

Directions: Take one packet 2 times per day or as directed by your healthcare practitioner.

Each Packet Contains:

Foundation Essentials® for Women is a powerful combination of four foundation nutritional formulas provided in convenient daily dose packets. This formula does not contain copper, making it the perfect foundation nutrition supplement for women.*



2 MultiMedica™ for Women –

providing high quality comprehensive vitamins, minerals, amino acids and herbals. This multivitamin without iron features patented Albion™ TRAACS™ amino acid chelates for optimal mineral absorption.*



1 OsteoMedica® – provides the optimal bone health support of MCHC (Microcrystalline Hydroxyapatite Concentrate) from New Zealand cattle.* The MCHC in this formula contains crystalline compounds of calcium, phosphorus, organic factors, collagen (type 1) and naturally occurring bone growth factors.* Additionally, this formula provides added magnesium and vitamin D3.



1 CoQ-Clear® 100 –

a patent pending, crystal-free CoQ10 that offers the highest absorption and bioavailability.* CoQ10 is a component of the electron transport chain, participating in aerobic cellular respiration for generating energy. Most of the human body's energy is generated this way.



1 Omega 600™ –

providing 600 mg of ultra-pure, molecularly distilled, omega 3 fatty acids sourced from fish caught in cold, deep sea waters.

60 packets

DIETARY SUPPLEMENT

*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.



Foundation Essentials®

for Women

60 packets

DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Packet
Servings Per Container 60

Amount Per Packet	% Daily Value	
Calories	10	
Total Fat	1 g	1%†
Vitamin A (85% [4,250 IU] retinyl palmitate, 15% [750 IU] natural mixed carotenoids) (5,000 IU)	1,500 mcg RAE	167%
Vitamin C (as potassium ascorbate, magnesium ascorbate, calcium ascorbate, zinc ascorbate)	125 mg	139%
Vitamin D3 (as cholecalciferol) (300 IU)	7.5 mcg	38%
Vitamin E (as d-alpha tocopheryl succinate, d-alpha tocopherol) (91 IU)	61 mg	407%
Thiamin (Vitamin B1) (as thiamin mononitrate)	10 mg	833%
Riboflavin (Vitamin B2) (as riboflavin, riboflavin-5'-phosphate)	10 mg	769%
Niacin (as niacinamide and niacin)	30 mg NE	188%
Vitamin B6 (as pyridoxal-5'-phosphate)	10 mg	588%
Folate (as 100 mcg 6(S)-5-methyltetrahydrofolic acid, glucosamine salt)†††	170 mcg DFE	43%
Vitamin B12 (as methylcobalamin)	300 mcg	12,500%
Biotin	500 mcg	1,667%
Pantothenic Acid (as d-calcium pantothenate)	100 mg	2,000%
Choline (as choline bitartrate)	30 mg	5%
Calcium (from microcrystalline hydroxyapatite calcium, as di-calcium malate*, calcium ascorbate, calcium bisglycinate chelate buffered††)	250 mg	19%
Iron (as ferrous bisglycinate chelate)††	2.5 mg	14%
Phosphorus (from microcrystalline hydroxyapatite calcium, as pyridoxal-5'-phosphate, riboflavin-5'-phosphate sodium)	174 mg	14%
Iodine (as potassium iodide)	75 mcg	50%
Magnesium (as di-magnesium malate, magnesium bisglycinate chelate buffered††, magnesium ascorbate, magnesium citrate)	125 mg	30%
Zinc (as zinc bisglycinate chelate††, zinc ascorbate)	7.5 mg	68%
Selenium (as selenium chelate)	50 mcg	91%
Manganese (as manganese bisglycinate chelate)††	0.25 mg	11%
Chromium (as chromium nicotinate glycinate chelate)††	250 mcg	714%
Molybdenum (as molybdenum glycinate chelate)††	25 mcg	56%
Potassium (as potassium citrate, potassium ascorbate)	49.5 mg	1%
Natural Marine Lipid Concentrate	1 g	**
EPA (eicosapentaenoic acid) (360 mg)		**
DHA (docosahexaenoic acid) (240 mg)		**
Microcrystalline Hydroxyapatite Concentrate (MCHC)	569 mg	**

