Jigsaw Ultimate

ESSENTIAL DAILY PACKETS

DIETARY SUPPLEMENT

60 SUPPLEMENT PACKETS

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	Key	AM	PM
Magnesium w/SRT®		2	2
Activated B w/SRT®		1	0
Pureway-C® + Lysine PureWay-C®		2	2
Essential Blend Antioxidant		1	1
Essential Blend Multi Mineral		0	1
Omega-3 Fish Oil + Vitamin D3		2	1
Vitamin K2 + E Complex MenaQ7		0	1
MicroActive® CoQ10 w/SRT® MicroActive		1	1
Curcumin Extract		1	1

Jigsaw Ultimate
A.M. Supplement Facts

Serving Size – 1 A.M. Packet (2 Mag w/SRT®, 2 Omega-3 Fish Oil + Vitamin D3, 2 Pureway-C® + Lysine, 1 Essential Blend Antioxidant, 1 MicroActive® CoQ10 w/ SRT®, 1 Curcumin, 1 Activated B w/SRT®)
Servings Per Container - 30

	Amount Per Serving	% Daily Value
Calories	27	†
Calories from Fat	22	†
Total Fat	2.1 g	3%*
Saturated Fat	1 g	>1%*
Trans Fat	0 g	†
Monounsaturated Fat	0 g	†
Polyunsaturated Fat	1.0 g	†
Vitamin A (as Retinyl Palmitate)	675 mcg	75%
Vitamin C (as Pureway-C®)	1,000 mg	1,111%
Vitamin C (as Ascorbyl Palmitate)	5 mg	6%
Vitamin D3 (as Cholecalciferol)	19 mcg	95%
Vitamin E (as Natural D-Alpha Tocopherol)	34 mg	227%
Vitamin B1 (as Benfotiamine)	25 mg	2,083%
Vitamin B2 (as Riboflavin-5-Phosphate Sodium)	25 mg	1,923%
Vitamin B3 (as Niacinamide)	15 mg	94%
Vitamin B6 (as Pyridoxal-5-Phosphate Monohydrate)	27.5 mg	1618%
Folate (as Quatrefolic® 5-Methyl Tetrahydrofolic Acid Glucosamine Salt)	300 mcg	75%
Vitamin B12 (as Methylcobalamin)	503 mcg	20,958%
D-Biotin (Vitamin H)	500 mcg	1,667%
Vitamin B5 (as Calcium D-Pantothenate)	125 mg	2,500%
Magnesium (as Dimagnesium Malate) Albion®	250 mg	60%
Choline Bitartrate	150 mg	27%
Omega-3 Fish Oils (Sardine & Anchovy) Containing:	2000 mg	†
EPA (Eicosapentaenoic Acid)	600 mg	†
DHA (Docosohexaenoic Acid)	400 mg	†
Coenzyme Q10 (60 mg CoQ10 as MicroActive® CoQ10 and 40 mg as CoQ10)	100 mg	†
Inositol	75 mg	†
Para Aminobenzoic Acid (PABA)	15 mg	†
L-Lysine HCl	100 mg	†
Curcumin Extract (95% Curcuminoids)	250 mg	†
Grape Seed Extract	75 mg	†
Green Tea Leaf Extract	75 mg	†
Pomegranate Extract	75 mg	†
Alpha Lipoic Acid	75 mg	†
Cranberry Juice Extract	50 mg	†
Agar 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, Extra Virgin Olive Oil, Medium Chain Triglycerides, 6-Cyclodextrin, Purified Water, Lemon Oil, Brown Rice Flour, Croscarmellose Sodium, Ascorbyl Palmitate, Silicon Dioxide, Citrus Bioflavonoids, Stearic Acid, Magnesium Stearate, Fatty Acids, Microcrystalline Cellulose, Silica, Organic Nu-Flow®, Yellow Beeswax, Guar Gum, Xanthan Gum, Sunflower Lecithin, Turmeric Powder, Vitamin D3 in Safflower Oil, Food Glaze, Micro Wax.

