

1-000-9149-00

Essential Nutrients

Because rich nutrition is the foundation of hormonal balance

Our Essential Nutrients provide optimal absorption and bioavailability from the purest ingredients. Three essential formulas are combined into a single convenient pack:

- Multivitamin/Mineral
- Essential Fatty Acids
- Calcium/Magnesium

In combination, these formulas work to support a healthy metabolism, hormonal balance, and wellness for women by creating an optimal nutritional base.

Multivitamin/Mineral

Our formula is a comprehensive, highly-concentrated vitamin/mineral/trace element supplement containing more than 30 essential nutritional ingredients. We use only the purest, most hypoallergenic ingredients, and our product contains no yeast, corn, wheat, sugar or other sweeteners, artificial colors, flavors, or preservatives. Minerals and trace elements are provided in their safest and most bioavailable forms, including six patented chelated nutrients. (Chelation is the process of attaching amino acids to mineral molecules so that they survive the digestive process and actually benefit the body.)

Essential Fatty Acids

An excellent source of omega-3 fatty acids, our formula provides eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) in their natural triglyceride forms. A healthy balance of dietary omega-6 and omega-3 fatty acids appears to be a prerequisite for normal immune function and helps counter the range of inflammatory factors we experience. Sufficient dietary levels of EPA, DHA, and other omega-3 fatty acids are also important in the regulation of normal blood lipoprotein and cholesterol levels.

Calcium/Magnesium

This formula is a diversified chelate complex of six sources of dietary calcium (including

calcium hydroxyapatite) — with magnesium, vitamin D, boron, and other ingredients to assist the body in maintaining healthy bone structure and function.

The benefits of Essential Nutrients

- The same rich nutritional supplement used at Women to Women’s medical clinic.
- Doctor-formulated, based on the latest nutritional and medical science for women’s health.
- When used to supplement a healthy eating plan, provides a complete nutritional foundation to support the body’s endocrine, immune, and other vital systems.
- Over 30 essential nutrients, including six patented, chelated compounds to ensure maximum bioavailability, in conservative dosages.
- Manufactured in a facility validated by the NSF (The Public Health and Safety Company), to meet or exceed all governmental requirements for good manufacturing practices (the FDA’s GMP’s).
- Each production batch is laboratory assayed to ensure quality — in the same rigorous procedure used for pharmaceutical drugs.
- Made from the most natural ingredients available. All ingredients are sourced naturally whenever possible and contain no preservatives, sugar, artificial flavoring, filler, dyes or coloring of any kind.



CLICK HERE TO VIEW SUPPLEMENT FACTS

Essential Nutrients: Detailed product information

- For more information on the ingredients in our Essential Nutrients, [click here](#) to see our label.
- If you would like more information on the clinical basis for using Women to Women Essential Nutrients, please [click here](#) for a list of clinical studies and articles.
- For Women to Women’s perspective on the value of nutritional supplementation see the [diet, nutrition, and weight loss section](#).
- External certification of GMP (Good Manufacturing Practices) is an excellent standard of quality. There are few supplement manufacturers in the country who hold themselves to the standards set by Women to Women. For more details, [read here](#).

1 Packet = 3 Tablets + 1 softgel
= 4 pills

Women to Women Essential Nutrients and Omega-3:

Supplement Facts				
Serving Size: 1 Packet (each packet contains: 2 Multi-Vitamin Tablets, 1 Essential Fatty Acid Soft Gel and 1 Calcium - Magnesium Tablet).				
Suggested Use: 2 Packets Daily. Total Daily Servings Per Container: 30				
	Per Packet Amount	%DV†	Per Day (2 Packets) Amount	%DV†
Calories	10	*	20	*
Calories from Fat	10	*	20	*
Total Fat	1 g	1%	2 g	2%
Vitamin A (85% as natural beta carotene {D. salina}, 15% as retinyl palmitate)	5,000 IU	100%	10,000 IU	200%
Vitamin C (from l-ascorbate, corn-free)	417 mg	695%	834 mg	1,390%
Vitamin D (as cholecalciferol)	167 IU	42%	334 IU	84%
Vitamin E (as d-alpha tocopheryl succinate and d-alpha tocopherol)	134 IU	447%	268 IU	894%
Vitamin K (from phytonadione)	20 mcg	25%	40 mcg	50%
Thiamine (as thiamine mononitrate)	34 mg	2,267%	68 mg	4,534%
Riboflavin	17 mg	1,000%	34 mg	2,000%
Niacin (from niacinamide and niacin)	67 mg	335%	134 mg	670%
Vitamin B6 (as pyridoxine HCl)	17 mg	850%	34 mg	1,700%
Folic acid	267 mcg	67%	534 mcg	134%
Vitamin B12	34 mcg	567%	68 mcg	1,134%
Biotin	100 mcg	34%	200 mcg	68%
Pantothenic acid (as d-calcium pantothenate)	134 mg	1,340%	268 mg	2,680%
Calcium (from citrate, ascorbate, carbonate, gluconate, lactate, microcrystalline hydroxyapatite)	417 mg	42%	834 mg	84%
Iodine (from kelp)	50 mcg	34%	100 mcg	68%
Magnesium (as aspartate-ascorbate complex, amino acid chelate)	292 mg	73%	584 mg	146%
Zinc (as amino acid chelate)	7 mg	47%	14 mg	94%
Selenium (as amino acid complex)	67 mcg	96%	134 mcg	192%
Copper (as amino acid chelate)	0.6 mg	30%	1.2 mg	60%
Manganese (as amino acid chelate)	7 mg	350%	14 mg	700%
Chromium (as chromium polynicotinate)	67 mcg	56%	134 mcg	112%
Molybdenum (as amino acid chelate)	50 mcg	67%	100 mcg	134%
Total Omega-3 Fatty Acids	300 mg	*	600 mg	*
Eicosapentaenoic Acid (EPA)	180 mg	*	360 mg	*
Docosahexaenoic Acid (DHA)	120 mg	*	240 mg	*
Choline (from bitartrate)	50 mg	*	100 mg	*
Citrus bioflavonoids	34 mg	*	68 mg	*
Glutamic acid (as glutamic acid HCl)	20 mg	*	40 mg	*
Inositol	17 mg	*	34 mg	*
Para-Aminobenzoic acid	17 mg	*	34 mg	*
L-Lysine (as from L-Lysine HCl)	10 mg	*	20 mg	*
Boron (as aspartate-citrate)	1.6 mg	*	3.2 mg	*
Vanadium (from vanadyl sulfate)	13 mcg	*	26 mcg	*

†Percent Daily Values (DV's) are based on a 2,000 calorie diet. *Daily Value not established.
Other ingredients: Microcrystalline cellulose, carboxymethylcellulose, fish body oil, gelatin (capsule), natural glycerin, potassium aspartate-ascorbate complex, magnesium stearate, stearic acid (from vegetable sources), water, silicon dioxide, gum ghatti, titanium dioxide (color), natural tangerine flavor, and carotene color.