



Wellness Essentials Healthy Balance

Advanced Nutritional Blood Sugar Support

Wellness Essentials Healthy Balance is formulated to target healthy blood sugar and insulin levels already in the normal range, as well as maintain vitality and overall health.

Why Wellness Essentials Healthy Balance?

- Helps protect cells and maintain DNA stability with a proprietary blend of concentrated extracts and phytonutrients
- Features scientifically advanced nutritional support to help maintain healthy insulin and blood sugar levels already in the normal range
- Provides a USP-grade preparation of alpha-lipoic acid (ALA) that delivers maximum value and effectiveness with an excellent safety profile
- Supports heart health, mood, and overall health with quality-guaranteed omega-3 fatty acids manufactured and third-party tested in Norway to ensure greater purity

Form: 30 Packets
Serving Size: 1 Packet

Ingredient:	Amount Per Serving
Calories	20
Calories from Fat	20
Total Fat	2 g
Cholesterol less than	5 mg
Vitamin A (50% from mixed carotenoids and 50% as retinyl acetate)	5000 IU
Vitamin C (as ascorbic acid and ascorbyl palmitate)	360 mg
Vitamin D (as cholecalciferol)	700 IU
Vitamin E (as d-alpha tocopheryl succinate)	250 IU
Vitamin K (as phytonadione)	60 mcg
Thiamin (as thiamin mononitrate)	27.5 mg
Riboflavin	16.5 mg
Niacin (as niacinamide and niacin)	115 mg
Vitamin B6 (as pyridoxine HCl)	21.5 mg
Folate (as calcium L-5-methyltetrahydrofolate†)	800 mcg
Vitamin B12 (as methylcobalamin)	250 mcg
Biotin	2250 mcg
Pantothenic Acid (as D-calcium pantothenate)	67.5 mg
Iodine (as potassium iodide)	75 mcg
Magnesium (as magnesium citrate)	20 mg
Zinc (as zinc citrate)	16.5 mg
Selenium (as selenium aspartate and selenomethionine)	140 mcg
Copper (as copper lysinate HCl and copper citrate)	1.25 mg
Manganese (as manganese citrate)	1.45 mg
Chromium (as chromium polynicotinate)	700 mcg
Molybdenum (as molybdenum aspartate complex)	25 mcg
Alpha-Lipoic Acid	300 mg
Catechins	106 mg
Epigallocatechin Gallate (EGCG) [from decaffeinated green tea (Camellia sinensis) leaf extract]	70 mg
Chinese Cinnamon (Cinnamomum cassia) Bark Powder	500 mg
Taurine	300 mg
L-Carnosine	50 mg
Choline (as choline bitartrate)	12.5 mg
Inositol	12.5 mg
Lycopene	3 mg
Zeaxanthin	1 mg
Lutein	3 mg
Resveratrol (from Polygonum cuspidatum 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 equivalents (GAE)], grape seed extract [standardized to 90% polyphenols], 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, prune skin 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 carnosol+carnosic acid], artichoke leaf extract [containing cynarin and chlorogenic acid]	
Natural Marine Lipid Concentrate	2 g
EPA (Eicosapentaenoic acid)	600 mg
DHA (Docosahexaenoic acid)	400 mg
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PhytoMulti:

Other Ingredients: Microcrystalline cellulose, cellulose, croscarmellose sodium, silica, stearic acid (vegetable), and coating (hypromellose, medium chain triglycerides, hydroxypropylcellulose, and sodium copper chlorophyllin).

OmegaGenics EPA-DHA 500:

Ingredients: Marine lipid concentrate [fish (anchovy, sardine, and mackerel) oil], gelatin, glycerin, purified water, natural lemon flavour, mixed tocopherols, rosemary extract, and ascorbyl palmitate. **Contains: Fish (anchovy, sardine, and mackerel).**

Meta Lipoate 100:

Other Ingredients: Microcrystalline cellulose, cellulose, silica, stearic acid (vegetable), and magnesium stearate (vegetable).

MetaGlycemX:

Ingredients: Microcrystalline cellulose, cellulose, croscarmellose sodium, silica, stearic acid (vegetable), calcium silicate, magnesium stearate (vegetable), and coating (hypromellose, medium chain triglycerides, and hydroxypropylcellulose).

ChondroCare:

Ingredients: Glucosamine sulfate potassium chloride [crustacean shellfish (crab shells, shrimp)], microcrystalline cellulose, chondroitin sulfate, methylsulfonylmethane, cellulose, croscarmellose sodium, stearic acid (vegetable), selenomethionine, zinc citrate, silica, copper citrate, manganese citrate, and coating (hypromellose, medium chain triglycerides, and hydroxypropylcellulose).

Contains: crustacean shellfish (crab shells, shrimp).

Each packet contains: 1 PhytoMulti tablet (green), 2 OmegaGenics EPA-DHA 500 softgels (golden yellow), 3 ChondroCare tablets (white), 1 Kaprex softgel (dark green), and 1 Glucosamine Sulfate 750 tablet (off-white).

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

Products included are non-GMO and gluten free.

Caution: If taking medication—including blood thinning medication—consult your healthcare practitioner before using this product. Do not use before surgery.

Certain persons, considered experts, may disagree with one or more of the foregoing statements, but the same are deemed, nevertheless, to be based on sound and reliable authority. No such statements shall be construed as a claim or representation as to Metagenics products, that they are offered for the diagnosis, cure, mitigation, treatment or prevention of any disease.