



Wellness Essentials™ Women

To provide antioxidants and factors for the maintenance of good health.

Form: Packets

Flavour: no flavor

Size: 30 PACKETS

Medicinal Ingredients:	Each tablet or softgel contains:				
OmegaGenics EPA-DHA 500 - NPN 80014992 (yellow)		Vitamin B ₆ (pyridoxine HCl)	12.5 mg	Bitter Melon (<i>Momordica charantia</i>) 10:1 fruit extract equivalent to 25 mg of bitter melon	2.5 mg
Fish Oil (providing 300 mg EPA, 200 mg DHA) Derived from a blend of mackerel, sardine, anchovy	980 mg	Thiamin (thiamin mononitrate)	12.5 mg	Indian Gum-Arabic-Tree (<i>Acacia nilotica</i>) 4:1 bark & heartwood extract equivalent to 10 mg of <i>Acacia nilotica</i>	2.5 mg
Cal Apatite Bone Builder Extra Strength - NPN 80069791 (white)		Grape (<i>Vitis vinifera</i>) seed extract standardized to 90% polyphenols	12.5 mg	Beta-Carotene	1.5 mg
Calcium (MCHC ⁺ , dicalcium phosphate)	337 mg	Blueberry (<i>Vaccinium</i> spp.) fruit extract standardized to 20% polyphenols, 15% anthocyanins	10 mg	Zeaxanthin	1 mg
Phosphore (MCHC ⁺ , dicalcium phosphate)	174 mg	Iron (iron bisglycinate)	9 mg	Vitamin A (retinyl acetate)	750 mcg
PhytoMulti with Iron - NPN 80087182 (green)		Green Tea (<i>Camellia sinensis</i>) leaf extract standardized to 60% catechins, 40% EGCG	8.3 mg	Copper (copper citrate)	0.5 mg
Citrus Bioflavonoids (<i>Citrus sinensis</i> L., <i>Citrus reticulata</i>) fruit extract standardized to 45% hesperidin	61 mg	Riboflavin	7.5 mg	Folate (calcium L-5-methyltetrahydrofolate)	400 mcg
Vitamin C (ascorbic acid, ascorbyl palmitate)	60 mg	Zinc (zinc citrate)	7.5 mg	Manganese (manganese citrate)	0.25 mg
Green Coffee bean extract (<i>Coffea arabica</i>) containing 45% chlorogenic acid	53 mg	Niacin	6.25 mg	Biotin	250 mcg
Pomegranate (<i>Punica granatum</i>) 9:1 whole fruit extract equivalent to 351 mg of pomegranate	39 mg	Resveratrol (<i>Polygonum cuspidatum</i>)	5 mg	Vitamin B ₁₂ (methylcobalamin)	100 mcg
Pantothenic Acid (calcium d-pantothenate)	37.5 mg	Lycopene	3 mg	Chromium (chromium polynicotinate)	100 mcg
Vitamin E (d-alpha tocopheryl succinate)	33.5 mg	Lutein	3 mg	Iodine (potassium iodide)	75 mcg
Magnesium (magnesium citrate)	20 mg	Artichoke (<i>Cynara scolymus</i> L.) 10:1 leaf extract equivalent to 25 mg of artichoke	2.5 mg	Vitamin K (phytonadione)	60 mcg
Niacinamide	18.75 mg	Chinese Cinnamon (<i>Cinnamomum cassia</i>) (bark)	2.5 mg	Selenium (HVP ⁺ chelate)	50 mcg
Choline (choline bitartrate)	12.5 mg	Rosemary (<i>Rosmarinus officinalis</i> L.) 9:1 leaf extract equivalent to 22.5 mg of rosemary	2.5 mg	Molybdenum (HVP ⁺ chelate)	25 mcg
Inositol	12.5 mg	Watercress (<i>Nasturtium officinale</i>) 4:1 aerial parts extract equivalent to 10 mg of watercress	2.5 mg	Vitamin D (cholecalciferol)	12.5 mcg
		Prune (<i>Prunus domestica</i>) 40:1 skin extract equivalent to 100 mg of prune	2.5 mg		

Non-Medicinal Ingredients:

PhytoMulti with Iron: Cellulose, croscarmellose sodium, stearic acid (veg), silicon dioxide, and coating (hypromellose, hydroxypropylcellulose, medium-chain triglycerides, and sodium copper chlorophyllin).

Bone Builder Extra Strength: Cellulose, stearic acid (veg), croscarmellose sodium, silicon dioxide, and coating (hypromellose, hydroxypropylcellulose, and medium-chain triglycerides)

PhytoMulti with Iron: Cellulose, croscarmellose sodium, stearic acid (veg), silicon dioxide, and coating



(hypromellose, hydroxypropylcellulose, medium-chain triglycerides, and sodium copper chlorophyllin).

Recommended Dose: Adult females take 1 packet (2 PhytoMulti with Iron, 2 OmegaGenics EPA-DHA 500, 2 Bone Builder Extra Strength) daily or as directed by your healthcare practitioner. Take with food a few hours before or after taking other medications or natural health products.

Recommended Use: To provide antioxidants and factors for the maintenance of good health. Helps support cognitive and cardiovascular health, and helps reduce serum triglycerides. Helps in the development and maintenance of bones and teeth. Adequate calcium as part of a healthy diet may help prevent bone loss/osteoporosis.

Caution: Do not use if you are pregnant. People sensitive to nicotinic acid may experience flushing of the skin that is generally mild and transient. Consult a healthcare practitioner if breastfeeding, taking prescription medications or blood thinners. Consult a healthcare practitioner for use beyond 12 weeks. Keep out of reach of children. There is enough iron in this package to seriously harm a child. Do not use if perma seal is missing.

Products included are non-GMO and gluten free.

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

^{††}HVP= Hydrolyzed Vegetable Protein