

Need more? Call 1-888-352-5050 or visit JigsawHealth.com

Promote optimal health for your body and mind with vital nutrients.*

A 30-day supply of powerful vitamins, minerals and essential fatty acids in convenient A.M. and P.M. packets.*

Supplement	Key	AM	PM
 MagSRT [®] 		2	2
 Activated B w/SRT [®]		1	0
 Pureway-C [®] Plus [™] 		1	1
 Essential Blend Antioxidant		1	1
 Essential Blend Multi Mineral 		0	1
 Alaskan Cod Liver Oil		2	1
 Vitamin K2 + E Complex 		0	1

MagSRT[®]

America's #1 Time-Release Magnesium. MagSRT[®] releases Albion's patented di-magnesium malate gently into your body over an extended period of time for super-absorption and to avoid the dreaded digestive discomfort experienced with other brands.*

Activated B w/SRT[®]

Delivers B vitamins in their active forms, ready for your body to use right away. Promotes healthy, steady energy levels throughout the day.*

Pureway-C[®] Plus[™]

Clinically shown to outperform other leading forms of Vitamin C by absorbing more rapidly to enhance and support immune function and heart health. This formula includes Quercetin[™], a clinically tested bioflavonoid, that further promotes immune, heart, and endothelial (skin) health, and includes Lysine, an essential amino acid.*

Essential Blend Antioxidant

Contains vitamins A and E, plus super-potent pomegranate, açai, cranberry, green tea, and grape seed extracts to support a healthy immune system and provide ongoing antioxidant support.*

Essential Blend Multi-Mineral

Replenishes vital minerals with highly absorbable forms of selenium, manganese, chromium, molybdenum, copper, iodine, zinc, and over 60 other trace minerals.*

Alaskan Cod Liver Oil

A comprehensive cod liver oil supplement with naturally occurring omega-3 fatty acids, PRMs (pro-resolving mediators), and naturally occurring Vitamin A and D, as formed by nature.*

Vitamin K2 + E Complex

Includes MenaQ7[®] Vitamin K2, proven to deliver the most effective form of Vitamin K2, combined with a full-spectrum Vitamin E Complex. Helps your body build healthy bone tissue while maximizing calcium absorption and helps protect the aging brain.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Product of the U.S.A., with select ingredients thoughtfully sourced from around the world. Keep out of reach of children. Store in a cool, dry place.

A.M. Supplement Facts

30 servings per container

Serving Size – 1 A.M. Packet (2 MagSRT[®], 2 Alaskan Cod Liver Oil, 1 Pureway-C[®] Plus[™], 1 Essential Blend Antioxidant, 1 Activated B w/SRT[®])

	Amount per Serving	%DV**
Calories	27	
Total Fat	2.1 g	3%
Saturated Fat	.1 g	>1%
Trans Fat	0 g	
Cholesterol	15 mg	5%
Vitamin A (Retinyl Palmitate & Naturally Occurring) 	1,065 mcg	118%
Vitamin C (as Pureway-C [®] Granular Powder) 	500 mg	556%
Vitamin D3 (100% Naturally Occurring) 	2 mcg	10%
Vitamin E (D-Alpha Tocopheryl Succinate) 	34 mg	227%
Vitamin B1 (as Benfotiamine) 	25 mg	2,083%
Vitamin B2 (as Riboflavin-5-Phosphate Sodium) 	25 mg	1,923%
Vitamin B3 (as Nicotinamide) 	15 mg	94%
Vitamin B6 (as Pyridoxal-5-Phosphate Monohydrate) 	27.5 mg	1618%
Folate (as Quatrefolic [®] 5-Methyl Tetrahydrofolic Acid Glucosamine Salt) 	300 mcg	75%
Vitamin B12 (as Methylcobalamin) 	253 mcg	10,542%
D-Biotin (Vitamin H) 	500 mcg	1,667%
Vitamin B5 (as Calcium D-Pantothenate) 	125 mg	2,500%
Magnesium (as Dimagnesium Malate) Albion [®] 	250 mg	60%
Choline (as VitaCholine [®] Choline Bitartrate) 	60 mg	11%
Malic Acid (as Dimagnesium Malate) 	718 mg	†
Alaskan Cod Liver Oil 	2,400 mg	†
Total Omega-3 Fatty Acids 	500 mg	†
EPA (Eicosapentaenoic Acid) 	200 mg	†
DHA (Docosahexaenoic Acid) 	200 mg	†
DPA (Docosapentaenoic Acid) 	20 mg	†
Total Pro-Resolving Mediators ^{††} 	20 mcg	†
Inositol 	75 mg	†
Para-Aminobenzoic Acid (PABA) 	15 mg	†
L-Lysine (as Hydrochloride) 	50 mg	†
Quercetin Phospholipid (NLT 40% Quercetin) (Sophora japonica) 	7.5 mg	†
Grape Seed Extract 	75 mg	†
Green Tea Leaf Extract 	75 mg	†
Pomegranate Extract 	75 mg	†
Alpha Lipic Acid 	75 mg	†
Cranberry Juice Extract 	50 mg	†
Agai Berry Extract 4:1 	50 mg	†
Lycopene 	2.5 mg	†
Lutein 	1.5 mg	†

