

Wellness Essentials
Healthy Balance

Targeted Blood Sugar Support*

To maintain a healthy balance of energy throughout the day, your body may benefit from extra nutritional support for healthy blood sugar metabolism. Wellness Essentials Healthy Balance is formulated to target your unique nutritional needs to help you maintain healthy blood sugar levels already in the normal range when taken as part of a healthy diet.*

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.*

Healthy insulin and glucose metabolism: MetaGlycemX™ is a scientifically advanced formula to be used as nutritional support along with a healthy diet to help maintain healthy blood sugar levels already in the normal range.*

Healthy glucose metabolism: Meta Lipoate® 100 is a USP-grade preparation of alpha-lipoic acid (ALA) that may protect tissues from free radicals, as well as support healthy glucose metabolism and nerve tissue health.*

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.

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: 1 PhytoMulti tablet (green), 2 OmegaGenics EPA-DHA 500 softgels (golden yellow), 2 MetaGlycemX tablets (tan), and 2 Meta Lipoate 100 tablets (pale yellow).

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

Warning: Excess vitamin A intake 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 their healthcare practitioner.

Caution: Consult your healthcare practitioner before use if pregnant, nursing, or taking other nutritional supplements or medications. Keep out of the reach of children. Contains caffeine†.

Storage: Keep in a cool, dry place.

Products included are non-GMO and gluten-free.

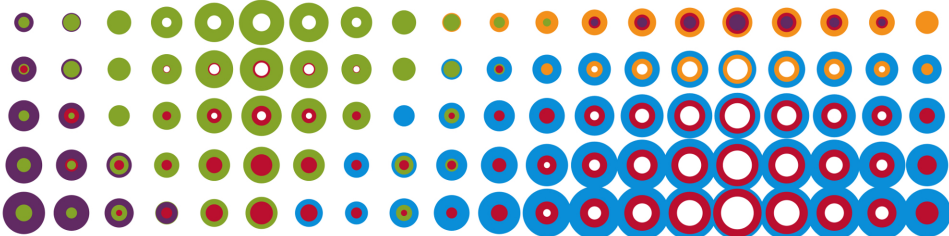
† Less than 25 mg per serving.



Table with 2 columns: Wellness Essentials Healthy Balance helps provide Advanced Nutritional Support for:*, Glucose metabolism, Cellular health, Heart health, General health



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DIETARY SUPPLEMENT

30 PACKETS

PRACTITIONER EXCLUSIVE

Supplement Facts

Table with 3 columns: Amount Per Serving, % Daily Value. Rows include: Serving Size 1 Packet, Servings Per Container 30, Calories 20, Total Fat 2 g, Cholesterol less than 5 mg, Total Carbohydrate 1 g, Dietary Fiber 1 g, Vitamin A 1,500 mcg, Vitamin C 360 mg, Vitamin D 17.5 mcg, Vitamin E 167.5 mg, Vitamin K 69 mcg, Thiamin 27.5 mg, Riboflavin 16.5 mg, Niacin 115 mg, Vitamin B6 21.5 mg, Folate 1,330 mcg, Vitamin B12 250 mcg, Biotin 2,250 mcg, Pantothenic Acid 67.5 mg, Choline 12.5 mg, Iodine 75 mcg, Magnesium 20 mg, Zinc 16.5 mg, Selenium 140 mcg, Copper 1.25 mg, Manganese 1.45 mg, Chromium 700 mcg, Molybdenum 25 mcg, Marine Lipid Concentrate 2 g, EPA 600 mg, DHA 400 mg, Chinese Cinnamon 500 mg, Alpha-Lipoic Acid 300 mg, Taurine 300 mg, Proprietary Phytonutrient Blend of: Citrus bioflavonoid complex, green coffee bean extract, pomegranate whole fruit extract, grape seed extract, blueberry fruit extract, bitter melon fruit extract, prune skin extract, watercress aerial part extract, Chinese cinnamon bark powder, Indian gum K-rabic tree bark and heartwood extract, rosemary extract, artichoke leaf extract, containing cyanin and chlorogenic acid, Epigallocatechin Gallate (EGCG) 105 mg, Epigallocatechin Gallate (EGCG) 70 mg, L-Carnosine 50 mg, Myo-Inositol 12.5 mg, Resveratrol 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).
Meta Lipoate 100: Other Ingredients: Microcrystalline cellulose, magnesium stearate (vegetable), and silica.
MetaGlycemX: Other Ingredients: Microcrystalline cellulose, cellulose, croscarmellose sodium, silica, stearic acid (vegetable), calcium silicate, magnesium stearate (vegetable), and coating (hypromellose, medium-chain triglycerides, and hydroxypropylcellulose).
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800 692 9400 • METAGENICS.COM
*As Metafolin®. Metafolin® is a registered trademark of Merck KGaA, Darmstadt Germany.
††Total amount includes catechins and EGCG contributed by decaffeinated green tea extract from MetaGlycemX and PhytoMulti.