

Directions: Take one packet 1-2 times daily or as directed by your healthcare practitioner.

Foundation Essentials™ for Women is a powerful combination of four foundation nutritional formulas provided in convenient daily dose packets. This formula does not contain copper making it the perfect foundation nutrition supplement for women.*

Each Packet Contains:

2 MultiMedica™ for Women provides high quality comprehensive vitamins, minerals, amino acids and herbs, specifically designed to address the unique nutritional requirements of women.* MultiMedica™ for Women features patented Albion TRAACS® amino acid chelates for optimal mineral absorption and is provided in hypoallergenic vegetable capsules.*

1 OsteoMedica® provides the optimal bone health support of MCHC (Microcrystalline Hydroxyapatite Concentrate) from New Zealand cattle.* The MCHC in OsteoMedica® contains crystalline compounds of calcium, phosphorus, organic factors, collagen (type 1) and naturally occurring bone growth factors.* Additionally, OsteoMedica® provides added magnesium and vitamin D3.

1 Omega 600 EC™ provides 600 mg of ultra-pure, molecularly distilled, natural marine lipid concentrate sourced from fish caught in cold, deep sea waters and is USP (United States Pharmacopeia) verified.

1 CoQ-Clear® 100 is a patent pending, crystal-free CoQ10 that offers the highest absorption and bioavailability.* CoQ10 is a component of the electron transport chain, participating in aerobic cellular respiration for generating energy. Most of the human body's energy is generated this way. Coenzyme Q10 is a vital part of a high quality foundation nutrition regime, as an extremely powerful antioxidant.*

*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.

Caution: Excess vitamin A intake may be toxic and may increase the risk of birth defects. Pregnant women and those who may become pregnant should not exceed 5,000 IU of pre-formed vitamin A (retinyl palmitate or retinyl acetate) per day. It is also recommended that children under four should not regularly consume more than 2,500 IU per day. Keep out of reach of children.

Storage: Keep tightly closed in a cool, dry place.

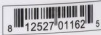
Does not contain artificial colors.

This Formula Meets or Exceeds cGMP Quality Standards.

The packets in this container are labeled Foundation Nutrition for Women.

NuMedica®

9503 E 55th Place | Tulsa, OK 74145
800.869.8100 | www.numedica.com



NuMEDICA
ADVANCING NUTRITION

Foundation Essentials™

for Women

60 packets

gluten free

PROFESSIONAL USE ONLY | DIETARY SUPPLEMENT

GOLD MEDALLION FORMULA



Supplement Facts

	Serving Size: 1 Packet (60 Packets)	Amount	% Daily Value*	1 Serving (600 EC) Amount	% Daily Value*	1 CoQ-Clear® 100 Amount	% Daily Value*	1 OsteoMedica® Amount	% Daily Value*
Calories from Fat									
Total Fat									
Cholesterol									
Vitamin A (15% [3,750 IU] natural mixed carotenoids, 25% [1,250 IU] retinyl palmitate)		5,000 IU	100%						
Vitamin C (as magnesium ascorbate, zinc ascorbate, potassium ascorbate, calcium ascorbate)		125 mg	200%						
Vitamin D3 (as cholecalciferol)		200 IU	50%						
Vitamin E (as d-alpha tocopherol succinate)		50 IU	100%						
Thiamin (as thiamin mononitrate)		10 mg	666%						
Riboflavin (as riboflavin-5'-phosphate, riboflavin)		10 mg	568%						
Niacin (as niacin and niacinamide)		30 mg	150%						
Vitamin B-6 (as pyridoxal-5'-phosphate)		10 mg	500%						
Folate (as folic acid)		400 mcg	100%						
Vitamin B-12 (as methylcobalamin)		300 mcg	5,000%						
Biotin		500 mcg	1,000%						
Paraethanic Acid (as d-calcium paraethanate)		100 mg	1,000%						
Calcium (TRAACS® calcium glycinate chelate, DimaCal® d-calcium malate, MCHC, calcium ascorbate)		50 mg	5%						
Iron (FerriCal® ferrous bisglycinate chelate)		2 mg	14%						
Phosphorus (from MCHC, pyridoxal-5'-phosphate, riboflavin-5'-phosphate)		2 mg	<1%						
Iodine (as potassium iodide)		75 mcg	50%						
Magnesium (TRAACS® magnesium glycinate chelate, buffered, d-magnesium malate, magnesium ascorbate)		100 mg	25%						
Zinc (TRAACS® zinc glycinate chelate, zinc ascorbate)		7 mg	46%						
Selenium (as selenium chelate)		50 mcg	71%						
Manganese (TRAACS® manganese glycinate chelate)		250 mcg	12%						
Chromium (TRAACS® chromium nicotinate glycinate chelate)		250 mcg	206%						
Molybdenum (TRAACS® molybdenum glycinate chelate)		25 mcg	33%						
Potassium (as potassium citrate, potassium ascorbate)		48 mg	1%						
MCHC (Microcrystalline Hydroxyapatite Concentrate)		65 mg	**						
Choline (as choline bitartrate)		30 mg	**						
Inositol		30 mg	**						
N-Acetyl L-Carnitine HCl		25 mg	**						
N-Acetyl Cysteine (NAC)		25 mg	**						
L-Taurine		15 mg	**						
Pink grapefruit root		12 mg	**						
Red Clover Flower		12 mg	**						
Cranberry Fruit		12 mg	**						
PABA (Para Amino Benzoic Acid)		10 mg	**						
L-Lysine (HCl)		10 mg	**						
Rutin		8 mg	**						
Chamomile Flower		7 mg	**						
Chaste Berry 4:1 Extract		7 mg	**						
Hesperidin		7 mg	**						
Wild Yam Root (Dioscorea medicinal)		7 mg	**						
Quercetin		6 mg	**						
Re-Alpha Lipic Acid		5 mg	**						
Lutidin		37 mcg	**						
Natural Marine Lipid Concentrate		1.2 g	**						
EPA (eicosapentaenoic acid)		318-360 mg	**						
DHA (docosahexaenoic acid)		254-340 mg	**						
CoQ10 (ubiquinol)		100 mg	**						
Mixed Tocopherols		15 mg	**						

* Percent Daily Values based on a diet of 2,000 calories diet. ** Daily Values not established.

Additional Ingredients:

Other ingredients in MultiMedica™ for Women: (HFC, vegetable capsule), magnesium oxide (buffering agent), magnesium stearate (vegetation), silica.

Other ingredients in Omega 600™: (Gelatin, glycerin, water, vitamin E (as natural d-alpha tocopherol).

Contains: Fish (anchovy, mackerel and sardine), vitamin E from soy.

Other ingredients in CoQ-Clear® 100: Natural food grade oils (GMS Certified), gelatin (bovine), glycerin, purified water, medium chain triglycerides, natural yellow color (red radish powder, carb extract concentrate, caramel liquid).

Other ingredients in OsteoMedica®: (HFC, vegetable capsule), vegetable stearate, silicon dioxide.

Free of: Milk, eggs, shellfish, tree nuts, peanuts, wheat.



Albion, TRAACS, DimaCal and the Albion Medallion are registered trademarks of Albion International, Inc. Malates covered by U.S. Patent 6,706,904 and patents pending.