

60 SUPPLEMENT PACKETS



Jigsaw Complete

ESSENTIAL DAILY PACKETS

DIETARY SUPPLEMENT

PROMOTE OPTIMAL HEALTH FOR YOUR BODY AND MIND WITH VITAL NUTRIENTS

A 30-day supply of powerful vitamins, minerals and essential fatty acids in convenient A.M. and P.M. packets.

Supplement



Magnesium w/SRT®



Activated B w/SRT®



Pureway-C® + Lysine PureWay®



Essential Blend Antioxidant



Essential Blend Multi Mineral



Omega-3 Fish Oil + Vitamin D3



Vitamin K2 + E Complex MegaQ7

Key

		AM	PM
●		2	2
●		1	0
●		1	1
●		1	1
●		0	1
●		1	1
●		0	1

Jigsaw Complete

A.M. Supplement Facts

Serving Size – 1 A.M. Packet (2 Mag w/SRT®, 1 Omega-3 Fish Oil + Vitamin D3, 1 Pureway-C® + Lysine, 1 Essential Blend Antioxidant, 1 Activated B w/SRT®)

Servings Per Container – 30

	Amount Per Serving	% Daily Value
Calories	13.60	1
Calories from Fat	8.94	1
Total Fat	.89 g	1%*
Saturated Fat	.09 g	<1%*
Trans Fat	0 g	†
Monounsaturated Fat	.59 g	†
Polysaturated Fat	.79 g	†
Vitamin A (as Retinyl Palmitate) ●	675 mcg	71%
Vitamin C (as Pureway-C®) ●	500 mg	900%
Vitamin E (as Ascorbyl Palmitate) ●	9 mg	4%
Vitamin D3 (as Cholecalciferol) ●	8 mcg	40%
Vitamin K2 (as Natural D-Alpha Tocopherol) ●	34 mcg	227%
Vitamin B12 (as Benfotiamine) ●	26 mcg	2,083%
Vitamin B6 (as Pyridoxal-5-Phosphate Monohydrate) ●	26 mcg	1,625%
Vitamin D3 (as Cholecalciferol) ●	15 mcg	54%
Vitamin B12 (as Benfotiamine) ●	27.5 mcg	1014%
Prostate (as Quercetin) ●	300 mcg	33%
2-Methyl Tetrahydrobioic Acid Glucosamine Salt ●	500 mcg	500%
D-Biotin (Vitamin H) ●	500 mcg	1,000%
Vitamin B9 (as Calcium D-Panthenate) ●	125 mcg	2,500%
Magnesium (as Magnesium Malate) ●	250 mg	60%
Choline Bitartrate ●	150 mg	27%
Omega-3 Fish Oil (Sardine & Anchovy) Containing ●	1000 mg	1
EDAs (Eicosapentaenoic Acid) ●	300 mg	†
DHA (Docosahexaenoic Acid) ●	200 mg	†
Isolated ●	75 mg	†
PLMA (p-Aminobenzoic Acid) ●	10 mg	†
L-Lysine (as Hydrochloride) ●	50 mg	†
Grain Seed Extract ●	75 mg	†
Green Tea Leaf Extract ●	75 mg	†
Pomegranate Extract ●	75 mg	†
Alpha Lipic Acid ●	75 mg	†
Cranberry Juice Extract ●	50 mg	†
Apple Berry Extract 4:1 ●	50 mg	†
Lycopene ●	2.5 mg	†
Lutein ●	1.5 mg	†

* Percent of Daily Value based on a 2000 calorie diet

† Daily Value not established

Other Ingredients: Vegetable Capsules, Gelatin, Cellulose, Glycerin, Modified Cellulose, Wheat, Brown Rice Flour, Croscarmellose Sodium, Lemon Oil, Ascorbyl Palmitate, Purified Water, Stevia, Citrus Bioflavonoids, Stevia Acid, Magnesium Stearate, Fatty Acids, MonocrySTALL Cellulose, Guar Gum, Xanthan Gum, Organic Malt Powder, Food Glaze, Vitamin D3 in Softener Oil, Mono Rice

Suggested Use: To replenish essential nutrients, take with food, one packet in the morning (A.M.). Or use as directed by your healthcare professional.



Distributed by: Jigsaw Health, LLC
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Please Note: Vitamin K2 may counteract the effects of anticoagulation therapy, and therefore is not recommended for patients on blood-thinning medications. If you are currently being treated for kidney disease, please consult your healthcare professional before taking any magnesium supplement.

All values listed in elemental amounts. Ingredients for individual pills are indicated by color key, and can also be found online at www.jigsawhealth.com

Keep out of reach of children. None is a cool dry place.

