

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 general 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 overall wellness.*

Immune health support: D₃ 1000™ features 25 mcg (1,000 IU) of vitamin D₃ per tablet—the most bioactive form of supplemental vitamin D.*

Cardiovascular health support, immune system health support, and general wellness support: OmegaGenics® EPA-DHA 500 is a quality-guaranteed omega-3 fatty acid formula manufactured and third-party tested to ensure safety and potency.*

* 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), and 1 D₃ 1000 tablet (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 3,000 mcg of preformed vitamin A (retinyl acetate) per day.

Caution: Do not use if pregnant or nursing. Consult your healthcare practitioner if taking other nutritional supplements or medications. Keep out of the reach of children.

Storage: Keep in a cool, dry place.

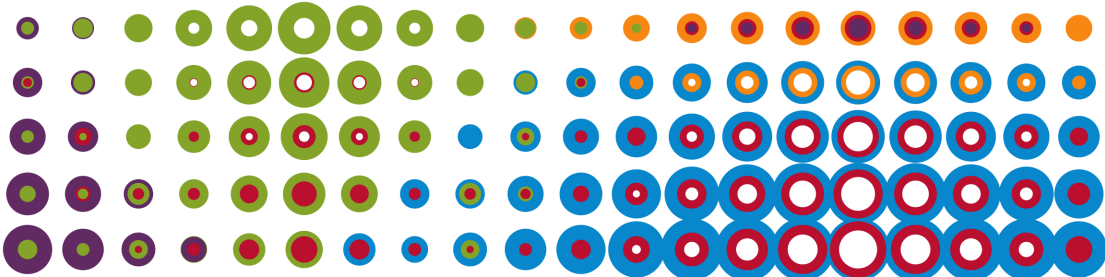
Products included are non-GMO and gluten-free.



Wellness Essentials helps provide Advanced Nutritional Support for:*	
Joint health	Immune system support
Heart health	Liver health
Brain health	Cellular health
Eye health	General health



Wellness Essentials®



DIETARY SUPPLEMENT

PRACTITIONER EXCLUSIVE

30 PACKETS

Supplement Facts

Serving Size 1 Packet Servings Per Container 30		
	Amount Per Serving	% Daily Value
Calories	20	
Total Fat	2 g	3%*
Cholesterol	less than 5 mg	<2%
Vitamin A (from mixed carotenoids and retinyl acetate)	1,500 mcg	167%
Vitamin C (as ascorbic acid and ascorbyl palmitate)	60 mg	67%
Vitamin D (as cholecalciferol)	37.5 mcg (1,500 IU)	188%
Vitamin E (as d-alpha tocopheryl succinate)	33.5 mg	223%
Vitamin K (as phytonadione USP)	60 mcg	50%
Thiamin (as thiamin mononitrate)	12.5 mg	1,042%
Riboflavin	7.5 mg	577%
Niacin (as niacinamide and niacin)	25 mg	156%
Vitamin B ₆ (as pyridoxine HCl)	12.5 mg	735%
Folate (as calcium L-5-methyltetrahydrofolate)	665 mcg DFE	168%
Vitamin B ₁₂ (as methylcobalamin)	100 mcg	4,167%
Biotin	250 mcg	833%
Pantothenic Acid (as calcium D-pantothenate)	37.5 mg	750%
Choline (as choline bitartrate)	12.5 mg	2%
Iodine (as potassium iodide)	75 mcg	50%
Magnesium (as magnesium citrate)	20 mg	5%
Zinc (as zinc citrate)	7.5 mg	88%
Selenium (as selenium aspartate)	50 mcg	91%
Copper (as copper citrate)	0.5 mg	56%
Manganese (as manganese citrate)	0.25 mg	11%
Chromium (as chromium polynicotinate)	100 mcg	286%
Molybdenum (as molybdenum aspartate complex)	25 mcg	56%
Marine Lipid Concentrate	2 g	**
EPA (Eicosapentaenoic acid)	600 mg	**
DHA (Docosahexaenoic acid)	400 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 equivalent (GAE)), grape seed extract (standardized to 85% oligomeric proanthocyanidins), 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 bark and heartwood extract (standardized to 6% catechins), rosemary extract (standardized to 7.6% min sum of carnosol+camosic acid), artichoke leaf extract (containing cynarin and chlorogenic acid)		
Myo-Inositol	12.5 mg	**
Resveratrol (from Polygonum cuspidatum root extract)	5 mg	**
Lutein	3 mg	**
Lycopene	3 mg	**
Zeaxanthin	1 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 (hydroxypropylcellulose, 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).

D₃ 1000:
Other Ingredients: Microcrystalline cellulose, sodium starch glycolate, stearic acid (vegetable), and silica.

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