

Wellness Essentials®
Women's Prime

Targeted Support for Menopause
and Beyond*

Beginning in early menopause, your body needs extra support for energy metabolism, heart health, and bone health. Wellness Essentials Women's Prime is formulated to target your unique 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.*

Bone density support: Bone Builder® with Magnesium provides bone health support with microcrystalline hydroxyapatite concentrate (MCHC), a complex crystalline compound composed primarily of calcium, phosphorus, trace minerals, and bone growth factors to help maintain healthy bone density.*

Bone remodeling support: Ostera®, in combination with a healthy diet and exercise, has been clinically shown to beneficially influence key markers of bone remodeling more than diet and exercise alone.*

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), 2 Ostera tablets (yellow), and 2 Bone Builder with Magnesium tablets (off-white).

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

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 unless instructed to do so by a healthcare practitioner.

Caution: 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.

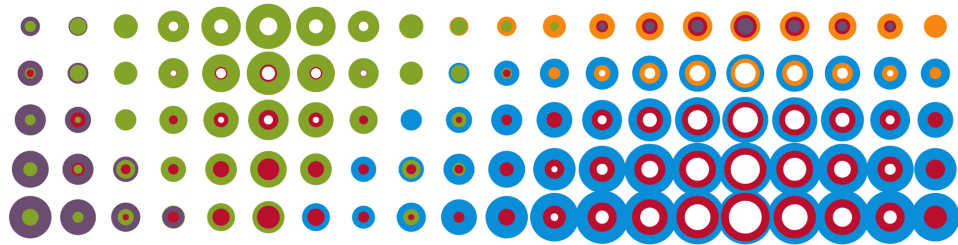
Products included are non-GMO and gluten-free.



Wellness Essentials Women's Prime helps provide Advanced Nutritional Support for:*	
Heart health	Eye health
Bone density	Immune system health
Bone remodeling	Cellular health
Nervous system health	General health



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DIETARY SUPPLEMENT

30 PACKETS

PRACTITIONER EXCLUSIVE

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%
Total Carbohydrate	1 g	<1%*
Dietary Fiber	1 g	4%*
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)	47.5 mcg (1,900 IU)	238%
Vitamin E (as d-alpha tocopheryl succinate)	33.5 mg	223%
Vitamin K (as phytonadione USP)	1,060 mcg	883%
Thiamin (as thiamin mononitrate)	12.5 mg	1,042%
Riboflavin	7.5 mg	57%
Niacin (as niacinamide and niacin)	25 mg	156%
Vitamin B6 (as pyridoxine HCl)	12.5 mg	735%
Folate (as calcium L-5-methyltetrahydrofolate)	665 mcg DFE	168%
Vitamin B12 (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%
Calcium (as microcrystalline hydroxyapatite concentrate and dicalcium phosphate)	410 mg	32%
Phosphorus (as microcrystalline hydroxyapatite concentrate and dicalcium phosphate)	230 mg	18%
Iodine (as potassium iodide)	75 mcg	50%
Magnesium (as magnesium citrate, magnesium aspartate, and magnesium bis-glycinate)	220 mg	55%
Zinc (as zinc citrate)	7.5 mg	68%
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	**
Microcrystalline Hydroxyapatite Concentrate (MCHC)	1 g	**
Reduced Iso-Alpha-Acids Complex (from hops extract, Humulus lupulus L.)	740 mg	**
Proprietary Phytonutrient Blend of:	200 mg	**
Cis is 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 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 camosol-caranosic acid], artichoke leaf extract [containing quercetin and chlorogenic acid]		
Berberine HCl (from Phellodendron amurense bark extract)	180 mg	**
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 (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).

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

Bone Builder with Magnesium:
Other Ingredients: Microcrystalline cellulose, sodium starch glycolate, stearic acid (vegetable), silica, and coating (hypromellose, medium-chain triglycerides, and hydroxypropylcellulose).

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