

Wellness Essentials® Women

Targeted Support for Women's Health*

Support heart health, bone health, and overall wellness daily. Wellness Essentials Women is formulated to target your unique nutritional needs to help you stay active and vital and maintain general health.*

Each once-daily packet provides:

Multifaceted health support: PhytoMulti® with Iron is the “smart multi” with essential nutrients and a proprietary blend of 13 concentrated extracts and phytonutrients to help support cellular health and overall wellness.*

Bone density support: Bone Builder® Extra Strength goes beyond calcium with purity-tested MCHC—a complex crystalline compound composed primarily of calcium, phosphorus, trace minerals, and bone growth factors to support bone health.*

Cardiovascular health support, immune system health support, and general wellness support: OmegaGenics® EPA-DHA 500 is a quality-guaranteed omega-3 fatty acid formula manufactured and third-party tested to ensure safety and potency.*

* 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
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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: 2 PhytoMulti with Iron tablets (green), 2 OmegaGenics EPA-DHA 500 softgels (golden yellow), and 2 Bone Builder Extra Strength tablets (white).

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

Warning: Excess vitamin A intake may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 3,000 mcg of preformed vitamin A (retinyl acetate) per day.

Caution: Consult your healthcare practitioner if pregnant, nursing, or taking other nutritional supplements or medications.

Storage: Keep in a cool, dry place.

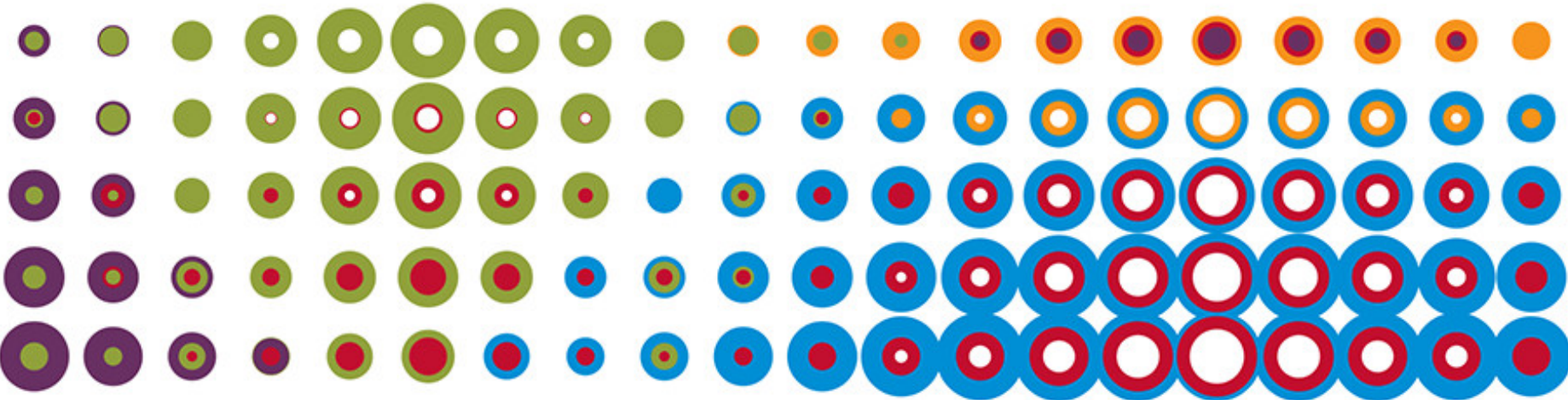
Products included are non-GMO and gluten-free.

