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™ PureWay-C		1	1
Essential Blend Antioxidant		1	1
Essential Blend Multi-Mineral		0	1
Alaskan Cod Liver Oil™		2	1
Vitamin K2 + E Complex MenaQ7		0	1

MagSRT®
America's #1 Time-Release Magnesium Supplement.* MagSRT® releases Albion's patented dimagnesium 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 Quercefit®, 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 Vitamins 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.*

Product of the U.S.A. with select ingredients thoughtfully curated from around the world.

Should not be used if tamper-evident seal is broken. Keep out of reach of children. Store in a cool, dry place.

Jigsaw HEALTH
It's fun to feel good.

*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.

AM Supplement Facts

30 servings per container

Serving Size — 1 AM 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	**30**	
Total Fat	2.5 g	3%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	15 mg	5%
Protein	4 g	
Vitamin A (Retinyl Palmitate and Naturally Occurring)	1,208 mcg	134%
Vitamin C (as Pureway-C®)	500 mg	556%
Vitamin D (100% Naturally Occurring)	4 mcg	20%
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 Niacinamide)	15 mg	94%
Vitamin B6 (as Pyridoxal-5-Phosphate Monohydrate)	27.5 mg	1,618%
Folate (as Quatrefolic® 5-Methyltetrahydrofolic Acid Glucosamine Salt)	300 mcg	75%
Vitamin B12 (as Methylcobalamin)	253 mcg	10,542%
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	†
Total Omega-3 Fatty Acids	600 mg	†
EPA (Eicosapentaenoic Acid)	280 mg	†
DHA (Docosahexaenoic Acid)	200 mg	†
DPA (Docosapentaenoic Acid)	40 mg	†
Total Pro-Resolving Mediators ††	117 mcg	†
Inositol	75 mg	†
Para Aminobenzoic Acid (PABA)	15 mg	†
L-Lysine (as Hydrochloride)	50 mg	†
Quercetin Phytosome (from Sophora japonica L. and lecithin (as Quercefit®) NLT 34% Quercetin)	7.5 mg	†
Grape Seed Extract	75 mg	†
Green Tea Leaf Extract	75 mg	†
Pomegranate Extract	75 mg	†
Alpha Lipoic Acid	75 mg	†
Cranberry Extract	50 mg	†
Açai Fruit 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, Gelatin, Microcrystalline Cellulose, Cellulose, Purified Water, Glycerin, Modified Cellulose, Hydroxypropyl Methylcellulose, Magnesium Stearate, Lauroyl Polyol Ester, Brown Rice Flour, Croscarmellose Sodium, Magnesium Stearate, Lauroyl Polyol Ester, Silicon Dioxide, Citrus Bioflavonoids, Stearic Acid, Fatty Acids, Clear Coating, Organic Nu-Flow®, Silica, Guar Gum, Xanthan Gum, Lecithin, Maltodextrin, Tocopherols, Micro Wax.

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 people taking anticoagulant medication. Because of its effect on blood clotting and kidney disease, please consult your healthcare professional before taking any supplements supplements. **All values listed in elemental amounts. Ingredients for individual pills 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 6,159,502; 6,887,5[illegible] Magnesium Malate supplied by Albion Laboratories, Inc. U.S. Patent 6,706,904; MenaQ7® is a registered trademark of NattoPharma ASA, Norway and covered by U.S. Patent No. 6,728,353 & 8,354,109 and Canada Patent No. 2,347,387; QuercetiN® is a registered trade name of Gnosis and covered by U.S. Patent No. 7,947,687; QuercetiN® is a trademark of Indena S.p.A. Italy. VitaCholine® is a registered trademark of Balchem Corporation.

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

†† Representative, naturally occurring, including 16-HDHA, 17-HDHA and 18-HEPE.

Jigsaw HEALTH
It's fun to feel good.

