

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, or 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.



Fem Essentials®

Comprehensive Nutritional
Support for Women*

DIETARY
SUPPLEMENT 90 TABLETS

PRACTITIONER EXCLUSIVE

Supplement Facts

Serving Size 6 Tablets
Servings Per Container 15

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (85% (8,500 IU) as 10,000 IU200% beta-carotene† and 15% (1,500 IU) as retinyl acetate)		Zinc (as zinc citrate) 20 mg133%	
Vitamin C (as ascorbic acid) 1,200 mg2,000%		Selenium (as selenium aspartate) 200 mcg286%	
Vitamin D (as cholecalciferol) 20 IU5%		Copper (as copper citrate) 2 mg100%	
Vitamin E (as d-alpha tocopheryl 100 IU333% succinate and mixed tocopherols)		Manganese (as manganese citrate) 1 mg50%	
Thiamin (as thiamin mononitrate) 30 mg2,000%		Chromium (as chromium citrate) 200 mcg167%	
Riboflavin 34 mg2,000%		Molybdenum (as molybdenum aspartate) ... 100 mcg133%	
Niacin (as niacinamide and niacin) 420 mg2,100%		Potassium (as potassium aspartate) 99 mg3%	
Vitamin B6 (as pyridoxine HCl) 40 mg2,000%			
Folate 800 mcg200% (as calcium L-5-methyltetrahydrofolate††)		Betaine HCl 325 mg *	
Vitamin B12 (as methylcobalamin) 200 mcg3,333%		Choline (as choline bitartrate) 200 mg *	
Biotin 300 mcg100%		Inositol 188 mg *	
Pantothenic Acid 200 mg2,000% (as d-calcium pantothenate)		Citrus Bioflavonoid Complex 100 mg *	
Calcium (as calcium citrate) 500 mg50%		para-Aminobenzoic Acid (PABA) 50 mg *	
Iron (as iron glycinate) 10 mg55%		Quercetin 25 mg *	
Iodine (as potassium iodide) 150 mcg100%		Mixed Carotenoids 5.85 mg *	
Magnesium (as magnesium 250 mg63% bis-glycinate and magnesium citrate)		(including beta-carotene, alpha-carotene, cryptoxanthin, zeaxanthin, and lutein)	

*Daily Value not established.

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

MANUFACTURED BY: METAGENICS, GIG HARBOR, WA 98332 • 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.

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

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