

Wellness Essentials®
Pregnancy

Targeted Support for Preconception
through Nursing*

Prenatal nutrition, including omega-3 fatty acids and folate, are essential to healthy fetal development and pregnancy. Wellness Essentials Pregnancy is a packet of products assembled to help provide comprehensive nutritional support—from the moment you make the decision to have a baby through nursing.*

Each once-daily packet provides:

Prenatal multivitamin support: Advanced Prenatal provides a science-based combination of vitamins and minerals, incorporating 1 mg of folate and an array of antioxidants that reflect the latest research in prenatal nutrition.*

Fetal brain development support: Choline, an essential nutrient, is provided for additional support based on current research.*

Cardiovascular health support, immune system health support, and musculoskeletal health support: OmegaGenics® EPA-DHA 720 is a quality-guaranteed omega-3 fatty acid formula manufactured and third-party tested to ensure safety and potency.*

Bone density support: Calcium/Magnesium supports bone health and may also support muscle relaxation and help ease pregnancy-associated leg cramps.*

* 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.

Table with 3 columns: 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: 2 Advanced Prenatal tablets (green), 2 Calcium/Magnesium tablets (white), 1 Choline softgel (opaque brown), and 2 OmegaGenics EPA-DHA 720 softgels (yellow).

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 palmitate) per day.

Caution: Consult your healthcare practitioner if pregnant, nursing, or taking other nutritional supplements or medications.

Storage: Keep in a cool, dry place.

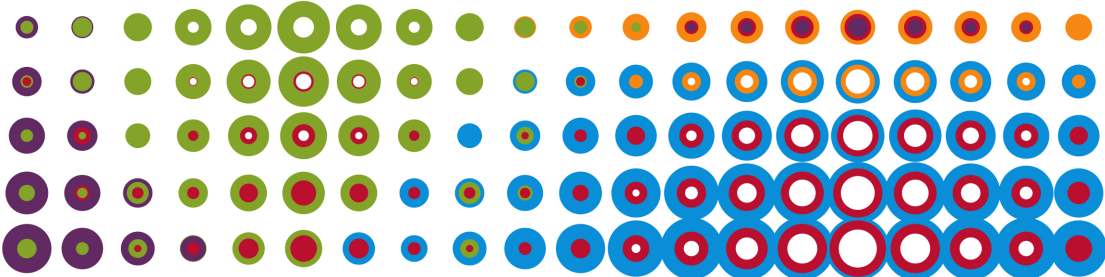
Products included are non-GMO and gluten-free.



Table with 2 columns: Fetal growth & development, Fetal Brain health, Heart health, Bone density, Nervous system health, Immune system health, General health, Cardiovascular health



Wellness Essentials®
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DIETARY SUPPLEMENT

30 PACKETS

PRACTITIONER EXCLUSIVE

Supplement Facts

Serving Size 1 Packet
Servings Per Container 30

Table with 4 columns: Amount Per Serving, % Daily Value for Adults and Children 4 or more Years of Age, % Daily Value for Pregnant & Lactating Women. Rows include various vitamins, minerals, and fatty acids.

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

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

Calcium/Magnesium:
Other Ingredients: Stearic acid (vegetable), microcrystalline cellulose, croscarmellose sodium, silica, and coating (hypromellose, medium-chain triglycerides, and hydroxypropylcellulose).

Choline:
Other Ingredients: Safflower oil, gelatin, water, sunflower lecithin, coconut oil, sorbitol, glycerin, silica, and carob powder (color). Contains: Tree nuts (coconut).

OmegaGenics EPA-DHA 720:
Ingredients: Marine lipid concentrate (fish (sardine, anchovy, and mackerel) oil), softgel shell (gelatin, glycerin, water), contains 2 percent or less of natural lemon flavor, natural lime flavor, mixed tocopherols (antioxidant), rosemary extract, and ascorbyl palmitate (antioxidant). Contains: Fish (sardine, anchovy, and mackerel).

DISTRIBUTED BY: METAGENICS
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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.

*As Metafolin®, Metafolin® is a registered trademark of Merck KGaA, Darmstadt Germany.
Product: WEPREG Label: LWE057JV.4.1.8.1