Jigsaw Complete®

ESSENTIAL DAILY PACKETS

PLEASE TEAR OPEN HERE

60 NUTRITIONAL SUPPLEMENT PACKETS

PM Supplement Facts

30 servings per container

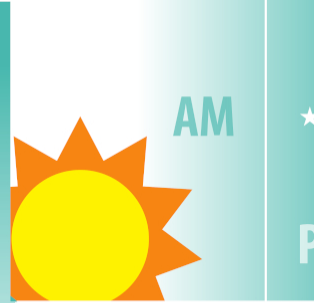
Serving Size — 1 PM Packet (2 MagSRT®, 1 Alaskan Cod Liver Oil™, 1 Pureway-C® Plus™, 1 Essential Blend Antioxidant, 1 Vitamin K2 + E Complex, and 1 Essential Blend Multi-Mineral)

	Amount Per Serving	%DV**
Calories	**15**	
Total Fat	1.5 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	10 mg	3%
Protein	2 g	
Vitamin A (Retinyl Palmitate and Naturally Occurring)	942 mcg	105%
Vitamin C (as Pureway-C®)	500 mg	556%
Vitamin D (100% Naturally Occurring)	2 mcg	10%
Vitamin E (D-Alpha Tocopheryl)	164 mg	1,093%
Vitamin K2 (as MenaQ7®)	50 mcg	42%
Vitamin B6 (as Pyridoxal-5-Phosphate Monohydrate)	2.5 mg	147%
Folate (as Quatrefolic® 5-Methyltetrahydrofolic Acid Glucosamine Salt)	100 mcg	25%
Vitamin B12 (as Methylcobalamin)	3 mcg	125%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Dimagnesium Malate) Albion®	250 mg	60%
Zinc (as Zinc Bisglycinate Chelate) TRAACS®	15 mg	136%
Selenium (from Selenium Glycinate Complex)	400 mcg	727%
Cooper (as Copper Bisglycinate Chelate) TRAACS®	2 mg	222%
Manganese (as Manganese Bisglycinate Chelate) TRAACS®	2 mg	87%
Chromium (as Chromium Nicotinate Glycinate Chelate) TRAACS®	400 mcg	1,143%
Molybdenum (as Molybdenum Glycinate Chelate) TRAACS®	150 mcg	333%
Malic Acid (as Dimagnesium Malate)	718 mg	†
Mixed Tocopherols (d-beta Tocopherol, d-gamma Tocopherol, and d-delta Tocopherol)	93 mg	†
Mixed Tocotrienols (d-alpha Tocotrienol, d-beta Tocotrienol, d-gamma Tocotrienol, and d-delta Tocotrienol)	17 mg	†
Total Omega-3 Fatty Acids	300 mg	†
EPA (Eicosapentaenoic Acid)	140 mg	†
DHA (Docosahexaenoic Acid)	100 mg	†
DPA (Docosapentaenoic Acid)	20 mg	†
Total Pro-Resolving Mediators ††	58 mcg	†
L-Lysine (as Hydrochloride)	50 mg	†
Quercetin Phytosome (from Sophora japonica L. and lecithin (as Quercefit®) NLT 34% Quercetin)	7.5 mg	†
Grape Seed Extract	75 mg	†
Green Tea Leaf Extract	75 mg	†
Pomegranate Extract	75 mg	†
Alpha Lipoic Acid	75 mg	†
Cranberry Extract	50 mg	†
Açai Fruit Extract 4:1	50 mg	†
Lycopene	2.5 mg	†
Lutein	1.5 mg	†
CancerTrace® MCC	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, Gelatin, Microcrystalline Cellulose, Cellulose, Purified Water, Glycerin, Modified Cellulose, 6-Cyclodextrin, Brown Rice Flour, White Rice Flour, Palm Tocotrienol, Magnesium Stearate, Citrus Bioflavonoids, Fatty Acids, Croscarmellose Sodium, L-Leucine, Silicon Dioxide, Clear Coating, Organic Nu-Flow®, Silica, Organic Na-Mag, Lecithin, Maltodextrin, 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.



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LABEL VERSION #8

Jigsaw Complete®
ESSENTIAL DAILY PACKETS

Made with love by: Jigsaw Health, LLC.
9035 E Pima Center Pkwy #8• Scottsdale, AZ 85258
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