- Mental Clarity and Focus
- DNA Integrity and Cell Health
- EMF Radiation and 5G Defense

## PREMIUM QUALITY FORMULATION

- Contains Methylated Ingredients for maximum absorption
- Contains natural forms of nutrients for maximum absorption

## PREMIUM QUALITY INGREDIENTS

- Methylated
- Natural Forms
- Free of Milk, Peanuts, Soy and Eggs
- 3rd Party Tested

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# 5G is up to 700 times more powerful than original cell-phone technology

## DR. PRASAD'S LATEST RESEARCH DEMONSTRATES WHY EMF RADIATION IS HARMFUL TO OUR HEALTH

Hundreds of scientific studies have shown the potentially harmful effects of 5G EMF Radiation on human health. EMF Radiation increases the production of excessive amounts of free radicals (oxidative stress) in the body. It also increases the production of pro-inflammation cytokines (inflammation). These cellular defects contribute to the increased risk of developing neurological and cellular defects that can lead to most health issues.

## POTENTIAL HEALTH RISKS OF EXCESSIVE EXPOSURE TO EMF RADIATION

### Neurological: Acute neurological abnormalities:

- **Hypersensitivity syndromes:** Headaches, dizziness, balance problems, sleep disturbances, depression, emotional problems, fatigue, irritable behavior, lack of focus, and confusion.
- **Acute non-neurological abnormalities:** Alters heart and brain function. DNA damage, increased sperm/testicular damage.
- **Late neurological abnormalities:** Cognitive dysfunction, tinnitus, hyperacusis (increased sensitivity to noise), and attention deficits.
- **Late non-neurological abnormalities:** Brain cancer (glioma, acoustic neuroma, and meningioma), and breast cancer.

## MICRO DAILY EMF IS A FORMULA SUPPORTED BY 14 CLINICAL STUDIES, INCLUDING:

- Studies on CT Scans and other high intensity levels of radiation.
- Radiation & oxidative stress studies conducted by Dr. Prasad with NASA and the U.S. Military.
- Dr. Prasad's patent on Micronutrition and Radiation.

# Micro Daily EMF - Patent Pending

## WORLD'S FIRST RADIATION BIOLOGY Ph.D.

Dr. Prasad holds a patent for using micronutrients as defense against radiation. As the world's first radiation biology Ph.D., nobody is more qualified than Dr. Prasad to formulate a micronutrient defense against EMF Radiation.

## PROMOTES YOUR NATURAL DEFENSES TO COMBAT EMF RADIATION

Contains four ingredients that are scientifically-validated in radiation studies: Quercetin, Resveratrol, Curcumin, and Green Tea Extract

## MICRO DAILY EMF PROMOTES:

- 5G and EMF radiation defense
- Anti-inflammation response
- Immune system boost
- DNA integrity and health
- Anti-aging
- Increased energy
- Natural cellular defenses

Contains methylated Ingredients for maximum absorption



# The Amazing Benefits of CBD

## ACTIVATES THE ENDOCANNABINOID SYSTEM

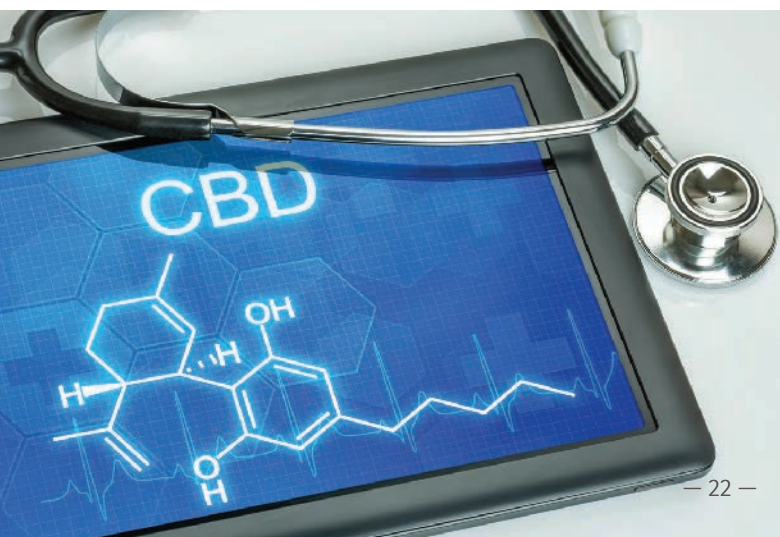
By activating the endocannabinoid system CBD is uniquely able to promote pain relief, anxiety and stress relief, and optimal sleep.

