

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	.70 g	†
Vitamin A (as Retinyl Palmitate) ●	675 mcg	71%
Vitamin C (as Pureway-C®) ●	500 mg	500%
Vitamin E (as Ascorbyl Palmitate) ●	9 mg	4%
Vitamin D3 (as Cholecalciferol) ●	8 mcg	40%
Vitamin B1 (as Thiamine) ●	34 mg	227%
Vitamin B12 (as Benfotiamine) ●	26 mg	2,600%
Vitamin B6 (as Pyridoxal-5-Phosphate Monohydrate) ●	26 mg	1,625%
Vitamin D3 (as Cholecalciferol) ●	15 mg	54%
Vitamin B6 (as Pyridoxal-5-Phosphate Monohydrate) ●	27.5 mg	1014%
Folate (as Quatrefolate) ●	500 mcg	125%
2-Methyl Tetrahydrofolate Acid (as Quatrefolate) ●	500 mcg	125%
Vitamin B12 (as Methylcobalamin) ●	500 mcg	20,000%
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
EPA (Eicosapentaenoic Acid) ●	300 mg	1
DHA (Docosahexaenoic Acid) ●	200 mg	1
Phosphatidylcholine ●	75 mg	1
L-Lysine (as Hydrochloride) ●	10 mg	1
Green Tea Leaf Extract ●	75 mg	1
Green Tea Leaf Extract ●	75 mg	1
Proanthocyanidin Extract ●	75 mg	1
Alpha Lipoic Acid ●	75 mg	1
Cranberry Juice Extract ●	50 mg	1
Apple Berry Extract 4:1 ●	50 mg	1
Lycopodium ●	2.5 mg	1
Lutein ●	1.5 mg	1

* Percent of Daily Value based on a 2000 calorie diet

† Daily Value not established

Other Ingredients: Vegetable Capsules, Cellulose, Glycerin, Modified Cellulose, Wheat, Brown Rice Flour, Croscarmellose Sodium, Lemon Oil, Acetyl Palmitate, Purified Water, Stevia, Citrus Bioflavonoids, Stevia Acid, Magnesium Stearate, Fatty Acids, Monocyclized Cellulose, Guar Gum, Xanthan Gum, Organic Maltodextrin, 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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Keep out of reach of children. None is a cool dry place.

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

Dimagnesium malate is supplied by Albion 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; Quatrefolate is a registered trade name of Gensia 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	500%
Vitamin E (as Ascorbyl Palmitate) ●	9 mg	4%
Vitamin D3 (as Cholecalciferol) ●	8 mcg	40%
Vitamin B1 (as Thiamine) ●	100 mcg	1320%
Vitamin B12 (as MenaQ7®) ●	60 mcg	42%
Vitamin B6 (as Pyridoxal-5-Phosphate Monohydrate) ●	2.5 mg	125%
Folate (as Quatrefolate) ●	100 mcg	25%
2-Methyl Tetrahydrofolate Acid (as Quatrefolate) ●	3 mcg	60%
Vitamin B12 (as Methylcobalamin) ●	150 mcg	100%
Magnesium (as Magnesium Malate) ●	250 mg	60%
Zinc (as Zinc Bisglycinate Chelate) ●	15 mg	100%
Selenium (as L-Selenomethionine) ●	400 mcg	571%
Copper (as Copper Bisglycinate Chelate) ●	2 mg	100%
Manganese (as Manganese Bisglycinate Chelate) ●	2 mg	100%
Chromium (as Chromium Picolinate) ●	400 mcg	100%
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-Delta Tocopherol ●	600 mcg	†
D-Gamma Tocopherol ●	9 mcg	†
D-Delta Tocopherol ●	2.4 mcg	†
Omega-3 Fish Oil (Sardine & Anchovy) Containing ●	1000 mg	†
EPA (Eicosapentaenoic Acid) ●	300 mg	†
DHA (Docosahexaenoic Acid) ●	200 mg	†
L-Lysine (as Hydrochloride) ●	50 mcg	†
Grain Seed Extract ●	75 mcg	†
Green Tea Leaf Extract ●	75 mcg	†
Proanthocyanidin Extract ●	75 mcg	†
Alpha Lipoic Acid ●	75 mcg	†
Cranberry Juice Extract ●	50 mcg	†
Apple Berry Extract 4:1 ●	50 mcg	†
Lycopodium ●	2.5 mcg	†
Lutein ●	1.5 mcg	†
Trace Mineral Blend ●	5 mcg	†

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† Daily Value not established

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

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