

Warning: Do not exceed recommended dose listed. This product is not intended for use by any persons under age 18, who are pregnant or lactating, or have serious medical conditions. All persons should consult a physician before using dietary supplements, as individuals may have different supplement needs. Consumption of this product that is inconsistent with recommended usage may produce adverse side effects. Discontinue use and contact physician immediately if you experience any adverse effects. KEEP OUT OF REACH OF CHILDREN.

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

Distributed by: MetCon Nutrition, LLC

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www.ImWellthy.com



1 PRODUCT = 1 MEAL

For every **WELLTHY** product you purchase we **provide** a meal to someone in need through local food banks.



WELLTHYTM
nutraceuticals

her

WOMENS MULTI PLUS
HAIR, SKIN & NAIL SUPPORT*

all natural 90 veggie caps



VEGAN



PALEO
FRIENDLY



GLUTEN
FREE



DAIRY
FREE



FREE OF
BANNED
SUBSTANCES



MADE IN
U.S.A.

Suggested use:
Take 3 capsules
with a meal and at
least 8oz of water
for daily health
and wellness.*

FOR COMPLETE
WELLNESS TAKE WITH:

sweat

Fat Burner &
Thermogenic

focus

Increase Cognitive
Function

revive

Adrenal Gland &
Cortisol Support



Supplement Facts

Serving Size: 3 Capsules
Servings per Container: 30

	Amount per Serving	%DV**
Vitamin A (as beta carotene)	3750iu	75%
Vitamin D (as cholecalciferol)	150iu	37.5%
Vitamin E (as dl-alpha-Tocopheryl Acetate)	11.25iu	37.5%
Biotin	5000mcg	1,667%
Folic Acid	300mcg	75%
Vitamin B3 (as niacinamide)	7.5mg	37.5%
Vitamin B5 (as d-calcium d-pantothenate)	3.75mg	37.5%
Vitamin B1 (as thiamin HCL)	.5625mg	37.5%
Vitamin B12 (as cyanocobalamin)	9mcg	150%
Vitamin B2 (as riboflavin)	1.275mg	75%
Vitamin B6 (as pyridoxine hcl)	10mg	500%
Vitamin C (as ascorbic acid)	100mg	160%
Calcium (as calcium carbonate)	375mg	37.5%
Iodine (as potassium iodide)	56.25mg	37.5%
Iron (as reduced iron ferrous)	13.5mg	37.5%
Magnesium (as magnesium oxide)	150mg	37.5%
Zinc (as zinc oxide)	10mg	66%
Selenium (as TRAACS® selenium glycinate complex)	50mcg	71%
Hair Skin and Nail support: L-Cysteine, Hyaluronic acid, Horsetail Rush, Turmeric, ALA	145mg	†

**Percent Daily Values are based on a 2000 calorie diet. † Daily Value not established

Other Ingredients: Micro Crystalline Cellulose, Silicon Dioxide, Magnesium Stearate and Vegetable Capsules.