Wellness Essentials

Targeted Support for Women's Health*

Support heart health, bone health, and overall wellness daily. Wellness Essentials Women is formulated to target your unique nutritional needs to help you stay active and vital and maintain overall health.*

Each once-daily packet provides:

Multifaceted health support: PhytoMulti® with Iron is the "smart multi" with essential nutrients and a proprietary blend of 13 concentrated extracts and phytonutrients to help support cellular health and activate health potential.*

Bone density support: Bone Builder® Extra Strength goes beyond calcium with purity-tested MCHC—a complex crystalline compound composed primarily of calcium, phosphorus, trace minerals, and bone growth factors to help maintain bone strength.*

Heart health, mood, and overall health support: OmegaGenics® EPA-DHA 500 is a quality-guaranteed omega-3 fatty acid formula manufactured and third-party tested to ensure greater purity.*

The Wellness Essentials Difference				
Overall	Targeted	Convenient		
Wellness	Health	and		
Support*	Support*	Easy		

The Metagenics Difference

Metagenics is a professional nutraceutical company that formulates, manufactures, and continually evaluates nutritional products in clinical practice. Each Wellness Essentials formula represents years of collective research to deliver optimized foundation nutrition and targeted health support.*

GF Gluten-Free

The Wellness Essentials Difference				
Overall Wellness	Targeted Health	Convenient and		
Support*	Support*	Easy		

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Vitality	Eye health		
Heart health	Immune system health		
Bone density	Liver health		
Positive mood	Cellular health		
Brain & nervous system health	Overall health		

Each packet contains: 2 PhytoMulti with Iron tablets (green), 2 OmegaGenics EPA-DHA 500 softgels (golden yellow), and 2 Bone Builder Extra Strength tablets (white).

Directions: Take one packet daily or as directed by your healthcare practitioner.

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.

Caution: Consult your healthcare practitioner if pregnant, nursing, or taking other nutritional supplements or medications. Contains fish oil. Do not use if allergic to fish or fish oil.

Storage: Keep in a cool, dry place.

Products included are non-GMO and gluten-free.

Wellness Essentials Women provides Advanced Nutritional Support for:*



Women

DIETARY SUPPLEMENT

Wellness

Essentials

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30 PACKETS

Supplement Facts

Serving Size 1 Packet Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	20	
Calories from Fat		
Total Fat		3%*
Cholesterol	less than 5 mg	<2%
Vitamin A (50% from mixed carotenoids and 50% as retinyl aceta	te) 10,000 IŬ	200%
Vitamin C (as ascorbic acid and ascorbyl palmitate)	120 mg	200%
Vitamin D (as cholecalciferol)		
Vitamin E (as d-alpha tocopheryl succinate)	100 IV	333%
Vitamin K (as phytonadione)		
Thiamin (as thiamin mononitrate)	25 mg	1,667%
Riboflavin	15 mg	882%
Niacin (as niacinamide and niacin)	50 mg	250%
Vitamin Be (as pyridoxine HCI)	25 ma	1.250%
Folate (as calcium L-5-methy htetrahydrofolate)	800 mcg	200%
Vitamin B ₁₂ (as methylcobalamin)	200 mcg	3,333%
Biotin	500 mcg	167%
Pantothenic Acid (as D-calcium pantothenate)	75 mg	750%
Calcium (as microcrystalline hydroxyapatite concentrate and dicalcit	ım phosphate)674 mg	67%
Iron (as ferrous bis-glycinate)	18 mg	100%
Phosphorus (as microcrystalline hydroxyapatite concentrate and dicale	ium phosphate)348 mg	35%
lodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium citrate)		
Zinc (as zinc citrate)		
Selenium (as selenium aspartate)		
Copper (as copper citrate)		
Manganese (as manganese citrate)		
Chromium (as chromium polynicotinate)	200 mcg	167%
Molybdenum (as molybdenum aspartate complex)	50 mcg	67%
Microcrystalline Hydroxyapatite Concentrate [#] (MCHC)	2 000 ma	**
Choline (as choline bitartrate)	25 mg	**
Inositol	25 mg	**
Lyconene	6 ma	**
Zeaxanthin	2 mg	**
Lutein	6 ma	**
Resveratrol (from Polygonum cuspidatum root extract)	10 mg	**
Proprietary Phytonutrient Blend of:	400 mg	**
Citrus bioflavonoid complex [standardized to 45% hesperidin],	green coffee bean extract	standardized to
45% chlorogenic acid], pomegranate whole fruit extract [stand: (GAE)], grape seed extract [standardized to 90% polyphenols], [standardized to 20% total polyphenols and 15% anthocyanins] catechies and 40% EGCCI bitter meter fruit extract purposition.	ardized to 43.2 mg gallic a blueberry (<i>Vaccinium</i> spp.) , green tea leaf extract [st:	cid equivalent fruit extract andardized to 60%

*Percent Daily Values are based on a 2,000 calorie

nedium-chain triglycerides, hydroxypropylcellulose, and sodium copper chlorophyllin (color)

ngredients: Marine lipid concentrate (fish (anchovy, sardine, and mackerel) oil), softgel shell (gelatin, glycerin, water), ontains 2 percent or less of natural lemon flavor, mixed tocopherols (antioxidant), resemany extract, and ascertly palmitab

catechins and 40% EGCG], bitter melon fruit extract, prune skin extract [standardized to 50% polyphenols]

tree bark and heartwood extract [standardized to 6% catechins], rosemary extract [standardized to 7.6% min sum of carnosol+carnosic acid], artichoke leaf extract [containing cynarin and chlorogenic acid]

EPA (Eicosapentaenoic acid)... DHA (Docosahexaenoic acid).

*Daily Value not established

ther Ingredients: Microcrystalline cellulose, stearic acid (regetable), cellulose, croscarmellose sodium, silica, and coating prometose, medium-chain triglycerides, and hydroxypropylcellulose

DISTRIBUTED BY: METAGENICS, GIG HARBOR, WA 98332 800 692 9400 • METAGENICS.COM

WARKING: 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 immediate

**Microcrystalline Hydracyapatite Concentrate (MCHC) supplies calcium, phosphorus, trace quantities of other minerals, and naturally occurring growth factors.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.