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Fem Essentials® is a comprehensive multiple vitamin/mineral formula featuring:*

- High levels of ratio-balanced B vitamins to support healthy adrenal and liver function, homocysteine metabolism, and a host of other metabolic processes.
- Antioxidant nutrients vitamins A, C, E, as well as Caro-Xan™—our proprietary blend of beta-carotene and Betatene® mixed carotenoids.
- High levels of folic acid (calcium L-5-MTHF) to support health for women who may become pregnant.

Directions: Take 6 tablets daily with meals or as directed by your healthcare practitioner.

This product is non-GMO and gluten free.

Warning: Excess vitamin A intake may be toxic and may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 10,000 IU of preformed vitamin A (retinyl acetate) per day. If pregnant or nursing, taking other nutritional supplements or medication, consult your healthcare practitioner before use.

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

*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.

 **Metagenics®**

Fem Essentials®

Comprehensive Nutritional
Support for Women

DIETARY
SUPPLEMENT

90 TABLETS

Supplement Facts

Serving Size 6 Tablets
Servings Per Container 15

Amount Per Serving	% Daily Value
Vitamin A [85% (8500 IU) as beta-carotene ¹ and 15% (1500 IU) as retinyl acetate]	10,000 IU 200%
Vitamin C (as ascorbic acid).....	1200 mg 2000%
Vitamin D (as cholecalciferol).....	20 IU 5%
Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)	100 IU 333%
Thiamin (as thiamin mononitrate)	30 mg 2000%
Riboflavin.....	34 mg 2000%
Niacin (as niacinamide and niacin).....	420 mg 2100%
Vitamin B ₆ (as pyridoxine HCl).....	40 mg 2000%
Folate (as calcium L-5-methyltetrahydrofolate)	800 mcg 200%
Vitamin B ₁₂ (as methylcobalamin)	200 mcg 3333%
Biotin.....	300 mcg 100%
Pantothenic Acid (as d-calcium pantothenate)	200 mg 2000%
Calcium (as calcium citrate).....	500 mg 50%
Iron (as iron glycinate).....	10 mg 55%
Iodine (as potassium iodide)	150 mcg 100%
Magnesium (as magnesium bis-glycinate and magnesium citrate)	250 mg 63%

Amount Per Serving	% Daily Value
Zinc (as zinc citrate)	20 mg 133%
Selenium (as selenium aspartate).....	200 mcg 286%
Copper (as copper citrate).....	2 mg 100%
Manganese (as manganese citrate)	1 mg 50%
Chromium (as chromium citrate)	200 mcg 167%
Molybdenum (as molybdenum aspartate) ...	100 mcg 133%
Potassium (as potassium aspartate)	99 mg 3%
Betaine HCl.....	325 mg*
Choline (as choline bitartrate)	200 mg*
Inositol.....	188 mg*
Citrus Bioflavonoid Complex.....	100 mg*
para-Aminobenzoic Acid (PABA).....	50 mg*
Quercetin.....	25 mg*
Mixed Carotenoids (including beta-carotene, alpha-carotene, cryptoxanthin, zeaxanthin, and lutein)	5.85 mg*

*Daily Value not established.

Other Ingredients: Microcrystalline cellulose, cellulose, stearic acid (vegetable), croscarmellose sodium, silica, and coating (hypromellose, medium chain triglycerides, hydroxypropylcellulose, and sodium copper chlorophyllin).

DISTRIBUTED BY: METAGENICS, ALISO VIEJO, CA 92656 • 800 692 9400

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

¹Caro-xan™, a proprietary blend of beta-carotene and Betatene® mixed carotenoids.

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