## ENDOCANNABINOID SYSTEM - CBD ACTIVATES THIS SYSTEM

Humans have an Endocannabinoid System (ECS) designed to fight neurological inflammation and protect our body. The purpose of the ECS is to maintain a healthy biological balance within our body's major systems.

However, our ECS does not always function at optimal levels, especially as we age. This can lead to difficulty regulating a healthy mood, poor sleep, increased inflammation and pain, as well as an overall reduction in immune health.

This is where CBD steps in, providing our bodies the support we need by helping our ECS to function more effectively.



# Experience the Amazing Benefits of CBD

## BY ACTIVATING THE ENDOCANNABINOID SYSTEM PURE CBD ISOLATE PROMOTES:

- Neurological inflammation response
- Pain relief
- Optimal sleep
- Anxiety and stress relief

## WHY YOU CAN TRUST ENGAGE'S CBD PRODUCTS

Engage's uncompromising quality commitment ensures our CBD products meet the following industry leading standards:

- Tracked and traced from seed to sale
- Co2 processed for highest quality CBD
- Filter reactor processed for high grade purity
- Processed in our exclusive GMP manufacturing facility
- Processed with pharmaceutical grade equipment
- THC free
- 3rd party tested
- USA grown
- Organic compliant
- Non-GMO

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## Micro Daily Methylated

### METHYLATED INFLAMMATION FIGHTER AND IMMUNE SYSTEM BOOST

Specially formulated with methylated ingredients that enhance absorption for people with the MTHFR gene. Supported by 40+ years of research, 7 U.S. Patents and 14 clinical studies with the US Military and NASA.

#### MICRO DAILY METHYLATED PROMOTES:

- Anti-inflammation response
- Immune system boost
- Increased energy
- DNA integrity and health
- Anti-aging
- Increased energy
- Cardiovascular function
- Natural cellular defenses



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## Micro Daily Hydro

### ALL THE BENEFITS OF MICRO DAILY IN A NATURALLY FLAVORED DRINK MIX

Same micronutrient formulation as the original Micro Daily in a great-tasting powdered drink mix that absorbs quickly and works at the cellular level. Supported by 40+ years of research, 7 U. S. Patents and 14 clinical studies with the US Military and NASA.

#### MICRO DAILY HYDRO PROMOTES:

- Anti-inflammation response
- Immune system boost
- Increased energy
- DNA integrity and health
- Anti-aging
- Cardiovascular function
- Natural cellular defenses
- Whole body health



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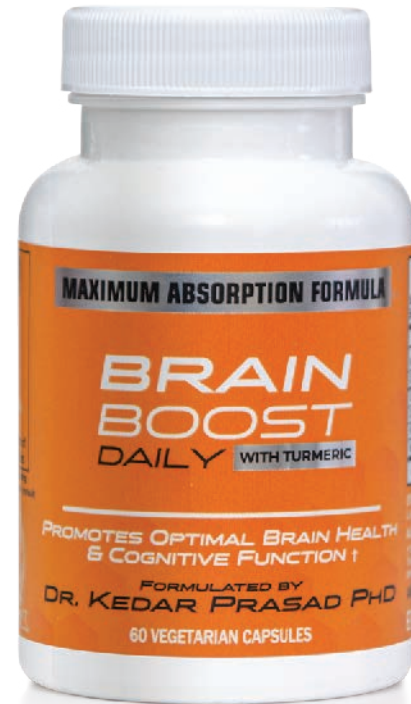
## Brain Boost Daily

### OPTIMAL BRAIN HEALTH – YOUR BRAIN’S BEST DEFENSE AGAINST FREE RADICALS AND AGING

Brain Boost is formulated to work synergistically with Micro Daily for Optimal Results. Brain Boost contains key micronutrients, which Dr. Prasad discovered cross the blood-brain barrier to maximize brain health.

