



Energize Plus Pure Pack

With Metafolin® L-5-MTHF

Gluten-free & Non-GMO

Dietary Supplement
30 PACKETS



Energize Plus Pure Pack

Comprehensive daily packet providing energy cofactors, core nutrients, fish oil, L-carnitine and CoQ₁₀†

Dietary Supplement
DAILY PACKET

Recommendations: As a dietary supplement, take 1 packet daily (7 capsules), with a meal.

www.PureEncapsulations.com

Not For Individual Sale

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Dietary Supplement
30 PACKETS

Each packet contains

Multi t/d | 1 vegetarian capsule

EPA/DHA essentials | 2 softgel capsules

Vitamin D₃ | 1 vegetarian capsule

L-Carnitine | 1 vegetarian capsule

Magnesium (glycinate) | 1 vegetarian capsule

CoQ₁₀ | 1 vegetarian capsule

Energize Plus Pure Pack

Comprehensive daily packet providing energy cofactors, core nutrients, fish oil, L-carnitine and CoQ₁₀†

Supplement Facts

Serving size 1 packet (7 capsules)
Servings per container 30

	Amount Per Serving	%DV
Calories	20	
Total fat	2 g	3% [^]
Cholesterol	< 5 mg	<2% [^]
Vitamin A (as beta carotene)	675 mcg	75%
Vitamin C (as ascorbic acid)	250 mg	278%
Vitamin D (as cholecalciferol)(D ₃)	37.5 mcg (1,500 IU)	188%
Vitamin E (as d-alpha tocopherol succinate and mixed tocopherols)	34 mg	223%
Thiamin (as thiamin HCl) (B ₁)	25 mg	2,083%

Riboflavin (as vitamin B ₂ and 28% as riboflavin 5' phosphate (activated B ₂))	1735 mg	1,335%
Niacin (as niacin and 67% niacinamide)	37.5 mg	234%
Vitamin B ₆ (as pyridoxine HCl and 40% as pyridoxal 5' phosphate (activated B ₆))	10.4 mg	612%
Folate (as Metafolin®, L5-MTHF)	667 mcg DFE (400 mcg L5-MTHF)	167%
Vitamin B ₁₂ (as methylcobalamin)	250 mcg	10,417%
Biotin	400 mcg	1,333%
Pantothenic acid (as calcium pantothenate) (B ₅)	25 mg	500%
Iodine (as potassium iodide)	100 mcg	67%
Magnesium (as magnesium glycinate)	120 mg	29%
Zinc (as zinc picolinate)	75 mg	68%
Selenium (as selenomethionine)	50 mcg	91%

Chromium (as chromium polynicotinate)	100 mcg	286%
Proprietary mixed carotenoid blend (as lutein, lycopene and zeaxanthin)	212 mcg	*
FloraGLO® lutein	3 mg	*
Zeaxanthin	500 mcg	*
Coenzyme Q ₁₀	30 mg	*
L-Carnitine (free-form) (from L-carnitine-L-tartrate)	340 mg	*
Fish oil concentrate (from anchovies, sardines, mackerel) providing:	2,000 mg	*
EPA (eicosapentaenoic acid)	600 mg	*
DHA (docosahexaenoic acid)	400 mg	*

* Daily value not established

[^] Percent daily values are based on a 2,000 calorie diet

Other ingredients: gelatin capsule (gelatin, glycerin, water), vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate

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.

STORE IN A COOL, DRY PLACE.

Recommendations: As a dietary supplement, take 1 packet daily (7 capsules), with a meal.

Warning: If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

Keep out of the reach of children.

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	Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.
	Zeaxanthin is sourced from OPTISHARP® Natural brand. OPTISHARP® Natural is a trademark of DSM.
KANeka Q10®	Kaneka Q10® is a U.S. registered trademark of Kaneka Corporation.
	®FloraGLO is a registered trademark of Kemira Industries, Inc.



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