



Fem Essentials®

Comprehensive Nutritional Support for Women*

DIETARY SUPPLEMENT 90 TABLETS

PRACTITIONER EXCLUSIVE

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.

Caution: If pregnant or nursing consult your healthcare practitioner before use.

Warning: Excess vitamin A may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 3,000 mcg of preformed vitamin A (retinyl acetate) per day.

Tamper Evident: Do not use if safety seal is missing or broken.

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



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

Supplement Facts

Serving Size 6 Tablets
Servings Per Container 15

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Total Carbohydrate	2 g 1%*	Magnesium	250 mg60%
Dietary Fiber	2 g 7%*	(as magnesium bis-glycinate and magnesium citrate)	
Vitamin A	3,000 mcg333%	Zinc (as zinc citrate)	20 mg182%
(from mixed carotenoids, beta-carotene, and retinyl acetate)		Selenium (as selenium aspartate)	200 mcg364%
Vitamin C (as ascorbic acid)	1,200 mg1,333%	Copper (as copper citrate)	2 mg222%
Vitamin D (as cholecalciferol)	0.5 mcg (20 IU)3%	Manganese (as manganese citrate)	1 mg43%
Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)	67 mg447%	Chromium (as chromium citrate)	200 mcg571%
Thiamin (as thiamin mononitrate)	30 mg2,500%	Molybdenum	100 mcg222%
Riboflavin	34 mg2,615%	(as molybdenum aspartate complex)	
Niacin (as niacinamide and niacin)	420 mg2,625%	Potassium (as potassium aspartate)	99 mg2%
Vitamin B ₆ (as pyridoxine HCl)	40 mg2,353%		
Folate	1,360 mcg DFE340%	Betaine HCl	325 mg**
(as calcium L-5-methyltetrahydrofolate) ^{††}		Myo-Inositol	188 mg**
Vitamin B ₁₂ (as methylcobalamin)	200 mcg8,333%	Citrus Bioflavonoid Complex	100 mg**
Biotin	300 mcg1,000%	para-Aminobenzoic Acid (PABA)	50 mg**
Pantothenic Acid	200 mg4,000%	Quercetin	25 mg**
(as calcium D-pantothenate)		Mixed Carotenoids	5.85 mg**
Choline (as choline bitartrate)	200 mg36%	(including beta-carotene, alpha-carotene, cryptoxanthin, zeaxanthin, and lutein)	
Calcium (as calcium citrate)	500 mg38%		
Iron (as iron glycinate)	10 mg56%		
Iodine (as potassium iodide)	150 mcg100%		

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.
^{††}As Metafolin®. Metafolin® is a registered trademark of Merck KGaA, Darmstadt Germany

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