TBAUCS is a registered trade name of Allcoo® Laboratories Inc., and covered by U.S. Patent No. 7,838,042.

Dimagnesium malate is supplied by Allcoo® and covered by U.S. Patent No. 6,700,999; MenaQ7® is a registered trademark of NeuroPharma ASA, Norway and covered by U.S. Patent No. 6,218,533 & 6,204,129 and Canada Patent No. 2,347,387; Quercetin® is a registered trade name of Gensco and covered by U.S. Patent No. 3,947,662.

Allergens: Contains fish. Manufactured in a facility that also handles products with other known allergens.



Jigsaw Complete

P.M. Supplement Facts

Serving Size – 1 P.M. Packet (2 Mag w/SRT®, 1 Omega-3 Fish Oil + Vitamin D3, 1 Pureway-C® + Lysine, 1 Essential Blend Antioxidant, 1 Vitamin K2 + E Complex, 1 Essential Blend Multi Mineral)

Servings Per Container – 30

	Amount Per Serving	% Daily Value
Calories	12.63	1
Calories from Fat	9.99	1
Total Fat	1.11 g	1%*
Saturated Fat	.09 g	<1%*
Trans Fat	0 g	†
Monounsaturated Fat	.22 g	†
Polysaturated Fat	.80 g	†
Vitamin A (as Retinyl Palmitate) ●	675 mcg	70%
Vitamin C (as Pureway-C®) ●	500 mg	900%
Vitamin E (as Ascorbyl Palmitate) ●	9 mg	4%
Vitamin D3 (as Cholecalciferol) ●	8 mcg	40%
Vitamin K2 (as Natural D-Alpha Tocopherol) ●	198 mcg	1320%
Vitamin B12 (as MenaQ7®) ●	60 mcg	42%
Vitamin B6 (as Pyridoxal-5-Phosphate Monohydrate) ●	2.5 mcg	125%
Prostate (as Quercetin) ●	100 mcg	20%
2-Methyl Tetrahydrobioic Acid Glucosamine Salt ●	3 mcg	60%
Iodine (as Potassium Iodide) ●	150 mcg	100%
Magnesium (as Magnesium Malate) ●	250 mcg	60%
Zinc (as Zinc Bisglycinate Chelate) ●	15 mcg	100%
Selenium (as L-Selenomethionine) ●	400 mcg	571%
Copper (as Copper Bisglycinate Chelate) ●	2 mcg	100%
Manganese (as Manganese Bisglycinate Chelate) ●	2 mcg	100%
Chromium (as Chromium Nicotinate Glycinate Chelate) ●	400 mcg	333%
Molybdenum (as Molybdenum Glycinate Chelate) ●	150 mcg	200%
Mixed Tocopherols ●	94 mcg	†
D-Alpha Tocopherol ●	500 mcg	†
D-Gamma Tocopherol ●	75 mcg	†
D-Delta Tocopherol ●	18 mcg	†
Tocotrienol Complex ●	50 mcg	†
D-Alpha Tocopherol ●	5 mcg	†
D-Beta Tocopherol ●	600 mcg	†
D-Gamma Tocopherol ●	9 mcg	†
D-Delta Tocopherol ●	2.4 mcg	†
Omega-3 Fish Oil (Sardine & Anchovy) Containing ●	1000 mcg	†
EPA (Eicosapentaenoic Acid) ●	300 mcg	†
DHA (Docosahexaenoic Acid) ●	200 mcg	†
L-Lysine (as Hydrochloride) ●	50 mcg	†
Grain Seed Extract ●	75 mcg	†
Green Tea Leaf Extract ●	75 mcg	†
Pomegranate Extract ●	75 mcg	†
Alpha Lipic Acid ●	75 mcg	†
Cranberry Juice Extract ●	50 mcg	†
Apple Berry Extract 4:1 ●	50 mcg	†
Lycopene ●	2.5 mcg	†
Lutein ●	1.5 mcg	†
Trace Mineral Blend ●	5 mcg	†

* Percent of Daily Value based on a 2000 calorie diet

† Daily Value not established

Other Ingredients: Vegetable Capsules, Gelatin, Cellulose, Glycerin, Modified Cellulose, Wheat, Brown Rice Flour, Croscarmellose Sodium, Lemon Oil, Ascorbyl Palmitate, Purified Water, Stevia, Citrus Bioflavonoids, Stevia Acid, Magnesium Stearate, Fatty Acids, MonocrySTALL Cellulose, Guar Gum, Xanthan Gum, Organic Malt Powder, Vitamin D3 in Softener Oil, Mono Rice

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