#### BRAIN BOOST PROMOTES:

- Increased energy
- Enhanced memory
- Less brain fog
- Healthy brain aging
- Mitochondria health (the body’s energy powerhouse)



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## Eye Boost Daily

### OPTIMAL EYE AND VISION BOOST – YOUR EYES’ OPTIMAL DEFENSE AGAINST FREE RADICAL DAMAGE AND THE EFFECTS OF AGING

Research has shown that free radicals and inflammation degrade our eyesight and cause many chronic eye health conditions. Eye Boost is formulated to work synergistically with Micro Daily to neutralize free radicals and combat inflammation in the eye. Dr. Prasad’s formulation is based on ARED’s 1 and ARED’s 2 clinical studies conducted by the National Eye Institute and NIH.

#### EYE BOOST PROMOTES:

- Optimal vision health
- Relief from eye strain and fatigue
- Improvement in contrast sensitivity
- Healthy short and long-term eye function
- Reduction in free radicals
- Anti-inflammation response in the eye

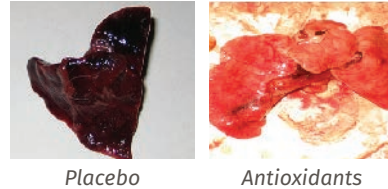


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# Dr. Prasad's Science Sets a New Standard in Supplement Efficacy Validation

## ANIMAL STUDIES SUPPORTING MICRO DAILY

- **Fruit Fly Tumor Study** Ames Research Center, NASA, Moffett Field, CA
- **Rabbit Radiation Internal Organ Protection Study** Johnson Space Center, NASA, Houston, TX



## HUMAN CLINICAL TRIALS

- **Protection against Oxidative Stress** with U.S. Marines in harsh environments; Mountain Warfare Training Center
- **Improved recovery from concussive injuries from blasts (dizziness and balance disorders)** with U.S. Veterans injured in Iraq and Afghanistan; Naval Medical Center San Diego.
- **DNA Protection and Repair**  
Erlangen University, Nuremberg, Germany - CAT Scan Patients
- **Tinnitus Improvement**  
Audiology Academy - Member Doctors, Nashville, TN
- **Improvement in Lipid Status and Regression of Carotid Artery Thickness**  
Denver, Colorado - Firemen/first responders
- **Cellular Oxidative Damage Reduction and Immune Stimulation**  
Montevideo University, Uruguay
- **Type II Diabetes Protection**  
Walter Reed National Military Medical Center - US Army

# Dr. Prasad's Patents

Four functional & three formulation patents support Micro Daily as the world's most validated and effective micronutrient supplement.

## SUPPORTING U.S. PATENT: 6,849,613

DATE : February 1, 2005

*Multiple Antioxidant Micronutrients*

## SUPPORTING U.S. PATENT: 7,399,755

DATE : July 15, 2008

*"Formulations Comprising Multiple Dietary and Endogenously Made Antioxidants and B-Vitamins and Use of Same"*

## SUPPORTING U.S. PATENT: 7,449,451

DATE : November 11, 2008

*"Use of Multiple Antioxidant Micronutrients as Systemic Biological Radio-protective Agents Against Potential Ionizing Radiation Risks"*

