

Wellness Essentials[®]

Healthy Balance

Targeted Blood Sugar Support*

To maintain a healthy balance of energy throughout the day, your body may benefit from extra nutritional support for healthy blood sugar and insulin metabolism. Wellness Essentials Healthy Balance is formulated to target your unique nutritional needs to help you maintain healthy blood sugar levels already in the normal range when taken as part of a healthy diet.*

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.*

Insulin activity and blood sugar support:

MetaGlycemX[™] is a scientifically advanced formula to be used as nutritional support along with a healthy diet to help maintain healthy insulin and blood sugar levels already in the normal range.*

Healthy insulin function: Meta Lipoate[®] 100 is a USP-grade preparation of alpha-lipoic acid (ALA) that delivers maximum effectiveness with an excellent safety profile.*

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.*

* 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.

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



Each packet contains: 1 PhytoMulti tablet (green), 2 OmegaGenics EPA-DHA 500 softgels (golden yellow), 2 MetaGlycemX tablets (tan), and 2 Meta Lipoate 100 tablets (pale yellow).

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

Warning: Excess vitamin A intake may be toxic, may contribute to osteoporosis, 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 unless instructed to do so by a healthcare practitioner.

Caution: Consult your healthcare practitioner before use if pregnant, nursing, or taking other nutritional supplements or medications. Keep out of the reach of children. Contains caffeine[†]. 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.

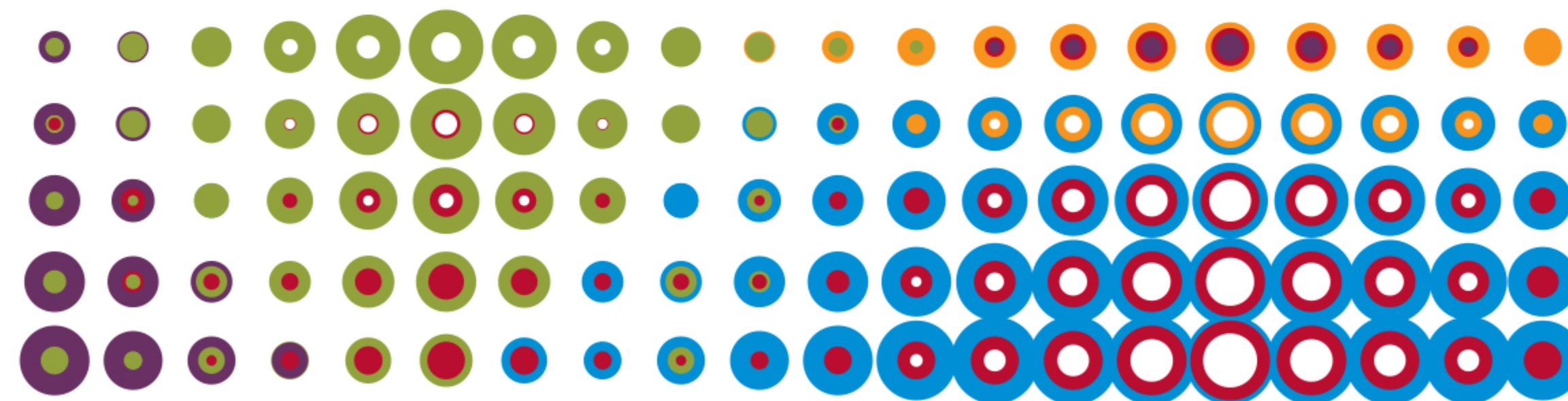
[†] Less than 25 mg per serving.

