



# Wellness Essentials Women

Advanced Nutritional Support for Women

**Wellness Essentials Women** is formulated to target heart and bone health, as well as maintain vitality and overall health. Helps protect cells and maintain DNA stability with a proprietary blend of concentrated extracts and phytonutrients.

## Why Wellness Essentials Women?

- Promotes healthy bone density with magnesium and purity-tested MCHC—a complex crystalline compound composed primarily of calcium, phosphorus, trace minerals, and bone growth factors
- 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]	10 000 IU
Vitamin C (as ascorbic acid and ascorbyl palmitate)	120 mg
Vitamin D3 (as cholecalciferol)	1000 IU
Vitamin E (as d-alpha tocopheryl succinate)	100 IU
Vitamin K (as phytonadione)	120 mcg
Thiamin (as thiamin mononitrate)	25 mg
Riboflavin	15 mg
Niacin (as niacinamide and niacin)	50 mg
Vitamin B6 (as pyridoxine HCl)	25 mg
Folate (as calcium L-5-methyltetrahydrofolate†)	800 mcg
Vitamin B12 (as methylcobalamin)	200 mcg
Biotin	500 mcg
Pantothenic Acid (as D-calcium pantothenate)	75 mg
Calcium (as microcrystalline hydroxyapatite concentrate and dicalcium phosphate)	674 mg
Iron (as ferrous bis-glycinate)	18 mg
Phosphorus (as microcrystalline hydroxyapatite concentrate and dicalcium phosphate)	348 mg
Iodine (as potassium iodide)	150 mcg
Magnesium (as magnesium citrate)	40 mg
Zinc (as zinc citrate)	15 mg
Selenium (as selenium aspartate)	100 mcg
Copper (as copper citrate)	1 mg
Manganese (as manganese citrate)	0.5 mg
Chromium (as chromium polynicotinate)	200 mcg
Molybdenum (as molybdenum aspartate complex)	50 mcg
Microcrystalline Hydroxyapatite Concentrate †† (MCHC)	2000 mg
Choline (as choline bitartrate)	25 mg
Inositol	25 mg
Lycopene	6 mg
Zeaxanthin	2 mg
Lutein	6 mg
Resveratrol (from Polygonum cuspidatum root extract)	10 mg
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 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 11% min phenolic diterpenes and 7.6% min sum ofarnosol+carnosic acid], artichoke leaf extract [containing cynarin and chlorogenic acid]	
Marine Lipid Concentrate	2 g
EPA (Eicosapentaenoic acid)	600 mg
DHA (Docosahexaenoic acid)	400 mg

**PhytoMulti With Iron:**

**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 Extra Strength:**

**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).**

**Bone Builder Extra Strength:**

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

**Directions:** Take one packet daily 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 use. 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.