## SUPPORTING U.S. PATENT: 7,605,145

DATE : October 20, 2009

*"Micronutrient Formulations for Treatment of Diabetes Mellitus"*

## SUPPORTING U.S. PATENT: 7,628,984

DATE : December 8, 2009

*"Micronutrient Formulations for Pulmonary and Heart Health"*

## SUPPORTING U.S. PATENT: 7,635,469

DATE : December 22, 2009

*"Micronutrient Formulations for Hearing Health"*

## SUPPORTING U.S. PATENT: 7,635,469

DATE : July 17, 2012

*"Multiple Antioxidant Optimal Health/Veteran's Ultimate Complete Formulations"*

## PATENTS PENDING

Micro Daily EMF

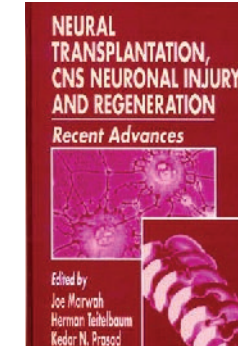
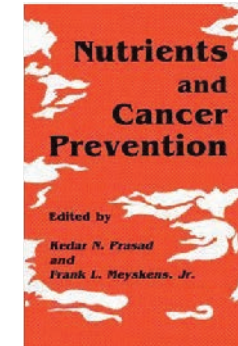
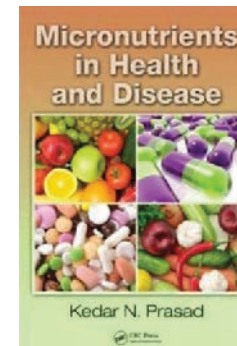
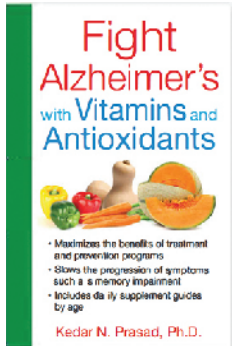
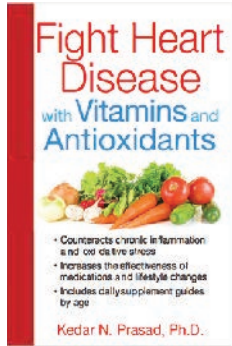
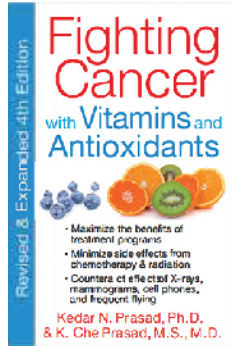
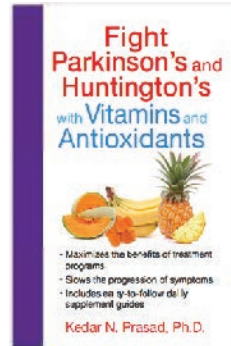
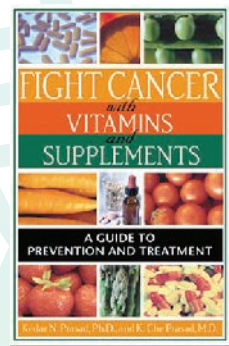
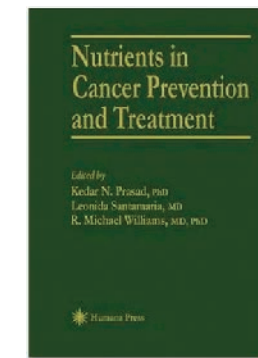
