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
MagSRT™ MagSRT		2	2
Activated B w/SRT®		1	0
Pureway-C® + Lysine PureWay-C®		1	1
Essential Blend Antioxidant		1	1
Essential Blend Multi Mineral		0	1
Omega-3 Fish Oil + Vitamin D3		1	1
Vitamin K2 + E Complex MenaQ7		0	1

MagSRT™
America's #1 Time-Release Magnesium. MagSRT™ releases Albion's patented di-magnesium malate gently into your body over an extended period of time for super-absorption and to avoid the dreaded digestive discomfort experienced with other brands.*

Activated B w/SRT®
Delivers B vitamins in their active forms, ready for your body to use right away. Promotes healthy, steady energy levels throughout the day.*

Pureway-C® + Lysine
Clinically shown to outperform other leading forms of Vitamin C by offering better immune protection, better free radical scavenging, and better antioxidant support.*

Essential Blend Antioxidant
Contains vitamins A, D3, and E, plus super-potent pomegranate, açai, cranberry, green tea, and grape seed extracts to support a healthy immune system and provide ongoing antioxidant support.*

Essential Blend Multi-Mineral
Replenishes vital minerals with highly absorbable, organic forms of selenium, manganese, chromium, molybdenum, copper, iodine, zinc, and over 60 other trace minerals.*

Omega-3 Fish Oil + Vitamin D3
Supports heart and brain health with the purest form of concentrated omega-3 essential fatty acids (EPA and DHA), combined with Vitamin D3.*

Vitamin K2 + E Complex
Includes MenaQ7® Vitamin K2, proven to deliver the most effective form of Vitamin K2, combined with a full-spectrum Vitamin E Complex. Helps your body build healthy bone tissue while maximizing calcium absorption and helps protect the aging brain.*

*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.

Product of the U.S.A. with select ingredients thoughtfully curated from around the world.

Jigsaw Complete
A.M. Supplement Facts

Serving Size – 1 A.M. Packet (2 MagSRT™, 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	10.60	†
Calories from Fat	8.94	†
Total Fat	.99 g	1%*
Saturated Fat	.06 g	>1%*
Trans Fat	0 g	†
Monounsaturated Fat	.18 g	†
Polyunsaturated Fat	.75 g	†
Vitamin A (as Retinyl Palmitate)	675 mcg	75%
Vitamin C (as Pureway-C®)	500 mg	556%
Vitamin C (as Ascorbyl Palmitate)	5 mg	6%
Vitamin D3 (as Cholecalciferol)	9 mcg	45%
Vitamin E (as Natural D-Alpha Tocopheryl)	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:	1000 mg	†
EPA (Eicosapentaenoic Acid)	300 mg	†
DHA (Docosahexaenoic Acid)	200 mg	†
Inositol	75 mg	†
PABA (P-Aminobenzoic Acid)	15 mg	†
L-Lysine (as Hydrochloride)	50 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	†
Açai 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, Cellulose, Gelatin, Modified Cellulose, Glycerin, Brown Rice Flour, Croscarmellose Sodium, Lemon Oil, Ascorbyl Palmitate, Purified Water, Silicon Dioxide, Citrus Bioflavonoids, Stearic Acid, Magnesium Stearate, Fatty Acids, Microcrystalline Cellulose, Guar Gum, Xanthan Gum, Organic Nu-Flow®, Food Glaze, Vitamin D3 in Safflower Oil, 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.

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 supplement.

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; 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; Quatrefolic® is a registered trade name of Gnosis and covered by U.S. Patent No. 7,947,662.

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

jigsaw HEALTH
The Magnesium People.

Jigsaw Complete
ESSENTIAL DAILY PACKETS
DIETARY SUPPLEMENT

AM

GLUTEN FREE

PM

PLEASE TEAR OFF HERE

60 SUPPLEMENT PACKETS

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Jigsaw Complete
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American Nutrition Association *Advancing health since 1972*
Council for Responsible Nutrition *The Science Behind the Supplements*

Jigsaw Complete
P.M. Supplement Facts

Serving Size – 1 P.M. Packet (2 MagSRT™, 1 Omega-3 Fish Oil + Vitamin D3, 1 Pureway-C® + Lysine, 1 Essential Blend Antioxidant, 1 Essential Blend Multi Mineral, 1 Vitamin K + E Complex)
Servings Per Container - 30

	Amount Per Serving	% Daily Value
Calories	12.63	†
Calories from Fat	9.99	†
Total Fat	1.11 g	1%*
Saturated Fat	.09 g	>1%*
Trans Fat	0 g	†
Monounsaturated Fat	.22 g	†
Polyunsaturated Fat	.80 g	†
Vitamin A (as Retinyl Palmitate)	675 mcg	75%
Vitamin C (as Pureway-C®)	500 mg	556%
Vitamin C (as Ascorbyl Palmitate)	5 mg	6%
Vitamin D3 (as Cholecalciferol)	9 mcg	45%
Vitamin E (as Natural D-Alpha Tocopheryl and Tocopheryl Succinate)	164 mg	1093%
Vitamin K2 (as MenaQ7®)	50 mcg	42%
Vitamin B6 (as Pyridoxal-5-Phosphate Monohydrate)	2.5 mg	125%
Folate (as Quatrefolic® 5-Methyl Tetrahydrofolic Acid Glucosamine Salt)	100 mcg	25%
Vitamin B12 (as Methylcobalamin)	3 mcg	50%
Iodine (as Potassium Iodine)	150 mcg	100%
Magnesium (as Dimagnesium Malate) Albion®	250 mg	60%
Zinc (as Zinc Bisglycinate Chelate) TRACCS®	15 mg	100%
Selenium (as L-Selenomethionine Pentapure™)	400 mcg	571%
Copper (as Copper Bisglycinate Chelate)TRACCS®	2 mg	100%
Manganese (as Manganese Bisglycinate Chelate) TRACCS®	2 mg	100%
Chromium (as Chromium Nicotinate Glycinate Chelate) TRACCS®	400 mcg	333%
Molybdenum (as Molybdenum Glycinate Chelate) TRACCS®	150 mcg	200%
Mixed Tocopherols	94 mg	
D-beta 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 (Docosahexaenoic Acid)	200 mg	†
L-Lysine (as Hydrochloride)	50 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	†
Açai 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, Modified Cellulose, Mixed Tocopherols, White Rice Flour, Brown Rice Flour, Palm Tocotrienol, Magnesium Stearate, Purified Water, Lemon Oil, Croscarmellose Sodium, Ascorbyl Palmitate, Citrus Bioflavonoids, Fatty Acids, Silicon Dioxide, Microcrystalline Cellulose, Organic Nu-flow®, 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.