



Wellness Essentials® Women's Prime

Targeted Support for Menopause and Beyond*

Form: Packets

Flavor:

Size: 30 Packets

Beginning in early menopause, your body needs extra support for energy metabolism, heart health, and bone health. Wellness Essentials Women's Prime is formulated to target your unique nutritional needs to help you stay active and vital and maintain overall health.*

Each once-daily packet provides:

Multifaceted health support: PhytoMulti® is the “smart multi” with essential nutrients and a proprietary blend of 13 concentrated extracts and phytonutrients to help support cellular health.*

Bone density support: Bone Builder® with Magnesium goes beyond calcium with purity-tested MCHC—a complex crystalline compound composed primarily of calcium, phosphorus, trace minerals, and bone growth factors to help maintain healthy bone density.*

Bone remodeling support: Ostera®, in combination with a healthy diet and exercise, has been clinically shown to beneficially influence key markers of bone remodeling more than diet and exercise alone.*

Cardiovascular health support, immune system health support, and general wellness support: OmegaGenics® EPA-DHA 500 is a quality-guaranteed omega-3 fatty acid formula manufactured and third-party tested to ensure safety and potency.*

| Ingredients | Amount Per Serving | % Daily Value | | | | | | | |
|---|---------------------|---------------|--|--|--|--|--|--|--|
| Serving Size | 1 Packet | | | | | | | | |
| Servings Per Container | 30 | | | | | | | | |
| Calories | 20 | | | | | | | | |
| Total Fat | 2 g | 3%* | | | | | | | |
| Cholesterol | less than 5 mg | <2% | | | | | | | |
| Total Carbohydrate | 1 g | <1%* | | | | | | | |
| Dietary Fiber | 1 g | 4% | | | | | | | |
| Vitamin A (from mixed carotenoids and retinyl acetate) | 1,500 mcg | 167% | | | | | | | |
| Vitamin C (as ascorbic acid and ascorbyl palmitate) | 60 mg | 67% | | | | | | | |
| Vitamin D (as cholecalciferol) | 47.5 mcg (1,900 IU) | 238% | | | | | | | |
| Vitamin E (as d-alpha tocopheryl succinate) | 33.5 mg | 223% | | | | | | | |
| Vitamin K (as phytonadione USP) | 1,060 mcg | 883% | | | | | | | |
| Thiamin (as thiamin mononitrate) | 12.5 mg | 1,042% | | | | | | | |
| Riboflavin | 7.5 mg | 577% | | | | | | | |
| Niacin (as niacinamide and niacin) | 25 mg | 156% | | | | | | | |
| Vitamin B ₆ (as pyridoxine HCl) | 12.5 mg | 735% | | | | | | | |
| Folate (as calcium L-5-methyltetrahydrofolate)† | 665 mcg DFE | 166% | | | | | | | |
| Vitamin B ₁₂ (as methylcobalamin) | 100 mcg | 4,167% | | | | | | | |
| Biotin | 250 mcg | 833% | | | | | | | |
| Pantothenic Acid (as D-calcium pantothenate) | 37.5 mg | 750% | | | | | | | |
| Choline | 12.5 mg | 2% | | | | | | | |
| Calcium (as microcrystalline hydroxyapatite concentrate and dicalcium phosphate) | 410 mg | 32% | | | | | | | |
| Phosphorus (as microcrystalline hydroxyapatite concentrate and dicalcium phosphate) | 230 mg | 18% | | | | | | | |
| Iodine (as potassium iodide) | 75 mcg | 50% | | | | | | | |
| Magnesium (as magnesium citrate, magnesium aspartate, and magnesium bis-glycinate) | 220 mg | 52% | | | | | | | |
| Zinc (as zinc citrate) | 7.5 mg | 68% | | | | | | | |
| Selenium (as selenium aspartate) | 50 mcg | 91% | | | | | | | |
| Copper (as copper citrate) | 0.5 mg | 56% | | | | | | | |
| Manganese (as manganese citrate) | 0.25 mg | 11% | | | | | | | |
| Chromium (as chromium polynicotinate) | 100 mcg | 286% | | | | | | | |
| Molybdenum (as molybdenum aspartate complex) | 25 mcg | 56% | | | | | | | |
| Marine Lipid Concentrate | 2 g | *** | | | | | | | |
| EPA (Eicosapentaenoic acid) | 600 mg | *** | | | | | | | |
| DHA (Docosahexaenoic acid) | 400 mg | *** | | | | | | | |
| Microcrystalline Hydroxyapatite Concentrate (MCHC) | 1 g | *** | | | | | | | |
| Reduced Iso-Alpha Acids Complex (from hops extract, <i>Humulus lupulus</i> L.) | 740 mg | | | | | | | | |

Proprietary Phytonutrient Blend of:

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+carosic acid], artichoke leaf extract [containing cynarin and chlorogenic acid]

200 mg ***

| | | |
|---|---------|-----|
| Berberine HCl (from <i>Phellodendron amurense</i> bark extract) | 180 mg | *** |
| Myo-Inositol | 12.5 mg | *** |
| Resveratrol (from <i>Polygonum cuspidatum</i> root extract) | 5 mg | *** |
| Lycopene | 3 mg | *** |
| Lutein | 3 mg | *** |
| Zeaxanthin | 1 mg | *** |

PhytoMulti:

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

OmegaGenics EPA-DHA 500:

Ingredients: Marine lipid concentrate [fish (anchovy, sardine, and mackerel) oil], softgel shell (gelatin, glycerin, water), contains 2 percent or less of natural lemon flavor, mixed tocopherols (antioxidant), rosemary extract, and ascorbyl palmitate (antioxidant). **Contains: Fish (anchovy, sardine, and mackerel).**

Ostera:

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

Bone Builder with Magnesium:

Other Ingredients: Microcrystalline cellulose, sodium starch glycolate, stearic acid (vegetable),

silica, and coating (hypromellose, medium-chain triglycerides, and hydroxypropylcellulose).

Each packet contains: 1 PhytoMulti tablet (green), 2 OmegaGenics EPA-DHA 500 softgels (golden yellow), 2 Ostera tablets (yellow), and 2 Bone Builder with Magnesium tablets (off-white).

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

Warning: Excess vitamin A may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 3,000 mcg of preformed vitamin A (retinyl acetate) per day unless instructed to do so by a healthcare practitioner.

Caution: Consult your healthcare practitioner if taking other nutritional supplements or medications. Keep out of the reach of children.

Storage: Keep in a cool, dry place.

Products included are non-GMO and gluten-free.

'As Metafolin®. Metafolin® is a registered trademark of Merck KGaA, Darmstadt Germany.

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

***Daily Value not established.