

Complete Essentials™ with IsaGenesis® Daily Pack for Women

Supplement Facts

Serving Size 1 Pack

	A.M. Pack		P.M. Pack	
Amount per Serving	% Daily Value		% Daily Value	
Vitamin A (as beta carotene)	1450mcg RAE	161%	1450mcg RAE	161%
Vitamin C (as sodium, calcium and magnesium ascorbates and ascorbic acid)	623mg	692%	103mg	114%
Vitamin D3 (as cholecalciferol)	70mcg	350%	70mcg	350%
Vitamin E (as mixed and d-alpha tocopherols)	23mg	153%	23mg	153%
Vitamin K2 (as menaquinone)	120mcg	100%	120mcg	100%
Thiamin (as thiamin HCl)	3mg	250%	3mg	250%
Riboflavin	4.25mg	250%	4.25mg	250%
Niacin (as niacinamide)	8mg NE	50%	8mg NE	50%
Vitamin B6 (as pyridoxine HCl)	4.25mg	250%	4.25mg	250%
Folate (as folic acid and L-5-methylfolate calcium salt)	300mcg DFE (180mcg folic acid)	75%	300mcg DFE (180mcg folic acid)	75%
Vitamin B12 (as cyanocobalamin and methylcobalamin)	18mcg	750%	18mcg	750%
Biotin	75mcg	250%	75mcg	250%
Pantothenic Acid	11.25mg	225%	11.25mg	225%
Calcium (as carbonate, hydroxyapatite, citrate and gluconate)	455mg	35%	455mg	35%
Iodine (as kelp and potassium iodide)	75mcg	250%	75mcg	250%
Magnesium (as oxide, citrate and amino acid chelate)	105mg	25%	105mg	25%
Zinc (as oxide, citrate and amino acid chelate)	5.5mg	50%	5.5mg	50%
Selenium (as amino acid chelate)	38.5mcg	70%	38.5mcg	70%
Copper (as amino acid chelate)	0.45mg	50%	0.45mg	50%
Manganese (as amino acid chelate)	1.15mg	50%	1.15mg	50%
Chromium (as amino acid chelate)	17.5mcg	50%	17.5mcg	50%
Molybdenum (as amino acid chelate)	22.5mcg	50%	22.5mcg	50%
Potassium (as citrate and iodide)	25mg	<1%	25mg	<1%
Boron (as citrate)	500mcg	†	500mcg	†
Vanadium (as amino acid chelate)	2.5mcg	†	2.5mcg	†
Essentials for Women Proprietary Blend	107mg	†	107mg	†

Beet (*Beta vulgaris*) juice powder, grape (*Vitis vinifera*) fruit extract, flax (*Linum usitatissimum*) seed extract, green tea (*Camellia sinensis*) leaf extract, choline bitartrate, alpha lipoic acid, Ionic Alfalfa™ (*Medicago sativa*) leaf extract, milk thistle (*Silybum marianum*) seed extract, pomegranate (*Punica granatum*) fruit extract, N-acetyl-L-cysteine, rutin, citrus bioflavonoids, hesperidin

	A.M. Pack	P.M. Pack
Amount per Serving	% Daily Value	% Daily Value
CytoActives Complex	95mg	†
Coenzyme Q10 (ubiquinone)	50mg	†
Resveratrol (from <i>Polygonum cuspidatum</i>)	25mg	†
Tocotrienols (as EVNol SupraBio™)*	20mg	†
CytoActives Proprietary Blend	358mg	†
Conjugated linoleic acid (CLA), 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	1020mg	†
Total omega-3 fatty acids	600mg	†
EPA (eicosapentaenoic acid)	300mg	†
DHA (docosahexaenoic acid)	240mg	†
Other omega-3 fatty acids	60mg	†
IsaOmega Proprietary 5 6 9 Complex	110mg	†
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	40mg	†
Quercetin dihydrate, citrus bioflavonoids, Ionic Alfalfa™ (<i>Medicago sativa</i>) leaf extract, grape (<i>Vitis vinifera</i>) seed extract		
IsaGenesis Proprietary Blend	1280mg	†
Milk thistle (<i>Silybum marianum</i>) seed extract, flax (<i>Linum usitatissimum</i>) seed oil, phosphatidylcholine, turmeric (<i>Curcuma longa</i>) root extract, green tea (<i>Camellia sinensis</i>) leaf extract, giant knotweed (<i>Polygonum cuspidatum</i>) root extract, horny goat weed (<i>Epimedium sagittatum</i>) herb top extract, pomegranate (<i>Punica granatum</i>) fruit extract, ashwagandha (<i>Withania somnifera</i>) root extract, grape (<i>Vitis vinifera</i>) seed extract, boswellia (<i>Boswellia serrata</i>) gum resin extract, blueberry (<i>Vaccinium angustifolium</i>) fruit extract, N-acetyl-L-cysteine, bilberry (<i>Vaccinium myrtillus</i>) fruit extract, R-alpha lipoic acid, L-glutathione, Asian ginseng (<i>Panax ginseng</i>) root extract, bacopa (<i>Bacopa monnieri</i>) whole plant extract, raspberry (<i>Rubus idaeus</i>) fruit extract, canola lecithin, harada (<i>Terminalia chebula</i>) fruit extract, quercetin dihydrate, velvet bean (<i>Mucuna pruriens</i>) seed extract, maca (<i>Lepidium meyenii</i>) root extract, goldthread (<i>Coptis chinensis</i>) root extract, shilajit extract, acacia-thorn mimosa (<i>Acacia nilotica</i>) bark extract, black tea (<i>Camellia sinensis</i>) leaf extract, white tea (<i>C. sinensis</i>) leaf extract, proprietary carotenoid blend (lutein, zeaxanthin)		

† Daily Value not established.

Other Ingredients: Gelatin, purified water, extra virgin olive oil, glycerin (vegetable source), starch, extra virgin coconut oil, seaweed isolate, microcrystalline cellulose, silicon dioxide, monoglyceride oil, 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, sorbitol, natural color (lycopene, caramel brown sugar), ascorbyl palmitate

Contains fish (sardine & anchovy) ingredients.

§A.M. pack only.

*From RSPO-certified sustainable palm oil.

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GLUTEN-FREE



DAIRY-FREE