Wellness Essentials Healthy Balance provides Advanced Nutritional Support for:*	
Vitality	Eye health
Blood sugar	Nervous system health
Insulin metabolism	Immune system health
Heart health	Liver health
Positive mood	Cellular health
Brain health	Overall health



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DIETARY SUPPLEMENT

30 PACKETS

Supplement Facts

Serving Size 1 Packet
Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	20	
Calories from Fat	20	
Total Fat	2 g	<3%*
Cholesterol	less than 5 mg	<2%
Vitamin A (50% from mixed carotenoids and 50% as retinyl acetate)	5,000 IU	100%
Vitamin C (as ascorbic acid and ascorbyl palmitate)	360 mg	600%
Vitamin D (as cholecalciferol)	700 IU	175%
Vitamin E (as d-alpha tocopheryl succinate)	250 IU	833%
Vitamin K (as phytonadione)	60 mcg	75%
Thiamin (as thiamin mononitrate)	27.5 mg	1,833%
Riboflavin	16.5 mg	971%
Niacin (as niacinamide and niacin)	115 mg	575%
Vitamin B ₆ (as pyridoxine HCl)	21.5 mg	1,075%
Folate (as calcium L-5-methyltetrahydrofolate)	800 mcg	200%
Vitamin B ₁₂ (as methylcobalamin)	250 mcg	4,167%
Biotin	2,250 mcg	750%
Pantothenic Acid (as D-calcium pantothenate)	67.5 mg	675%
Iodine (as potassium iodide)	75 mcg	50%
Magnesium (as magnesium citrate)	20 mg	5%
Zinc (as zinc citrate)	16.5 mg	110%
Selenium (as selenium aspartate and selenomethionine)	140 mcg	200%
Copper (as copper lysinate HCl and copper citrate)	1.25 mg	.63%
Manganese (as manganese citrate)	1.45 mg	.73%
Chromium (as chromium polynicotinate)	700 mcg	583%
Molybdenum (as molybdenum aspartate complex)	25 mcg	.33%
Alpha-Lipoic Acid	300 mg	**
Catechins	105 mg [†]	**
Epigallocatechin Gallate (EGCG) [from decaffeinated green tea (<i>Camellia sinensis</i>) leaf extract]	70 mg [†]	**
Chinese Cinnamon (<i>Cinnamomum cassia</i>) Bark Powder	500 mg	**
Taurine	300 mg	**
L-Carnosine	50 mg	**
Choline (as choline bitartrate)	12.5 mg	**
Inositol	12.5 mg	**
Lycopene	3 mg	**
Zeaxanthin	1 mg	**
Lutein	3 mg	**
Resveratrol (from <i>Polygonum cuspidatum</i> root extract)	5 mg	**
Proprietary Phytonutrient Blend of:	200 mg	**
Citrus bioflavonoid complex [standardized to 45% hesperidin], green coffee bean extract [standardized to 45% chlorogenic acid], pomegranate whole fruit extract [standardized to 21.6 mg gallic acid equivalents (GAE)], grape seed extract [standardized to 90% polyphenols], blueberry (<i>Vaccinium</i> 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 (<i>Cinnamomum cassia</i>) bark powder, Indian gum Arabic 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]		
Marine Lipid Concentrate	2 g	**
EPA (Eicosapentaenoic acid)	600 mg	**
DHA (Docosahexaenoic acid)	400 mg	**

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

PhytoMulti:

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

OmegaGenics EPA-DHA 500:

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), rosemary extract, and ascorbyl palmitate (antioxidant). **Contains: Fish (anchovy, sardine, and mackerel).**

Meta Lipoate 100:

Other Ingredients: Microcrystalline cellulose, cellulose, silica, stearic acid (vegetable), and magnesium stearate (vegetable).

MetaGlycemX:

Other Ingredients: Microcrystalline cellulose, cellulose, croscarmellose sodium, silica, stearic acid (vegetable), calcium silicate, magnesium stearate (vegetable), and coating (hypromellose, medium-chain triglycerides, and hydroxypropylcellulose).

DISTRIBUTED BY: METAGENICS, GIG HARBOR, WA 98332
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[†]As Metafolin[®]. Metafolin[®] is a registered trademark of Merck KGaA, Darmstadt Germany.

^{**}Total amount includes catechins and EGCG contributed by decaffeinated green tea extract from MetaGlycemX and PhytoMulti.