Wellness Essentials Women provides Advanced Nutritional Support for:*

Vitality	Eye health
Heart health	Immune system health
Bone health	Liver health
Brain health	Cellular health
Nervous system health	General health



Wellness Essentials® Women



DIETARY SUPPLEMENT

PRACTITIONER EXCLUSIVE

30 PACKETS

Supplement Facts

Serving Size 1 Packet
Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	20	
Total Fat	2 g	3%*
Cholesterol	less than 5 mg	<2%
Total Carbohydrate	1 g	<1%*
Dietary Fiber	1 g	4%
Vitamin A (from mixed carotenoids and retinyl acetate)	3,000 mcg	333%
Vitamin C (as ascorbic acid and ascorbyl palmitate)	120 mg	133%
Vitamin D (as cholecalciferol)	25 mcg (1,000 IU)	125%
Vitamin E (as d-alpha tocopheryl succinate)	67 mg	447%
Vitamin K (as phytonadione USP)	120 mcg	100%
Thiamin (as thiamin mononitrate)	25 mg	2,083%
Riboflavin	15 mg	1,154%
Niacin (as niacinamide and niacin)	50 mg	313%
Vitamin B6 (as pyridoxine HCl)	25 mg	1,471%
Folate (as calcium L-5-methyltetrahydrofolate)	1,330 mcg DFE	333%
Vitamin B12 (as methylcobalamin)	200 mcg	8,333%
Biotin	500 mcg	1,667%
Pantothenic Acid (as calcium D-pantothenate)	75 mg	1,500%
Choline (as choline bitartrate)	25 mg	5%
Calcium (as microcrystalline hydroxyapatite concentrate and dicalcium phosphate)	670 mg	52%
Iron (as ferrous bis-glycinate)	18 mg	100%
Phosphorus (as microcrystalline hydroxyapatite concentrate and dicalcium phosphate)	340 mg	27%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium citrate)	40 mg	10%
Zinc (as zinc citrate)	15 mg	136%
Selenium (as selenium aspartate)	100 mcg	182%
Copper (as copper citrate)	1 mg	111%
Manganese (as manganese citrate)	0.5 mg	22%
Chromium (as chromium polynicotinate)	200 mcg	571%
Molybdenum (as molybdenum aspartate complex)	50 mcg	111%
Marine Lipid Concentrate	2 g	**
EPA (Eicosapentaenoic acid)	600 mg	**
DHA (Docosahexaenoic acid)	400 mg	**
Microcrystalline Hydroxyapatite Concentrate† (MCHC)	2 g	**
Proprietary Phytonutrient Blend of:	400 mg	**
Citrus bioflavonoid complex [standardized to 45% hesperidin], green coffee bean extract [standardized to 45% chlorogenic acid], pomegranate whole fruit extract [standardized to 43.2 mg gallic acid equivalent (GAE)], grape seed extract [standardized to 85% oligomeric proanthocyanidins], blueberry (Vaccinium 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 [standardized to 50% polyphenols], watercress aerial parts 4:1 extract, Chinese cinnamon (Cinnamomum cassia) bark powder, Indian gum Arabic tree bark and heartwood extract [standardized to 6% catechins], rosemary extract [standardized to 7.6% min sum of camosol+camosic acid], artichoke leaf extract [containing cynarin and chlorogenic acid]		
Myo-Inositol	25 mg	**
Resveratrol (from Polygonum cuspidatum root extract)	10 mg	**
Lutein	6 mg	**
Lycopene	6 mg	**
Zeaxanthin	2 mg	**

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

PhytoMulti with Iron:
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 (sardine, anchovy, and mackerel).

Bone Builder Extra Strength:
Other Ingredients: Microcrystalline cellulose, stearic acid (vegetable), cellulose, croscarmellose sodium, silica, and coating [hypromellose, medium-chain triglycerides, and hydroxypropylcellulose].

DISTRIBUTED BY: METAGENICS, GIG HARBOR, WA 98332
800 692 9400 • METAGENICS.COM

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

[†]As Metafolin®, Metafolin® is a registered trademark of Merck KGaA, Darmstadt Germany.
^{††}Microcrystalline Hydroxyapatite Concentrate (MCHC) supplies calcium, phosphorus, trace quantities of other minerals, and naturally occurring growth factors.