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

Natural Products Association member

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Jigsaw Ultimate
P.M. Supplement Facts

Serving Size – 1 P.M. Packet (2 Mag w/SRT®, 1 Omega-3 Fish Oil + Vitamin D3, 2 Pureway-C® + Lysine, 1 Essential Blend Antioxidant, 1 MicroActive® CoQ10 w/ SRT®, 1 Curcumin, 1 Vitamin K2 + E Complex, and 1 Essential Blend Multi Mineral)
Servings Per Container - 30

	Amount Per Serving	% Daily Value
Calories	18	†
Calories from Fat	14	†
Total Fat	1.5 g	3%*
Saturated Fat	.3 g	2%*
Trans Fat	0 g	†
Monounsaturated Fat	.4 g	†
Polyunsaturated Fat	.8 g	†
Vitamin A (as Retinyl Palmitate)	675 mcg	75%
Vitamin C (as Pureway-C®)	1,000 mg	1,111%
Vitamin C (as Ascorbyl Palmitate)	5 mg	6%
Vitamin D3 (as Cholecalciferol)	9 mcg	45%
Vitamin E (as Natural D-Alpha Tocopherol and Tocopheryl Succinate)	164 mg	1,093%
Vitamin K2 (as MenaQ7®)	50 mcg	42%
Vitamin B6 (as Pyridoxal-5-Phosphate Monohydrate)	2.5 mg	147%
Folate (as Quatrefolic® 5-Methyl Tetrahydrofolic Acid Glucosamine Salt)	100 mcg	25%
Vitamin B12 (as Methylcobalamin)	3 mcg	125%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Dimagnesium Malate) Albion®	250 mg	60%
Zinc (as Zinc Bisglycinate Chelate) TRAACS®	15 mg	136%
Selenium (as L-Selenomethionine Pentapure™)	400	727%
Copper (as Copper Bisglycinate Chelate) TRAACS®	2 mg	222%
Manganese (as Manganese Bisglycinate Chelate) TRAACS®	2 mg	87%
Chromium (as Chromium Nicotinate Glycinate Chelate) TRAACS®	400 mcg	1,143%
Molybdenum (as Molybdenum Glycinate Chelate) TRAACS®	150 mcg	333%
Mixed Tocopherols	94 mg	†
D-delta Tocopherol	900 mcg	†
D-gamma Tocopherol	75 mg	†
D-delta Tocopherol	18 mg	†
Tocotrienol Complex	90 mg	†
D-alpha Tocotrienol	5 mg	†
D-beta Tocotrienol	600 mcg	†
D-gamma Tocotrienol	9 mg	†
D-delta Tocotrienol	2.4 mg	†
Omega-3 Fish Oils (Sardine & Anchovy) Containing:	1000 mg	†
EPA (Eicosapentaenoic Acid)	300 mg	†
DHA (Docosohexaenoic Acid)	200 mg	†
Coenzyme Q10 (60 mg CoQ10 as MicroActive® CoQ10 and 40 mg as CoQ10)	100 mg	†
L-Lysine HCl	100 mg	†
Curcumin Extract (95% Curcuminoids)	250 mg	†
Grape Seed Extract	75 mg	†
Green Tea Leaf Extract	75 mg	†
Pomegranate Extract	75 mg	†
Alpha Lipoic Acid	75 mg	†
Cranberry Juice Extract	50 mg	†
Agar Berry Extract 4:1	50 mg	†
Lycopene	2.5 mg	†
Lutein	1.5 mg	†
Trace Mineral Blend	5 mg	†

* Percent of Daily Value based on a 2000 calorie diet
† Daily Value not established

Other Ingredients: Vegetable Capsules, Gelatin, Cellulose, Glycerin, Extra Virgin Olive Oil, Medium Chain Triglycerides, Modified Cellulose, 6-Cyclodextrin, Vitamin E (D-a-Tocopherol), Purified Water, White Rice Flour, Brown Rice Flour, Palm Tocotrienol, Magnesium Stearate, Citrus Bioflavonoids, Fatty Acids, Lemon Oil, Croscarmellose Sodium, Ascorbyl Palmitate, Microcrystalline Cellulose, Silicon Dioxide, Silica, Organic Nu-flow®, Yellow Beeswax, Sunflower Lecithin, Turmeric Powder, Vitamin D3 in Safflower Oil, Micro Wax.

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

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 supplements.

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. Store in a cool dry place.

TRAACS® is a registered trade name of Albion® Laboratories Int'l. and covered by U.S. Patent No. 7,838,042; Dimagnesium malate is supplied by Albion® and covered by U.S. Patent No. 6,706,904; Quatrefolic® is a registered trade name of Gnosis and covered by U.S. Patent No. 7,947,662; MenaQ7® is a registered trademark of NattoPharma ASA, Norway and covered by U.S. Patent No. 8,728,553 & 8,354,129 and Canada Patent No. 2,347,387.

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

Jigsaw Health