** The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

† Daily Value not established.

Other Ingredients: Vegetable Capsule, Fish Gelatin (codfish, tilapia), Monocrystalline Cellulose, Glycerin, Modified Cellulose, Purified Water, Brown Rice Flour, Croscarmellose Sodium, Magnesium Stearate, L-Leucine, Silicon Dioxide, Citrus Bioflavonoids, Stearic Acid, Fatty Acids, Clear Coating, Organic Nu-Flow[®], Silica, Guar Gum, Xanthan Gum, Lecithin, Maltoedextrin, Tocopherols, Micro Wax.

^{††} Representative, naturally occurring, including 14-HDHA, 17-HDHA and 18-HEPE.

Suggested Use: To replenish essential nutrients, take with food, one packet in the morning (A.M.). Or use as directed by your healthcare professional.

Please Note: Vitamin K2 may counteract the effects of anticoagulation therapy, and therefore is not recommended for patients on blood-thinning medications. If you are currently being treated for kidney disease, please consult your healthcare professional before taking any magnesium supplement.

All values listed in elemental amounts. Ingredients for individual packs are indicated by color key, and can also be found online at www.jigsawhealth.com.

Albion[®], TRAACS[®] and the Albion Gold Medallion design are registered trademarks of Albion Laboratories, Inc. U.S. Patent 7,888,042; Dimagnesium Malate supplied by Albion Laboratories, Inc. U.S. Patent 6,706,804; MenaQ7[®] is a registered trademark of Natupharma ASA, Norway and covered by U.S. Patent No. 8,728,553 & 8,354,129 and Canada Patent No. 2,347,387. Quatrefolic[®] is a registered trade name of Ceva and covered by U.S. Patent No. 7,947,662. VitaCholine[®] is a trademark of Isodina S.p.A. Italy. VitaCholine[®] is a registered trademark of Balcem Corporation.

Allergens: Contains fish. Manufactured in a facility that also handles products with other known allergens.


It's fun to feel good.

Jigsaw Complete[®]

ESSENTIAL DAILY PACKETS



AM

PM

PLEASE TEAR OPEN HERE

60 NUTRITIONAL SUPPLEMENT PACKETS

P.M. Supplement Facts

30 servings per container

Serving Size – 1 P.M. Packet (2 MagSRT[®], 1 Alaskan Cod Liver Oil, 1 Pureway-C[®] Plus[™], 1 Essential Blend Antioxidant, 1 Vitamin K2 + E Complex, 1 Essential Blend Multi-Mineral)

