

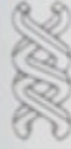
Fem Essentials®

- is a comprehensive multiple vitamin/mineral formula featuring*
- High levels of ratio-balanced B vitamins to support healthy adrenal and liver function, homocysteine metabolism, and a host of other metabolic processes.
- Antioxidant nutrients A, C, E and quercetin, as well as Caro-Xan™—our proprietary blend of beta-carotene and Betatene® mixed carotenoids.
- Patented mineral amino acid chelates—including the trace mineral chromium—to support the proper metabolism of carbohydrates, proteins, and fats.
- High levels of folic acid to support health for women who may become pregnant.

*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.

DIRECTIONS: Take 6 tablets daily with meals 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 5000 IU of preformed vitamin A (retinyl acetate) per day.



Metagenics®
Genetic Potential Through Nutrition

Fem Essentials®

Comprehensive Nutritional
Support for Women

Dietary Supplement

90 TABLETS

Supplement Facts

Serving Size 6 Tablets
Servings Per Container 15

	Amount Per Serving	% Daily Value
Vitamin A [15% (1500 IU) as retinyl acetate, 85% (8500 IU) as beta-carotene*]	10,000 IU	200%
Vitamin C (as ascorbic acid)	1200 mg	2000%
Vitamin D (as cholecalciferol)	20 IU	5%
Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)	100 IU	333%
Thiamin (as thiamin mononitrate)	30 mg	2000%
Riboflavin	34 mg	2000%
Niacin (as niacinamide, niacin)	420 mg	2100%
Vitamin B ₆ (as pyridoxine HCl)	40 mg	2000%
Folate (as folic acid)	800 mcg	200%
Vitamin B ₁₂ (as cyanocobalamin)	200 mcg	3333%
Biotin	300 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	200 mg	2000%
Calcium (as calcium citrate)	500 mg	50%
Iron (as iron glycinate*)	10 mg	55%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium bis-glycinate* and magnesium citrate)	250 mg	63%
Zinc (as zinc citrate)	20 mg	133%

Other ingredients: Microcrystalline cellulose, cellulose, stearic acid, silica, croscarmellose sodium, magnesium stearate, and coating (deionized water, hypromellose, maltodextrin, polyethylene glycol, and sodium copper chlorophyllin).

Developed and Manufactured by: METAGENICS, INC.

Makers of Professional Quality Supplements

100 Ave. La Pata, San Clemente, CA 92673 • www.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.

*Patented mineral amino acid chelates. U.S. Patent No. 5,516,975 Albion®

**Caro-Xan™ is a proprietary blend of beta-carotene and betatene® mixed carotenoids.

	Amount Per Serving	% Daily Value
Selenium (as selenium aspartate)	200 mcg	266%
Copper (as copper citrate)	2 mg	100%
Manganese (as manganese aspartate)	1 mg	50%
Chromium (as chromium nicotinate glycinate*)	200 mcg	167%
Molybdenum (as molybdenum aspartate)	100 mcg	133%
Potassium (as potassium aspartate)	99 mg	3%
Betaine HCl	325 mg	
Choline (as choline bitartrate)	200 mg	
Inositol	188 mg	
Citrus Bioflavonoid Complex	100 mg	
para-aminobenzoic acid (PABA)	50 mg	
Quercetin	25 mg	
Gamma Tocopherol (as mixed tocopherols)	67 mg	
Mixed Carotenoids (including beta-carotene, alpha-carotene, cryptoxanthin, zeaxanthin, and lutein)	5.85 mg	

*Daily Value not established.