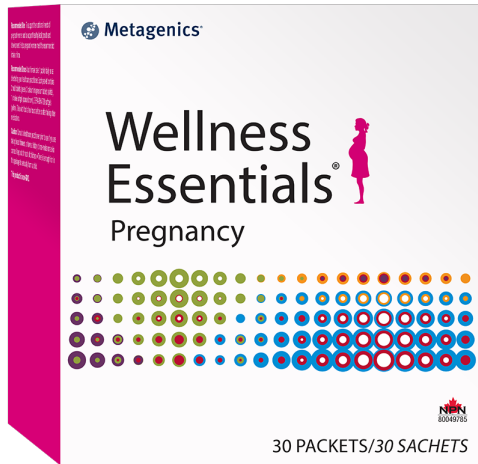


Wellness Essentials™ Pregnancy

Form: Packets
Flavour: no flavor
Size: 30 Packets



Ingredients	Amount
Each tablet or softgel contains:	
OmegaGenics EPA DHA 720 (yellow)	
Fish Oil (providing 430 mg EPA, 290 mg DHA) Derived from a blend of: mackerel, sardine, or anchovy	1,250 mg
Choline (opaque brown)	
Choline Bitartrate (providing 175 mg of choline)	460 mg
Calcium/Magnesium (white)	
Calcium (calcium citrate)	200 mg
Magnesium (magnesium oxide)	150 mg
Multi Tablets (green)	
Vitamin C (ascorbic acid, niacinamide ascorbate)	250 mg
Vitamin E (d-alpha tocopheryl succinate) (50 IU)	33.5 mg AT
Inositol	25 mg
Niacinamide (niacinamide ascorbate)	17.5 mg
Iron (iron bisglycinate)	15 mg
Zinc (zinc citrate)	12.5 mg
Vitamin B ₆ (pyridoxine HCl)	10 mg
Pantothenic Acid (calcium d-pantothenate)	10 mg
Thiamin (thiamin mononitrate)	1.7 mg
Riboflavin	1.7 mg
Beta-Carotene (2,000 IU)	1,200 mcg
Copper (copper citrate)	1 mg
Manganese (manganese citrate)	0.6 mg
Folate (calcium L-5-methyltetrahydrofolate) [†]	500 mcg

Vitamin A (retinyl palmitate) (750 IU)	225 mcg
Biotin	150 mcg
Selenium (HVP ^{††} chelate)	100 mcg
Chromium (chromium citrate)	100 mcg
Iodine (potassium iodide)	87.5 mcg
Vitamin B ₁₂ (methylcobalamin)	60 mcg
Vitamin K (phytonadione)	45 mcg
Molybdenum (HVP ^{††} chelate)	12.5 mcg
Vitamin D (cholecalciferol) (500 IU)	12.5 mcg

Non-Medicinal Ingredients:

- Multi Tablets:** Cellulose, croscarmellose sodium, stearic acid (veg), silicon dioxide, and coating (hypromellose, hydroxypropylcellulose, medium-chain triglycerides, and sodium copper chlorophyllin).
- Calcium/Magnesium:** Cellulose, stearic acid (veg), croscarmellose sodium, silicon dioxide, and coating (hypromellose, hydroxypropylcellulose, medium-chain triglycerides).
- Choline:** Safflower oil, gelatin, water, lecithin, coconut oil, sorbitol, glycerin, silicon dioxide, and carob powder. EPA-DHA 720: Gelatin, glycerin, water, contain 2% or less of natural lemon flavour, natural lime flavour, rosemary extract, tocopherols, and ascorbyl palmitate.

Recommended Dose: Adult female take 1 packet daily or as directed by your healthcare practitioner. Each packet contains 2 multi tablets (green), 2 calcium/magnesium tablets (white), 1 choline softgel (opaque brown), 2 EPA-DHA 720 softgels (yellow). Take with food a few hours before or after taking other medications.

Recommended Use: To support the nutritional needs of pregnant women and to support healthy fetal growth and development. Helps pregnant women meet the recommended intake of iron.

Caution: Consult a healthcare practitioner prior to use if you are taking blood thinners, or have a history

of non-melanoma skin cancer. Keep out of reach of children. There is enough iron in this package to seriously harm a child.

This product is non-GMO.

[†]Metafolin® is a registered trademark of Merck KGaA, Darmstadt Germany

^{††}HVP= Hydrolyzed Vegetable Protein