

*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.

Wellness Essentials® Women

30 Packets

Personalized Nutrition with Targeted Support for Women's Health*

Directions: Take one packet daily or as directed by your healthcare practitioner.

Serving Size:

1 Packet

Ingredient	Amount	Daily Value
Calories	20	
Calories from Fat	20	
Total Fat	2 g	3%
Cholesterol	less than 5 mg	<2%*
Vitamin A [50% as mixed carotenoids and 50% as retinyl acetate]	10,000 IU	200%
Vitamin C (as ascorbic acid and ascorbyl palmitate)	120 mg	200%
Vitamin D ₃ (as cholecalciferol)	1000 IU	250%
Vitamin E (as d-alpha tocopheryl succinate)	100 IU	333%
Vitamin K (as phytonadione)	120 mcg	150%
Thiamin (as thiamin mononitrate)	25 mg	1667%
Riboflavin	15 mg	882%
Niacin (as niacinamide and niacin)	50 mg	250%
Vitamin B ₆ (as pyridoxine HCl)	25 mg	1250%
Folate (as calcium L-5-methyltetrahydrofolate)	800 mcg	200%
Vitamin B ₁₂ (as methylcobalamin)	200 mcg	3333%
Biotin	500 mcg	167%
Pantothenic Acid (as D-calcium pantothenate)	75 mg	750%



Ingredients continue:



Genetic Potential Through Nutrition

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Ingredients continued:

Ingredient	Amount	Daily Value
Calcium (as microcrystalline hydroxyapatite concentrate and dicalcium phosphate)	674 mg	67%
Iron (as ferrous bis-glycinate)	18 mg	100%
Phosphorus (as microcrystalline hydroxyapatite concentrate and dicalcium phosphate)	348 mg	35%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium citrate)	40 mg	10%
Zinc (as zinc citrate)	15 mg	100%
Selenium (as selenium aspartate)	100 mcg	143%
Copper (as copper citrate)	1 mg	50%
Manganese (as manganese citrate)	0.5 mg	25%
Chromium (as chromium polynicotinate)	200 mcg	167%
Molybdenum (as molybdenum aspartate complex)	50 mcg	67%
Microcrystalline Hydroxyapatite Concentrate [†] (MCHC)	2000 mg	**
Choline (as choline bitartrate)	25 mg	**
Inositol	25 mg	**
Lycopene	6 mg	**
Zeaxanthin	2 mg	**
Lutein	6 mg	**
Resveratrol (from <i>Polygonum cuspidatum</i> root extract)	10 mg	**

Ingredients continue:

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Ingredients continued:

Ingredient	Amount	Daily Value
Proprietary Phytonutrient Blend of:	400 mg	**
Citrus bioflavonoid complex [standardized to 45% hesperidin],		
green coffee bean extract [standardized to 45% chlorogenic acid],		
Whole fruit extract [standardized to 40% ellagic acid],		
grape seed extract [standardized to 90% polyphenols],		
blueberry (<i>Vaccinium</i> spp.) fruit extract [standardized to 20% total polyphenols and 15% anthocyanins],		
green tea leaf extract [standardized to 60% catechins and 40% EGCG],		
bitter melon fruit extract [standardized to 5% bitter principles],		
prune skin extract [standardized to 50% polyphenols],		
watercress aerial parts 4:1 extract,		
Chinese cinnamon (<i>Cinnamomum cassia</i>) bark powder,		
Indian gum Arabic tree bark and heartwood extract [standardized to 6% catechins],		
rosemary extract [standardized to 11% min phenolic diterpenes and 7.6% min sum of camosol+arnosic acid],		
artichoke leaf extract [containing cynarin and chlorogenic acid]		
Natural Marine Lipid Concentrate	2 g	**
EPA (Eicosapentaenoic acid)	600 mg	**
DHA (Docosahexaenoic acid)	400 mg	**

Warning: Excess vitamin A intake may be toxic and may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 10,000 IU of preformed vitamin A (retinyl acetate) per day.

Storage: Keep in a cool, dry place. Products included are gluten free.



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Wellness Essentials Women is formulated to target heart and bone health, as well as maintain vitality and overall health.*

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Benefits:

Multifaceted health support: PhytoMulti® with Iron is the “smart multi” with essential nutrients and a proprietary blend of concentrated extracts and phytonutrients to help pro cells and maintain DNA stability—activating health potential like no other supplement*

Bone density support: Cal Apatite® Bone Builder® Extra Strength goes beyond calcium with purity-tested MCHC—a complex crystalline compound composed primarily of calcium phosphorus, trace minerals, and bone growth factors to help maintain bone strength*

Heart health, mood, and overall health support: OmegaGenics® EPA - DHA 500 is a quality-guaranteed omega-3 fatty acid formula manufactured and third-party tested to ensure greater purity

PhytoMulti with Iron:

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, cellulose, stearic acid (vegetable), silica, and coating (hypromellose, medium chain triglycerides, hydroxypropylcellulose, and sodium copper chlorophyllin).

OmegaGenics EPA-DHA 500:

Ingredients: Marine lipid concentrate [fish (anchovy, sardine, and mackerel) oil], softgel shell (gelatin, glycerin, water), natural lemon flavor, mixed tocopherols (antioxidant), rosemary extract, and ascorbyl palmitate (antioxidant). **Contains: Fish (sardine, anchovy, and mackerel).**

Cal Apatite Bone Builder Extra Strength:

Other Ingredients: Microcrystalline cellulose, stearic acid (vegetable), cellulose, croscarmellose sodium, silica, and coating (hypromellose, medium chain triglycerides, and hydroxypropylcellulose).

Each packet contains: 2 PhytoMulti with Iron tablets (green), 2 OmegaGenics EPA-DHA 500 softgels (golden yellow), and 2 Cal Apatite Bone Builder Extra Strength tablets (white).

Caution: Consult your healthcare practitioner if pregnant, nursing, taking other nutritional supplements or medications.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

† Microcrystalline Hydroxyapatite Concentrate (MCHC) supplies calcium, phosphorus, trace quantities of other minerals, and naturally occurring growth factors.