

Complete Essentials™ Daily Pack for Women

Supplement Facts

Serving Size: 1 Pack
Servings per Container: 60

Amount per Serving	A.M. Pack		P.M. Pack	
		% Daily Value		% Daily Value
Vitamin A (as beta carotene)	2500 IU	50%	2500 IU	50%
Vitamin C (as sodium, calcium and magnesium ascorbates)	580 mg	967%	60 mg	100%
Vitamin D3 (as cholecalciferol)	2500 IU	625%	2500 IU	625%
Vitamin E (as mixed and d-alpha tocopherols)	37 IU	123%	37 IU	123%
Vitamin K2 (as menaquinone)	40 mcg	50%	40 mcg	50%
Thiamin (as thiamin HCl)	3.75 mg	250%	3.75 mg	250%
Riboflavin	4.25 mg	250%	4.25 mg	250%
Niacin (as niacinamide)	10 mg	50%	10 mg	50%
Vitamin B6 (as pyridoxine HCl)	5 mg	250%	5 mg	250%
Folic Acid	300 mcg	75%	300 mcg	75%
Vitamin B12 (as cyanocobalamin)	15 mcg	250%	15 mcg	250%
Biotin	250 mcg	83%	250 mcg	83%
Pantothenic Acid	22.5 mg	225%	22.5 mg	225%
Calcium (as carbonate, hydroxyapatite, citrate and gluconate)	450 mg	45%	450 mg	45%
Iodine (as kelp and potassium iodide)	100 mcg	67%	100 mcg	67%
Magnesium (as oxide, citrate and amino acid chelate)	100 mg	25%	100 mg	25%
Zinc (as oxide, citrate and amino acid chelate)	7.5 mg	50%	7.5 mg	50%
Selenium (as amino acid chelate)	50 mcg	71%	50 mcg	71%
Copper (as amino acid chelate)	1 mg	50%	1 mg	50%
Manganese (as amino acid chelate)	1 mg	50%	1 mg	50%
Chromium (as amino acid chelate)	100 mcg	83%	100 mcg	83%
Molybdenum (as amino acid chelate)	37.5 mcg	50%	37.5 mcg	50%
Potassium (as citrate and iodide)	25 mg	<1%	25 mg	<1%
Boron (as citrate)	500 mcg	¶	500 mcg	¶
Vanadium (as amino acid chelate)	2.5 mcg	¶	2.5 mcg	¶
Essentials for Women Proprietary Blend	107 mg	¶	107 mg	¶
Beet (<i>Beta vulgaris</i>) juice powder, grape (<i>Vitis vinifera</i>) fruit extract, flax (<i>Linum usitatissimum</i>) seed extract, green tea (<i>Camellia sinensis</i>) leaf extract, choline bitartrate, alpha lipoic acid, Ionic Alfalfa™ (<i>Medicago sativa</i>) leaf extract, milk thistle (<i>Silybum marianum</i>) seed extract, pomegranate (<i>Punica granatum</i>) fruit extract, N-acetyl-L-cysteine, citrus bioflavonoids, rutin, hesperidin				
CytoActives Complex	95 mg	¶	95 mg	¶
Coenzyme Q-10 (ubiquinone)	50 mg	¶	50 mg	¶
Resveratrol (from <i>Polygonum cuspidatum</i>)	25 mg	¶	25 mg	¶
Tocotrienols (as EVNoI SupraBio™)*	20 mg	¶	20 mg	¶
CytoActives Proprietary Blend	358 mg	¶	358 mg	¶
Conjugated linoleic acid, flax (<i>Linum usitatissimum</i>) seed oil, red grape (<i>Vitis vinifera</i>) fruit extract, alpha lipoic acid, pomegranate (<i>Punica granatum</i>) fruit extract, wolfberry (<i>Lycium chinense</i>) fruit extract, ashwagandha (<i>Withania somnifera</i>) root extract, turmeric (<i>Curcuma longa</i>) root extract				
IsaOmega Concentrate	1020 mg	¶	1020 mg	¶
Total omega-3 fatty acids	600 mg	¶	600 mg	¶
EPA (eicosapentaenoic acid)	300 mg	¶	300 mg	¶
DHA (docosahexaenoic acid)	240 mg	¶	240 mg	¶
Other omega-3 fatty acids	60 mg	¶	60 mg	¶
IsaOmega Proprietary 5 6 9 Complex	110 mg	¶	110 mg	¶
Pomegranate (<i>Punica granatum</i>) seed oil (70% omega-5), evening primrose (<i>Oenothera biennis</i>) seed oil (9% omega-6 GLA), borage (<i>Borago officinalis</i>) seed oil (15% omega-9), flax (<i>Linum usitatissimum</i>) seed oil				
C-Lyte Proprietary Blend	40 mg	¶	0 mg	¶
Quercetin dihydrate, citrus bioflavonoids, Ionic Alfalfa™ (<i>Medicago sativa</i>) leaf extract, grape (<i>Vitis vinifera</i>) seed extract				

¶ Daily Value not established.

Other Ingredients: Gelatin, purified water, glycerin (vegetable source), microcrystalline cellulose, monoglyceride oil, silicon dioxide, vegetable capsule, cellulose gum, sodium bicarbonate, cellulose, natural lemon flavor, magnesium stearate (vegetable source), antioxidant complex (mixed tocopherols, rosemary oil extract, sunflower oil, ascorbyl palmitate), natural lime flavor, natural caramel color, sunflower lecithin, calcium carbonate, carnauba wax

Contains fish (sardine & anchovy) ingredients.

§AM Packet only

EVNoI SupraBio™ is a trademark of ExcelVite Inc and protected by US Patent No 6,596,306.

*from RSPO-certified sustainable palm oil

Note: If you are pregnant, breastfeeding, or have a medical condition, consult your physician before using this product. Discontinue use if adverse reaction occurs. For ages 18+.



GLUTEN-FREE

DAIRY-FREE