

Wellness Essentials

Targeted Nutrition for Overall Wellness*

Wellness Essentials is formulated to support your nutritional needs to help you stay active and vital and maintain overall health.*

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 activate health potential.*

Immune and neurological health support: D3 1000™ features 1,000 IU of vitamin D3 per tablet—the most bioactive form of supplemental vitamin D.*

Heart health, mood, and overall health support: OmegaGenics® EPA-DHA 500 is a quality-guaranteed omega-3 fatty acid formula manufactured and third-party tested to ensure greater purity.*

* 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.



The Wellness Essentials Difference		
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), and 1 D3 1000 tablet (white).

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

Warning: Excess vitamin A intake may be toxic and may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 10,000 IU of preformed vitamin A (retinyl acetate) per day.

Caution: Consult your healthcare practitioner if pregnant, nursing, or taking other nutritional supplements or medications. Contains fish oil. Do not use if allergic to fish or fish oil. Keep out of the reach of children.

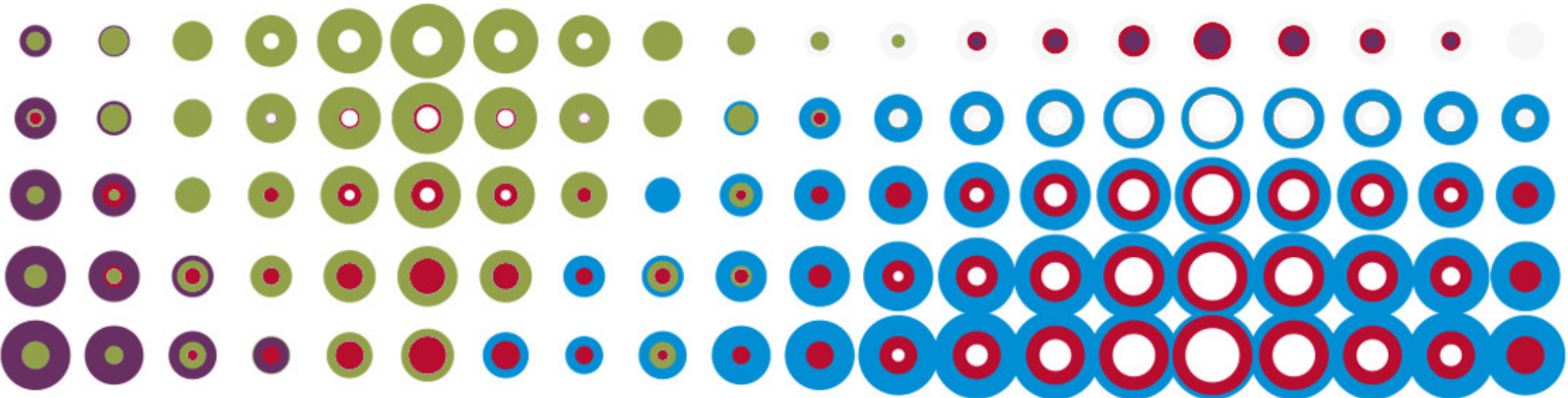
Storage: Keep in a cool, dry place.

Products included are non-GMO and gluten-free.

Wellness Essentials provides Advanced Nutritional Support for:*	
Vitality	Eye health
Heart health	Immune system health
Positive mood	Liver health
Brain health	Cellular health
Nervous system health	Overall health



Wellness Essentials®



DIETARY SUPPLEMENT

30 PACKETS

Supplement Facts		
Serving Size 1 Packet Servings Per Container 30		
	Amount Per Serving	% Daily Value
Calories	20	
Calories from Fat.....	20	
Total Fat	2 g	3%*
Cholesterol	less than 5 mg	<2%
Vitamin A (50% from mixed carotenoids and 50% as retinyl acetate).....	5,000 IU	100%
Vitamin C (as ascorbic acid and ascorbyl palmitate)	60 mg	100%
Vitamin D (as cholecalciferol).....	1,500 IU	375%
Vitamin E (as d-alpha tocopheryl succinate)	50 IU	167%
Vitamin K (as phytonadione)	60 mcg	75%
Thiamin (as thiamin mononitrate)	12.5 mg	833%
Riboflavin	7.5 mg	441%
Niacin (as niacinamide and niacin)	25 mg	125%
Vitamin B6 (as pyridoxine HCl).....	12.5 mg	625%
Folate (as calcium L-5-methyltetrahydrofolate¹)	400 mcg	100%
Vitamin B12 (as methylcobalamin).....	100 mcg	1,667%
Biotin	250 mcg	83%
Pantothenic Acid (as D-calcium pantothenate)	37.5 mg	375%
Iodine (as potassium iodide)	75 mcg	50%
Magnesium (as magnesium citrate)	20 mg	5%
Zinc (as zinc citrate)	7.5 mg	50%
Selenium (as selenium aspartate).....	50 mcg	71%
Copper (as copper citrate)	0.5 mg	25%
Manganese (as manganese citrate)	0.25 mg	13%
Chromium (as chromium polynicotinate).....	100 mcg	83%
Molybdenum (as molybdenum aspartate complex)	25 mcg	33%
Choline (as choline bitartrate)	12.5 mg	**
Inositol.....	12.5 mg	**
Lycopene.....	3 mg	**
Zeaxanthin.....	1 mg	**
Lutein.....	3 mg	**
Resveratrol (from <i>Polygonum cuspidatum</i> root extract).....	5 mg	**
Proprietary Phytonutrient Blend of:	200 mg	**
Citrus bioflavonoid complex [standardized to 45% hesperidin], green coffee bean extract [standardized to 45% chlorogenic acid], pomegranate whole fruit extract [standardized to 21.6 mg gallic acid equivalent (GAE)], grape seed extract [standardized to 90% polyphenols], blueberry (<i>Vaccinium</i> spp.) fruit extract [standardized to 20% total polyphenols and 15% anthocyanins], green tea leaf extract [standardized to 60% catechins and 40% EGCG], bitter melon fruit extract, prune skin extract [standardized to 50% polyphenols], watercress aerial parts 4:1 extract, Chinese cinnamon (<i>Cinnamomum cassia</i>) bark powder, Indian gum Arabic tree bark and heartwood extract [standardized to 6% catechins], rosemary extract [standardized to 7.6% min sum of carnosol+carnosic acid], artichoke leaf extract [containing cynarin and chlorogenic acid]		
Marine Lipid Concentrate.....	2 g	**
EPA (Eicosapentaenoic acid)	600 mg	**
DHA (Docosahexaenoic acid)	400 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).**

D3 1000:
Other Ingredients: Microcrystalline cellulose, sodium starch glycolate, stearic acid (vegetable), and silica.

DISTRIBUTED BY:
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