



Women's Pure Pack

Comprehensive daily packet providing
core nutrients, calcium, vitamin D₃,
CoQ₁₀, fish oil and açai

Dietary Supplement
DAILY PACKET

Recommendations: As a dietary supplement,
take 1 packet daily (9 capsules), with a meal.

www.PureEncapsulations.com

Not For Individual Sale

v4



Women's Pure Pack

with Metafolin® L-5-MTHF

Gluten-free & Non-GMO
Dietary Supplement
30 PACKETS



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Women's Pure Pack

Comprehensive daily packet providing core nutrients,
calcium, vitamin D₃, CoQ₁₀, fish oil and açai[†]

Each packet contains

Women's Nutrients | 3 vegetarian capsules

EPA/DHA essentials | 1 softgel capsule

Vitamin D₃ | 1 vegetarian capsule

Calcium (citrate) | 2 vegetarian capsules

Açai | 1 vegetarian capsule

CoQ₁₀ | 1 vegetarian capsule

Supplement Facts

Serving size 1 packet (9 capsules)
Servings per container 30

	Amount Per Serving	%DV
Calories	10	
Total fat	1 g	1% ^Δ
Cholesterol	< 5 mg	< 2% ^Δ
Vitamin A (as beta carotene)	1,125 mcg	125%
Vitamin C (as ascorbic acid)	125 mg	139%
Vitamin D (as cholecalciferol) (D ₃)	37.5 mcg (1,500 IU)	188%
Vitamin E (as d-alpha tocopherol succinate and natural tocopherols)	34 mg	223%
Vitamin K (as vitamin K ₁)	50 mcg	42%
Thiamin (as thiamin HCl) (B ₁)	12.5 mg	1,042%
Riboflavin (as vitamin B ₂ and 28% riboflavin 5' phosphate (activated B ₂))	17.35 mg	1,335%
Niacin (as niacin and 67% niacinamide)	37.5 mg	234%
Vitamin B ₆ (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B ₆))	10.4 mg	612%
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)	167%
Vitamin B ₁₂ (as methylcobalamin)	250 mcg	10,417%
Biotin	1 mcg	3%

Pantothenic acid (as calcium pantothenate) (B ₅)	25 mg	500%
Choline (as choline bitartrate)	20 mg	4%
Calcium (as calcium citrate)	500 mg	38%
Iodine (as potassium iodide)	100 mcg	67%
Magnesium (as magnesium citrate)	50 mg	12%
Zinc (as zinc citrate)	75 mg	68%
Selenium (as selenomethionine)	100 mcg	182%
Manganese (as manganese citrate)	1 mg	43%
Chromium (as chromium polynicotinate)	100 mcg	286%
Potassium (as potassium citrate)	50 mg	1%
Boron (as boron glycinate)	1 mg	*
Vanadium (as bis-glycinato oxo vanadium)	50 mcg	*
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg	*
Inositol	62.5 mg	*
Alpha lipoic acid	37.5 mg	*
Coenzyme Q ₁₀	60 mg	*
FloraGLO® lutein	3 mg	*
Zeaxanthin	500 mcg	*
Red wine grape (Vitis vinifera) concentrate (whole fruit) (standardized to contain 25% total polyphenols)	50 mg	*
Grape (Vitis vinifera) extract (seed) (standardized to contain 92% polyphenols)	50 mg	*

Pomegranate (Punica granatum) extract (whole fruit) (standardized to contain 40% punicosides)	50 mg	*
Cranberry (Vaccinium macrocarpon) concentrate (fruit)	60 mg	*
Assai palm (açai) (Euterpe oleracea) extract (whole fruit)	600 mg	*
Blueberry (Vaccinium angustifolium) extract (fruit)	15 mg	*
HMR lignan™ (containing 7-hydroxymatairesinol) (from Norway spruce knot wood)	5 mg	*
Green tea (Camellia sinensis) extract (leaf) (standardized to contain 65% total tea catechins and 23% epigallocatechin (EGCG))	50 mg	*
Turmeric (Curcuma longa) extract (root) (standardized to contain 95% curcuminoids)	50 mg	*
Calcium-D-glucarate	25 mg	*
Rhodiola (Rhodiola rosea) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	50 mg	*
Lemon balm (Melissa officinalis) extract (leaf) (standardized to contain 5% rosmarinic acid)	25 mg	*
Fish oil concentrate (from anchovies, sardines, mackerel) providing:	1,000 mg	*
EPA (eicosapentaenoic acid)	300 mg	*
DHA (docosahexaenoic acid)	200 mg	*

* Daily value not established

Δ Percent daily values are based on a 2,000 calorie diet

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

STORE IN A COOL, DRY PLACE.

Recommendations: As a dietary supplement, take 1 packet daily (9 capsules), with a meal.
Warning: Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood thinning medication, consult your health professional before use.

Keep out of the reach of children.

CHROMEMATE®	ChromeMate® brand niacin-bound chromium. ChromeMate® is a registered trademark of InterHealth N.L.
HMR lignan™	is a trademark of Linea Inc.
FloraGLO®	is a registered trademark of Kemira Industries, Inc.
Curcumin C3 Complex	is a registered trademark and patented product of Sabinsa Corporation.
Zeaxanthin	is sourced from OPTISHARP™ brand. OPTISHARP™ is a trademark of DSM Nutritional Products, Inc.
KANESHA Q10®	Kanesha Q10® is a trademark of Kaneka Corporation.



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This product contains calcium D-glucarate, the use of which is licensed from Applied Food Sciences, Inc. and protected by U.S. Patent 7,662,863.

Other ingredients: vegetarian capsule (cellulose, water), gelatin capsule (gelatin, glycerin, water), hypochlorogenic plant fiber (cellulose), ascorbyl palmitate, cranberry fiber, cranberry seed oil, guar gum, sunflower lecithin. Contains fish (anchovies, sardines, mackerel).

† This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

manufactured by: **Pure Encapsulations**
490 Boston Post Road, Sudbury, MA
1-800-753-2277 www.PureEncapsulations.com code: **WPB3** 7

