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.*

The Wellness Essentials Difference

Overall	Targeted	Convenient
Wellness	Health	and
Support*	Support*	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.





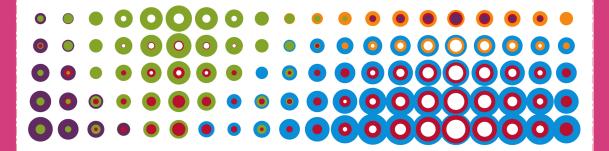
Wellness Essentials Pregnancy helps provide Advanced Nutritional Support for:*

Fetal growth & development	Nervous system health
Fetal Brain health	Immune system health
Heart health	General health
Bone density	Cardiovascular health



Wellness Essentials 1

Pregnancy



DIETARY SUPPLEMENT

30 PACKETS

Supplement Facts Serving Size 1 Packet

Serving Size 1 Packet Servings Per Container 30

	Amount Per Serving	% Daily Value for Adults and Children 4 or more Years of Age	% Daily \ for Preg & Lacta Wome
Calories			
Total Fat	2.5 g		3%
Cholesterol	5 mg	2%	2%
Total Carbohydrate			
Dietary Fiber	<1 g		3%
Vitamin A	1,650 mcg	183%	127%
(from mixed carotenoids and retinyl palmitate)			
Vitamin C (as ascorbic acid and niacinamide ascor	bate)500 mg	556%	417%
Vitamin D (as cholecalciferol)25			
Vitamin E (as d-alpha tocopheryl succinate)	67 mg	447%	353%
Vitamin K (as phytonadione USP)	90 mcg	75%	100%
Thiamin (as thiamin mononitrate)	3.4 mg	283%	243%
Riboflavin	3.4 mg	262%	213%
Niacin (as niacinamide ascorbate)	35 mg	219%	194%
Vitamin B ₆ (as pyridoxine HCI)	20 mg	1,176%	1,000%
Folate (as calcium L-5-methyltetrahydrofolate)†	1,665 mcg DFE	416%	278%
Vitamin B ₁₂ (as methylcobalamin)	120 mca	5.000%	4.286%
Biotin	300 mcg	1,000%	857%
Pantothenic Acid (as calcium D-pantothenate)	20 mg	400%	286%
Choline (as choline bitartrate)	170 mg	31%	31%
Calcium (as calcium citrate)			
Iron (as ferrous bis-glycinate)	30 ma	167%	111%
lodine (as potassium iodide)			
Magnesium (as magnesium oxide)			
Zinc (as zinc citrate)	25 mg	227%	192%
Selenium (as selenium aspartate)			
Copper (as copper citrate)	2 ma	222%	154%
Manganese (as manganese citrate)			
Chromium (as chromium citrate)			
Molybdenum (as molybdenum aspartate complex			
Marine Lipid Concentrate	2.5 g	**	*
EPIA (Eicosapentaenoic acid)	860 mg	**	*
DHA (Docosahexaenoic acid)	580 mg	**	*
Other Omega-2 Eathy Acide	160 ma	**	*

*Percent Daily Values are based on a 2,000 calorie diet.

Advanced Prenatal:

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

Calcium/Mannesium

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, anchow, and mackerel) oill, softgel shell (gelatin, glycerin water), contains 2 percent or less of natural lemon flavor, natural lime flavor, mixed tocopherols (antioxidant), rosemay, extract, and ascorby palmitate (antioxidant). Contains: Fish (sardine, anchow, 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.

¹As Metafolin[®]. Metafolin[®] is a registered trademark of Merck KGaA, Darmstadt Germany. **Product:** WEPREG Label: LWE057Jv.4.1.8.1

*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.

PRACTITIONER EXCLUSIVE

^{**}Daily Value not established