



Energize Plus Pure Pack

Comprehensive daily packet providing
energy cofactors, core nutrients, fish oil,
L-carnitine and CoQ₁₀

DIETARY SUPPLEMENT

STORE SEALED IN A COOL DRY AREA

Commitment to Quality Program
Sourced and manufactured to avoid:
✓ Artificial Additives ✓ Allergens ✓ GMOs
✓ Environmental Contaminants ✓ Added Excipients
www.PureEncapsulations.com/QualityControl
*See Supplement Facts for specific product details.

Recommendations: As a dietary supplement, take 1 packet daily (7 capsules, with meals).

Tamper Resistant: Use only if safety seal is intact.

Warning: If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

Keep out of the reach of children.

Chromaflex®	Chromaflex® brand name brand Chromium. Chromaflex® is a registered trademark of Chromaflex Inc.
Metafolin®	Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.
OptiMSM®	OptiMSM® is sourced from OPTI-MSM® brand OPTI-MSM® is a trademark of DSM Nutritional Products, Inc.
ReaLGLP	ReaLGLP is a registered trademark of Kamon Industries, Inc.
Kaneka Q10®	Kaneka Q10® is a trademark of Kaneka Corporation.



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With Metafolin® L-5-MTHF

DIETARY SUPPLEMENT
30 PACKETS

Each packet contains

- Multi t/d | 1 vegetarian capsule
- EPA/DHA essentials | 2 softgel capsules
- Vitamin D₃ | 1 vegetarian capsule
- L-Carnitine | 1 vegetarian capsule
- Magnesium (glycinate) | 1 vegetarian capsule
- CoQ₁₀ | 1 vegetarian capsule

Supplement Facts

Serving size 1 packet (7 capsules)
Servings per container 30

	Amount Per Serving	% Daily Value
Calories	20	
Calories from fat	20	
Total fat	2 g	3% **
Cholesterol	< 5 mg	< 2% **
Vitamin A (as beta carotene)	2,250 IU	45%
Vitamin C (as ascorbic acid)	250 mg	47%
Vitamin D (as cholecalciferol)	1,500 IU	37%
Vitamin E (as d-alpha tocopherol succinate and mixed tocopherols)	50 IU	167%
Thiamin (as thiamin HCl) (B ₁)	25 mg	1,667%
Riboflavin (as vitamin B ₂ and 28% as riboflavin 5-phosphate activated B ₂)	17.35 mg	1,021%
Niacin (as Niacin and 67% niacinamide)	375 mg	188%
Vitamin B ₆ (as pyridoxine HCl and 40% as pyridoxal 5-phosphate activated B ₆)	10.4 mg	520%
Folate (as Metafolin® L-5-MTHF)	400 mcg	100%
Vitamin B ₁₂ (as methylcobalamin)	250 mcg	4,167%
Biotin	400 mcg	133%
Pantothenic acid (as calcium pantothenate) (B ₅)	25 mg	250%
Iodine (as potassium iodide)	100 mcg	67%
Magnesium (as magnesium glycinate)	120 mg	30%
Zinc (as zinc picolinate)	75 mg	50%
Selenium (as selenomethionine)	90 mcg	71%

Chromium (as chromium polynicotinate)	100 mcg	80%
Proprietary mixed carotenoid blend (as lutein, lycopene and zeaxanthin)	212 mcg	*
Lutein	3 mg	*
Zeaxanthin	500 mcg	*
Coenzyme Q ₁₀	30 mg	*
L-Carnitine (free form) from L-carnitine L-tartrate	340 mg	*
Fish oil concentrate (from anchovies, sardines, mackerel) providing EPA, docosahexaenoic acid	2,000 mg	*
DHA, docosahexaenoic acid	600 mg	*
	400 mg	*

* Daily value not established.
** Percent daily values are based on a 2,000 calorie diet.

Other ingredients: gelatin capsule (gelatin, glycerin, water), vegetarian capsule (cellulose, water), ascorbyl palmitate.
*Contains fish (anchovies, sardines, mackerel).

† This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



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