

# Wellness Essentials®

Foundation Nutrition  
Once-Daily Packets



**Wellness Essentials**  
Personalized Daily Support\*

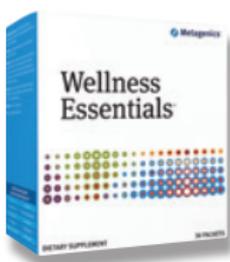
 **Metagenics®**

Genetic Potential Through Nutrition

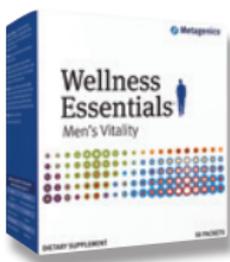
# Wellness Essentials

Personalized Nutrition with Targeted Health Support\*

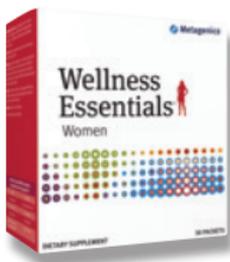
The Wellness Essentials line provides seven personalized formula combinations to meet unique health needs with once-daily packets of leading Metagenics formulas.\*



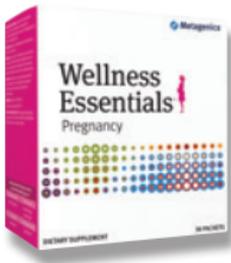
**Wellness Essentials®** is formulated to support immune and nervous system health, as well as maintain vitality and overall health.\* Packets include: PhytoMulti®, OmegaGenics® EPA-DHA 500 & D<sub>3</sub> 1000™



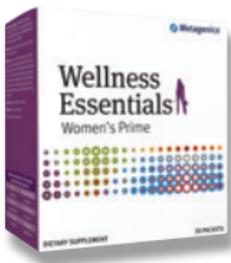
**Wellness Essentials® Men's Vitality** is designed to target vitality and libido, as well as support masculine functions and maintain overall health.\* Packets include: PhytoMulti®, OmegaGenics® EPA-DHA 500, HisSynergy™, Zinc A.G.™, and Testralin®



**Wellness Essentials® Women** is formulated to target heart and bone health, as well as maintain vitality and overall health.\* Packets include: PhytoMulti® with Iron, OmegaGenics® EPA-DHA 500 & Cal Apatite Bone Builder® Extra Strength



**Wellness Essentials® Pregnancy** is formulated to provide comprehensive nutritional support for preconception through nursing.\* Packets include: Advanced Prenatal (including 1000 mcg folate as calcium L-5-methyltetrahydrofolate), Choline, OmegaGenics® EPA-DHA 720 & Calcium/Magnesium



**Wellness Essentials® Women's Prime** is designed to target energy metabolism, heart health, and bone health, as well as maintain vitality and overall health in the mature woman.\* Packets include: PhytoMulti, OmegaGenics® EPA-DHA 500, Oстера® & Cal Apatite Bone Builder® with Magnesium



**Wellness Essentials® Active** is designed to target healthy joint flexibility, mobility, and comfort, as well as maintain vitality and overall health.\* Packets include: PhytoMulti®, OmegaGenics™ EPA-DHA 500, Kaprex®, ChondroCare® & Glucosamine Sulfate 750™



**Wellness Essentials® Healthy Balance** is formulated to target healthy blood sugar and insulin levels already in the normal range, as well as maintain vitality and overall health.\* Packets include: PhytoMulti®, OmegaGenics® EPA-DHA 500, MetaGlycemX™ & Meta Lipoate® 100

\* 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.

# Wellness Essentials— Personalized Formula Combinations in a Convenient, Daily Packet\*

Developed through extensive research, Wellness Essentials formulas provide advanced, high quality foundation nutrition with:

- PhytoMulti, the “Smart Multi” containing a mixture of vitamins, minerals, and phytonutrients scientifically tested for biological activity to help protect cells and maintain DNA stability\*†
- 1000 mg of purity-tested OmegaGenics omega-3 essential fatty acids for heart health, mood, and overall health\*†
- Novel and proprietary ingredients with science-based support for specific health concerns\*

Plus targeted support based on unique health needs, such as:\*

- Overall wellness
- Men’s health
- Women’s health
- Pregnancy
- Menopause & beyond
- Joint health
- Blood sugar balance

† Wellness Essentials Pregnancy provides an advanced vitamin/mineral formula specifically designed to support women from preconception through nursing, plus OmegaGenics EPA-DHA 720, with 1520 mg of omega-3s..

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# A Better Foundation for Wellness and Active Living\*

Scientific opinion now suggests that a foundation nutrition supplement containing only vitamins and minerals may not provide preferred daily support for both wellness and healthy aging.

There's a growing recognition of the value of omega-3 fatty acids, as well as phytonutrients. Omega-3 fatty acids (EPA & DHA) impact nearly all functions in the body, while phytonutrients support many body systems—starting at the cellular level.\*

## **Personalized Nutrition for Your Unique Health Needs\***

The Wellness Essentials line of once-daily nutritional support packets offers personalized combinations of science-based formulas that provide a foundation of essential vitamins/minerals, full-spectrum phytonutrients, and concentrated omega-3s, plus targeted support for your individual needs.\*

➔ Ask your healthcare provider which **Wellness Essentials** is right for you.

# 7 Formula Combination

		Wellness Essentials	Wellness Essentials Men's Vitality	Wellness Essentials Women
Overall Wellness Support*	Vitality	✓	✓	✓
	Heart health	✓	✓	✓
	Positive mood	✓	✓	✓
	Brain health	✓	✓	✓
	Nervous system health	✓	✓	✓
	Eye health & vision	✓	✓	✓
	Immune system health	✓	✓	✓
	Liver health	✓	✓	✓
	DNA stability potential	✓	✓	✓
	Overall health	✓	✓	✓
Targeted Health Support*	Libido		✓	
	Healthy sexual function		✓	
	Bone density			✓
	Bone remodeling			
	Fetal development			
	Smooth pregnancy			
	Joint health			
	Blood sugar			
Healthy insulin function				

# Options for Advanced Daily Nutrition\*

	Wellness Essentials Pregnancy	Wellness Essentials Women's Prime	Wellness Essentials Active	Wellness Essentials Healthy Balance
		✓	✓	✓
	✓	✓	✓	✓
	✓	✓	✓	✓
	✓	✓	✓	✓
		✓	✓	✓
	✓	✓	✓	✓
		✓	✓	✓
	✓	✓	✓	✓
	✓	✓		
		✓		
	✓			
	✓			
			✓	
				✓
				✓

# The Wellness Essentials Difference

Unlike common foundation nutrition packets, Wellness Essentials provides personalized support with advanced combinations of quality-guaranteed formulas.\*

	<b>Wellness Essentials</b>	Common Formula Combinations
Seven personalized formula combinations developed through extensive research to meet the unique health needs of specific demographics*	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Science-based support for specialized applications, including exclusive and proprietary ingredients*	<input checked="" type="checkbox"/>	<input type="checkbox"/>
High density mixture of essential vitamins/minerals and phytonutrients scientifically tested for biological activity to help protect cells and maintain DNA stability*†	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Unique daily foundation packets that include concentrated fish oil for broad-spectrum health support. *	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Guaranteed quality—manufactured and packaged under triple Good Manufacturing Practices (GMP)-certified conditions at a state-of-the-art facility or a pharmaceutical-licensed facility to assure the highest quality	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Once-daily packets for convenient, easy dosing	<input checked="" type="checkbox"/>	<input type="checkbox"/>