	Amount per Serving	DV%**
Calories	18	
Total Fat	1.5 g	3%
Saturated Fat	.3 g	2%
Trans Fat	0 g	
Cholesterol	5 g	2%
Vitamin A (Retinyl Palmitate & Naturally Occurring) 	870 mcg	97%
Vitamin C (as Pureway-C [®] Granular Powder) 	500 mg	556%
Vitamin D3 (100% Naturally Occurring) 	1 mcg	5%
Vitamin E (as D-Alpha Tocopherol and Tocopheryl Succinate) 	164 mg	1093%
Vitamin K2 (as MenaQ7 [®]) 	50 mcg	42%
Vitamin B6 (as Pyridoxal-5-Phosphate Monohydrate) 	2.5 mg	125%
Folate (as Quatrefolic [®] 5-Methyl Tetrahydrofolic Acid Glucosamine Salt) 	100 mcg	25%
Vitamin B12 (as Methylcobalamin) 	3 mcg	125%
Iodine (as Potassium Iodine) 	150 mcg	100%
Magnesium (as Dimagnesium Malate) Albion [®] 	250 mg	60%
Zinc (as Zinc Bisglycinate Chelate) TRAACS [®] 	15 mg	100%
Selenium (as L-Selenomethionine Pentapure [™]) 	400 mcg	571%
Copper (as Copper Bisglycinate Chelate) TRAACS [®] 	2 mg	100%
Manganese (as Manganese Bisglycinate Chelate) TRAACS [®] 	2 mg	100%
Chromium (as Chromium Nicotinate Glycinate Chelate) TRAACS [®] 	400 mcg	333%
Molybdenum (as Molybdenum Glycinate Chelate) TRAACS [®] 	150 mcg	200%
Malic Acid (as Dimagnesium Malate) 	718 mg	†
Mixed Tocopherols 	94 mg	†
D-beta Tocopherol 	900 mcg	†
D-gamma Tocopherol 	75 mg	†
D-delta Tocopherol 	15 mg	†
Tocotrienol Complex 	90 mg	†
D-alpha Tocotrienol 	5 mg	†
D-beta Tocotrienol 	600 mcg	†
D-gamma Tocotrienol 	9 mg	†
D-delta Tocotrienol 	2.4 mg	†
Alaskan Cod Liver Oil 	1,200 mg	†
Total Omega-3 Fatty Acids 	250 mg	†
EPA (Eicosapentaenoic Acid) 	100 mg	†
DHA (Docosahexaenoic Acid) 	100 mg	†
DPA (Docosapentaenoic Acid) 	10 mg	†
Total Pro-Resolving Mediators ^{††} 	10 mcg	†
L-Lysine (as Hydrochloride) 	50 mg	†
Quercetin Phospholipid (NLT 40% Quercetin) (Sophora japonica) 	7.5 mg	†
Grape Seed Extract 	75 mg	†
Green Tea Leaf Extract 	75 mg	†
Pomegranate Extract 	75 mg	†
Alpha Lipic Acid 	75 mg	†
Cranberry Juice Extract 	50 mg	†
Agai Berry Extract 4:1 	50 mg	†
Lycopene	2.5 mg	†
Lutein	1.5 mg	†
Trace Mineral Blend	5 mg	†

** The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

† Daily Value not established.

Other Ingredients: Vegetable Capsule, Fish Gelatin (codfish, tilapia), Monocrystalline Cellulose, Purified Water, Glycerin, Modified Cellulose, Gelatin, White Rice Flour, Palm Tocotrienol, Brown Rice Flour, Magnesium Stearate, Croscarmellose Sodium, L-Leucine, Citrus Bioflavonoids, Fatty Acids, Silicon Dioxide, Clear Coating, Organic Nu-Flow[®], Silica, Lecithin, Maltoedextrin, Tocopherols, Micro Wax.

Suggested Use: To replenish essential nutrients, take with food, one packet in the afternoon (P.M.). Or use as directed by your healthcare professional.

Made with love by:
Jigsaw Health
905 E. Pine Center Pkwy #4, Scottsdale, AZ 85258
1-888-352-5050 • JigsawHealth.com



Label Revision 16

Jigsaw Complete[®]
ESSENTIAL DAILY PACKETS

