# Wellness Essentials

## Targeted Nutrition for Overall Wellness\*

Wellness Essentials is formulated to support your nutritional needs to help you stay active and vital and maintain overall health.\*

# Each once-daily packet provides:

Multifaceted health support: PhytoMulti® 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.\*

Immune and neurological health support: D3 1000™ features 1,000 IU of vitamin D3 per tablet—the most bioactive form of supplemental vitamin D.\*

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.\*

healthcare practitioner.

Directions: Take one packet daily or as directed by your

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.

Each packet contains: 1 PhytoMulti tablet (green), 2 OmegaGenics

EPA-DHA 500 softgels (golden yellow), and 1 D<sub>3</sub> 1000 tablet (white).

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. Keep out of the reach of children.

Storage: Keep in a cool, dry place.

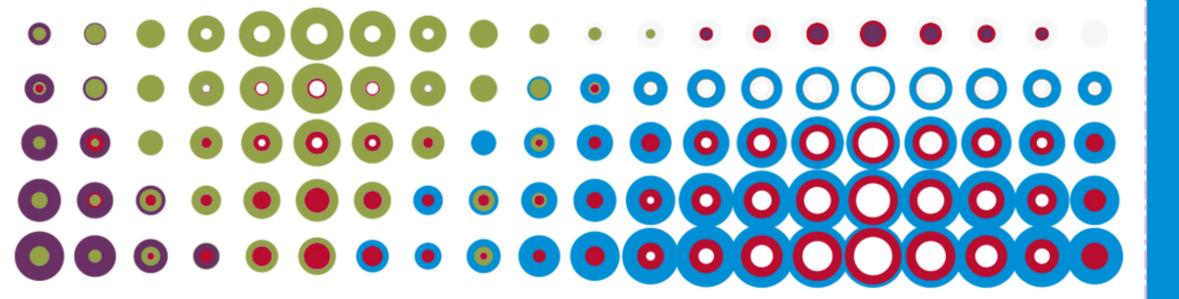
Products included are non-GMO and gluten-free.

### **Wellness Essentials provides** Advanced Nutritional Support for:\* Vitality Eye health Immune system health Heart health Liver health Positive mood Brain health Cellular health Overall health Nervous system health





# Wellness Essentials®



# **30 PACKETS**

# Supplement Facts

	Amount Per Serving	% Daily Valu
lories	20	
Calories from Fat	20	
tal Fat	2 g	3%
olesterol		
amin A (50% from mixed carotenoids and 50% as re	etinyl acetate)5,000 IU	1009
amin C (as ascorbic acid and ascorbyl palmitate	)60 mg	1009
amin D (as cholecalciferol)		
amin E (as d-alpha tocopheryl succinate)	50 IU	1679
amin K (as phytonadione)	60 mcg	759
iamin (as thiamin mononitrate)	12.5 mg	
ooflavin	7.5 mg	4419
acin (as niacinamide and niacin)	25 mg	1259
amin B <sub>6</sub> (as pyridoxine HCI)	12.5 mg	6259
late (as calcium L-5-methyltetrahydrofolate†)	400 mcg	1009
amin B <sub>12</sub> (as methylcobalamin)	100 mcg	1,6679
otin	250 mcg	839
ntothenic Acid (as D-calcium pantothenate)		
dine (as potassium iodide)	75 mcg	509
agnesium (as magnesium citrate)	20 mg	59
nc (as zinc citrate)	7.5 mg	509
lenium (as selenium aspartate)	50 mcg	719
pper (as copper citrate)		
anganese (as manganese citrate)	0.25 mg	139
romium (as chromium polynicotinate)	100 mcg	839
olybdenum (as molybdenum aspartate complex)		
oline (as choline bitartrate)		
ositol	9	
copene	-	
axanthin		
tein		
sveratrol (from <i>Polygonum cuspidatum</i> root extr		
oprietary Phytonutrient Blend of:		
Citrus bioflavonoid complex [standardized to 4]		

[standardized to 45% chlorogenic acid], pomegranate whole fruit extract [standardized to 21.6 mg gallic acid equivalent (GAE)], grape seed extract [standardized to 90% polyphenols], blueberry (Vaccinium spp.) fruit extract [standardized to 20% total polyphenols and 15% anthocyanins], green tea leaf extract [standardized to 60% catechins and 40% EGCG], bitter melon fruit extract, prune skin extract [standardized to 50% polyphenols], watercress aerial parts 4:1 extract, Chinese cinnamon (Cinnamomum cassia) bark powder, Indian gum Arabic tree bear and heartwood extract [standardized to 6% catechins], rosemary extract [standardized to 6% catechins]. to 7.6% min sum of carnosol+carnosic acid], artichoke leaf extract [containing cynarin and

Marine Lipid Concentrate EPA (Eicosapentaenoic acid). .600 mg DHA (Docosahexaenoic acid). ..400 ma

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

\*\*Daily Value not established.

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

Ingredients: Marine lipid concentrate [fish (anchovy, sardine, and mackerel) oil], softgel shell (gelatin, glycerin, water), contains 2 percent or less of natural lemon flavor, mixed tocopherols (antioxidant), semany extract, and ascorbyl palmitate (antioxidant). Contains: Fish (anchovy, sardine, and mackerel).

Other Ingredients: Microcrystalline cellulose, sodium starch glycolate, stearic acid (vegetable), and silica.

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