



Wellness Essentials®

Targeted Nutrition for Overall Wellness*

Form: Packets

Flavor:

Size: 30 Packets

Wellness Essentials is formulated to support your 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 and activate health potential.*

Immune and neurological health support: D3 1000™ features 1,000 IU of vitamin D3 per tablet—the most bioactive form of supplemental vitamin D.*

Heart health, mood, and overall health support: OmegaGenics® EPA-DHA 500 is a quality-guaranteed omega-3 fatty acid formula manufactured and third-party tested to ensure greater purity.*

Ingredient	Amount	% Daily Value				
Serving Size	1 Packet		Selenium (as selenium aspartate)	50 mcg	91%	Proprietary Phytonutrient Blend of:
Servings Per Container	30		Copper (as copper citrate)	0.5 mg	56%	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 equivalent (GAE)], grape seed extract [standardized to 90% polyphenols], blueberry (<i>Vaccinium spp.</i>) 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 (<i>Cinnamomum cassia</i>) 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]
Calories	20		Manganese (as manganese citrate)	0.25 mg	11%	200 mg **
Calories from Fat	20		Chromium (as chromium polynicotinate)	100 mcg	286%	
Total Fat	2 g	3%*	Molybdenum (as molybdenum aspartate complex)	25 mcg	56%	
Cholesterol	less than 5 mg	<2%*	Choline (as choline bitartrate)	12.5 mg	2%	
Vitamin A from mixed carotenoids and retinyl acetate)	1,500 mcg	167%	Inositol	12.5 mg	**	
Vitamin C (as ascorbic acid and ascorbyl palmitate)	60 mg	67%	Lycopene	3 mg	**	
Vitamin D (as cholecalciferol)	1,500 IU	188%	Zeaxanthin	1 mg	**	
Vitamin E (as d-alpha tocopherol succinate)	33.5 IU	223%	Lutein	3 mg	**	
Vitamin K (as phytomenadione)	60 mcg	50%	Resveratrol (from <i>Polygonum cuspidatum</i> root extract)	5 mg	**	
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%				
Iodine (as potassium iodide)	75 mcg	50%				
Magnesium (as magnesium citrate)	20 mg	5%				
Zinc (as zinc citrate)	7.5 mg	68%				
PhytoMulti						
Other Ingredients: Microcrystalline cellulose,						

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



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).

D₃ 1000

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

Each packet contains: 1 PhytoMulti tablet (green), 2 OmegaGenics EPA-DHA 500 softgels (golden yellow), and 1 D₃ 1000 tablet (white).

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

Warning: Excess vitamin A intake may be toxic and 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.

Caution: Do not use if pregnant or nursing. 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.

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

**Daily Value not established.

¹As Metafolin®. Metafolin® is a registered trademark of Merck KGaA, Darmstadt Germany.