Supplement facts continued on next panel. ▶

Supplement facts continued from previous panel. ◀

Amount Per Packet	% Daily Value	
Coenzyme Q10 (ubiquinone)	100 mg	**
Inositol	30 mg	**
Acetyl L-Carnitine Hydrochloride	25 mg	**
N-Acetyl L-Cysteine (NAC)	25 mg	**
L-Taurine	15 mg	**
Mixed Tocopherols	15 mg	**
Cranberry (<i>Vaccinium macrocarpon</i>) (berry)	12.5 mg	**
<i>Panax ginseng</i> (root)	12.5 mg	**
Red Clover (<i>Trifolium pratense</i>) (aerial parts)	12.5 mg	**
L-Lysine hydrochloride	10 mg	**
Para-aminobenzoic acid (PABA)	10 mg	**
Rutin (from <i>Sophora japonica</i>)	8 mg	**
Chamomile (<i>Matricaria recutita</i> L.) (flower)	7.5 mg	**
Chaste Berry (<i>Vitex agnus castus</i>) extract 4:1	7.5 mg	**
Hesperidin (from <i>Citrus aurantium</i>)	7.5 mg	**
Wild Yam (<i>Dioscorea villosa</i>) (roots and rhizome)	7.5 mg	**
Quercetin (from <i>Dimorphandra mollis</i>)	6 mg	**
R-Alpha Lipoic Acid	5 mg	**
Lutein (from <i>Tagetes erecta</i>)	37.5 mcg	**

†Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

Other Ingredients in MultiMedica™ for Women: Hydroxypropyl methylcellulose (vegetable capsule), magnesium oxide (buffering agent), magnesium stearate (vegetable), silica. **Other Ingredients in Omega 600™:** Gelatin, glycerin, water, vitamin E (as natural d-alpha tocopherol). **Other Ingredients in CoQ-Clear® 100:** Citrus oil (GRAS certified; natural food grade), gelatin (bovine), glycerin, purified water, medium-chain triglycerides, red radish powder (softgel color), carob extract (softgel color), caramel liquid (softgel color). **Other Ingredients in OsteoMedica®:** Hydroxypropyl methylcellulose (vegetable capsule), magnesium stearate, silicon dioxide.

Contains: Fish (anchovy, mackerel and sardine), vitamin E from soy.

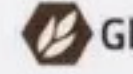
Manufactured for: **NuMedica® LLC** | 9503 E. 55th Place | Tulsa, OK 74145 | 800.869.8100 | www.numedica.com

Caution: Excess vitamin A intake may be toxic and may increase the risk of birth defects. Pregnant women and those who may become pregnant should not exceed 1,500 mcg RAE (5,000 IU) of pre-formed vitamin A (retinyl palmitate or retinyl acetate) per day. It is also recommended that children under four should not regularly consume more than 750 mcg RAE (2,500 IU) per day. Keep out of reach of children. **Storage:** Keep tightly closed in a cool, dry place. **Does Not Contain:** Milk, eggs, shellfish, tree nuts, peanuts, wheat, artificial colors. **The packets in this container are labeled Foundation Nutrition with Iron.**

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



Albion™, **TRAACS™, *DimaCal™, **Ferrochel™ and the Albion Gold Medallion design are trademarks of Balchem Corp. or Albion Labs. U.S. Patent 6,706,904.



Gluten-Free



***Quatrefolic® is a registered trademark of Gnosis S.p.A, U.S. Patent No. 7,947,662.



THIRD-PARTY CERTIFIED FACILITY

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This product is not labeled for sale in the State of California.