pure encapsulations®

Women's Pure Pack

Comprehensive daily packet providing core nutrients, calcium, vitamin D_3, CoQ_{10}, fish oil and açai

Supplement Facts

serving size 1 packet (9 capsules)
servings per container 30

Women's Nutrients

serving size 3 capsules

	amount per serving	% daily value
Vitamin A (as beta carotene)	3,750 iu	75%
Vitamin C (as ascorbic acid)	125 mg	208%
Vitamin D (as cholecalciferol) (D_3)	500 iu	125%
Vitamin E (as d-alpha tocopherol succinate)	50 iu	167%
Vitamin K (as Vitamin K_1)	50 mcg	63%
Thiamin (as thiamin HCl) (B_1)	12.5 mg	833%
Riboflavin (Vitamin B_2)	12.5 mg	735%
Niacin (as niacin and 67% niacinamide)	37.5 mg	188%
Vitamin B_6 (as pyridoxine HCl)	6.25 mg	313%
Folate (as Metafolin®, L-5-MTHF)	400 mcg	100%
Vitamin B_{12} (as methylcobalamin)	250 mcg	4,167%
Biotin	1 mg	333%
Pantothenic acid (as calcium pantothenate) (B_5)	25 mg	250%
Calcium (as calcium citrate)	200 mg	20%
Iodine (as potassium iodide)	100 mcg	67%
Magnesium (as magnesium citrate)	50 mg	13%
Zinc (as zinc citrate)	7.5 mg	50%
Selenium (as selenomethionine)	100 mcg	143%
Manganese (as manganese citrate)	1 mg	50%
Chromium (as chromium polynicotinate)	100 mcg	83%
Potassium (as potassium citrate)	50 mg	1%
Boron (as boron glycinate)	1 mg	*
Vanadium (as bis-glycinato oxo vanadium)	50 mcg	*
Riboflavin 5' phosphate (activated B_2)	6.25 mg	*
Pyridoxal 5' phosphate (activated B_6)	6.25 mg	*
Mixed carotenoids (as lutein, lycopene zeaxanthin)	212 mcg	*
Choline bitartrate	50 mg	*
Inositol	62.5 mg	*
Alpha lipoic acid	37.5 mg	*
Cranberry (Vaccinium macrocarpon) extract (fruit)	50 mg	*
MacularSynergy Complex		
Lutein	3 mg	*
Zeaxanthin	500 mcg	*
BreastHealth Plus		
HMR lignan® 7-hydroxymatairesinol	5 mg	*
Green tea (Camellia sinensis) extract (leaf) (standardized to contain 65% total tea catechins and 23% epigallocatechin gallate (EGCG))	50 mg	*
Turmeric (Curcuma longa) extract (root) (standardized to contain 95% curcuminoids)	50 mg	*
Calcium-d-glucarate	25 mg	
CardioPhenol Complete		
Red wine grape (Vitis vinifera) concentrate (whole fruit) (standardized to contain 25% total polyphenols)	50 mg	*
Grape (Vitis vinifera) extract (seed) (standardized to contain 92% polyphenols)	50 mg	*
Pomegranate (Punica granatum) extract (whole fruit) (standardized to contain 40% punicosides)	25 mg	*
StressCalm Blend		
Rhodiola (Rhodiola rosea) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	50 mg	*
Lemon balm (Melissa officinalis) extract (leaf) (standardized to contain 5% rosemarinic acid)	25 mg	*

other ingredients: ascorbyl palmitate, cranberry fiber, cranberry seed oil, guar gum, sunflower lecithin, vegetarian capsule (cellulose, water)

EPA/DHA essentials

serving size 1 softgel capsule

	amount per serving	% daily value
Calories	10	
Calories from fat	10	
Total fat	1 g	2%
Cholesterol	< 5 mg	< 2%
Fish oil concentrate (from anchovies, sardines, mackerel) providing:	1,000 mg	* ‡
EPA (eicosapentaenoic acid)	300 mg	*
DHA (docosahexaenoic acid)	200 mg	*

other ingredients: natural tocopherols, gelatin capsule (gelatin, glycerin, water)

Vitamin D_3 1,000 iu

serving size 1 capsule

	amount per serving	% daily value
Vitamin D (as cholecalciferol) (D_3)	1,000 iu	250%

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

CoQ_{10} 60 mg

serving size 1 capsule

	amount per serving	% daily value
Coenzyme Q_{10}	60 mg	*

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

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Women's Pure Pack

with Metafolin® L-5-MTHF

dietary supplement
30 PACKETS

Calcium (citrate)

serving size 2 capsules

	amount per serving	% daily value
Calcium (as calcium citrate)	300 mg	30%

other ingredients: ascorbyl palmitate, vegetarian capsule (cellulose, water)

Açai 600

serving size 1 capsule

	amount per serving	% daily value
Açai) (Euterpe oleracea) berry extract (whole fruit)	600 mg	*
Blueberry (Vaccinium angustifolium) extract (fruit)	15 mg	*
Pomegranate (Punica granatum L.) extract (fruit) (standardized to contain 5% ellagic acid)	25 mg	*
Cranberry (Vaccinium macrocarpon) extract (fruit)	10 mg	*

other ingredients: hypo-allergenic plant fiber (cellulose), cranberry fiber, cranberry seed oil, guar gum, sunflower lecithin, vegetarian capsule (cellulose, water)

*daily value not established

‡Contains fish

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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 Ingredients Panel for more information

Recommendations: As a dietary supplement, take 1 packet daily (9 capsules), with a meal.

Tamper Resistant: Use only if safety seal is intact.

Warning: If pregnant, consult your physician before taking this or any other product.

Keep out of the reach of children.

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dietary supplement

ChromeMate® brand niacin-bound chromium: U.S. Patents 4,923,855; 4,954,855; 5,194,615. ChromeMate® is a trademark of InterHealth, N.I.

Curcumin C3 Complex® is a registered trademark and patented product of Sabinsa Corporation.

HMRlignan™ is a trademark of Linnea Inc.

This product contains calcium D-glucarate, the use of which is licensed from Applied Food Sciences, LLC and protected by U.S. Patent 4,845,122.

FloraGLO® lutein is a registered trademark of Kemin Industries, Inc.

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Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany

manufactured and formulated by:
Pure Encapsulations, Inc.
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code: **WPPB3**
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