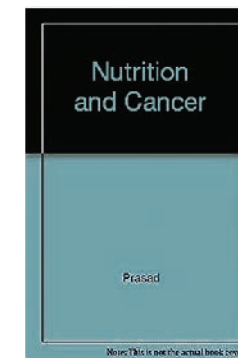
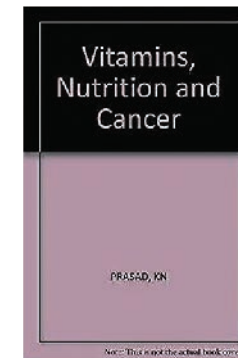
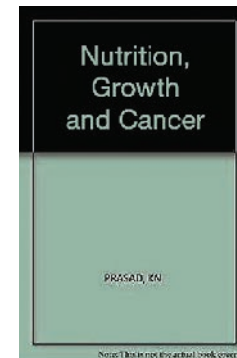
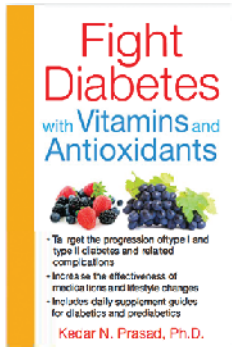
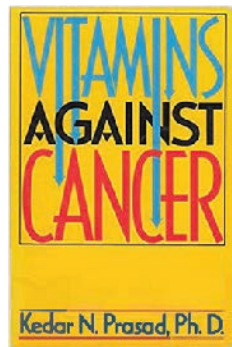
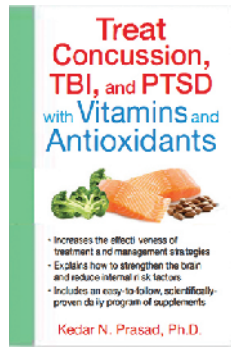
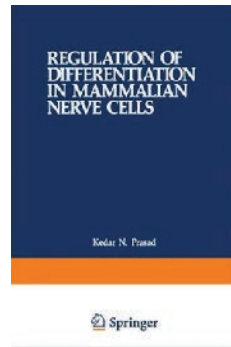
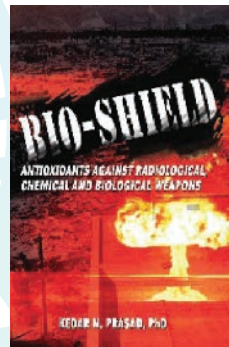
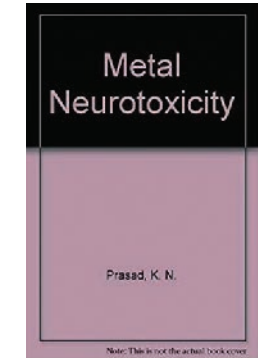
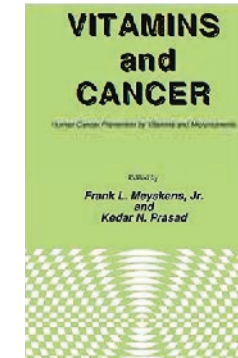
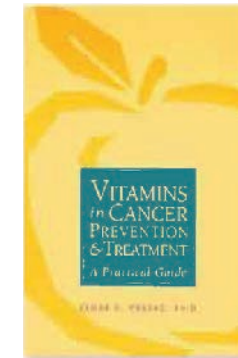
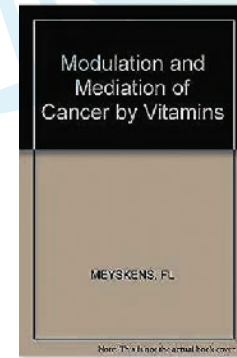
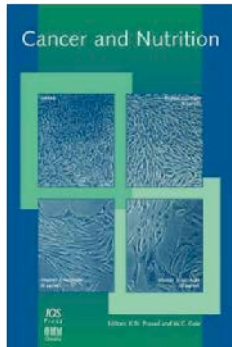
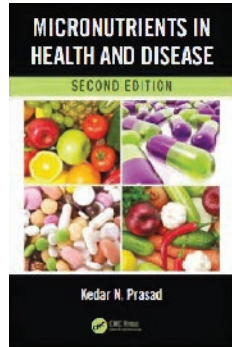
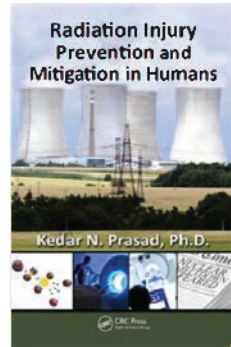
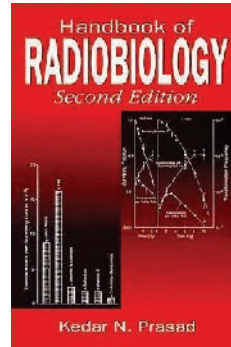
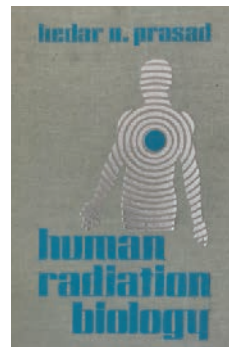
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# Dr. Prasad's Published Works

DR. PRASAD HAS AUTHORED AND CO-AUTHORED 29 BOOKS.







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