

Wellness Essentials™

Key Vitamins & Minerals, Essential Fatty Acids,
PLUS Patient Specific Nutrition

Packed & Ready to *go*



Advantages:

- ▶ **Convenient**—just 1-2 portable packets daily from a 1-month supply container
- ▶ **Comprehensive**—combines a powerful multivitamin/mineral with purity-certified omega-3s
- ▶ **Targeted**—provides additional minerals and herbs for gender- and function-specific support*
- ▶ **Cost-Effective**—a greater value for patients than purchasing individual formulas
- ▶ **Excellent Quality**—GMP-certified manufacturing ensures quality and purity

The right combination for every patient:

- ▶ **Wellness Essentials™**
- ▶ **Wellness Essentials™ for Men**
- ▶ **Wellness Essentials™ for Women**
- ▶ **Wellness Essentials™ Joint Focus®**
- ▶ **Wellness Essentials™ for Pregnancy**
- ▶ **Wellness Essentials™ Blood Sugar Support***
- ▶ **Wellness Essentials™ Cardiovascular Support***



Extraordinary Supplements
in Convenient Packets

Patient Specific Formulas



The Essence of Wellness Essentials

Wellness Essentials guarantees daily intake of essential vitamins, minerals, and essential fatty acids. Daily nutrition is more than a multivitamin—even the best multivitamin. Adequate levels of

omega-3 essential fatty acids (EFAs) are critical for every patient.

Each Wellness Essentials combines a comprehensive multivitamin/mineral with purity-certified EPA-DHA to provide the ideal foundation for a daily nutritional program.

To complement this foundation are some of our best formulas to address specific health concerns for men and women, and to help them stay active and feeling good.♦

Just 2 portable packets a day (or just 1 for Wellness Essentials for Pregnancy) mean the ultimate in convenience for your patients. No bottles or daily counting—and at a greater savings than if purchased individually.

Nothing this simple has ever been as complete!

Wellness Essentials™ for Pregnancy Advanced Support for Preconception through Nursing♦

For women considering pregnancy, those already pregnant, and for nursing mothers.♦ This advanced combination of formulas provides what traditional prenatal multivitamins are missing.



Advanced Micronutrient Supplementation with a Gentle Touch

Each packet supplies:

- Calcium/Magnesium Formula (2 tablets)
- Choline Formula (1 softgel)
- Advanced Prenatal Multivitamin/Mineral (2 tablets)

Featuring inositol & 1 mg folate

Healthy Mood & Fetal Development Support♦

EPA-DHA Extra Strength® Lemon-Flavored (2 softgels) & DHA LemonGels™ (1 softgel)—Supporting overall health and a healthy mood pre- and post-delivery for mother, as well as promoting healthy fetal development of eyes and brain.♦

Recommendation: 1 packet daily.

Wellness Essentials™ Cardiovascular Support♦ Added Support for Cardiovascular Health♦

For those with cardiovascular concerns. Promotes healthy blood lipid levels, proper blood vessel dilation, optimal circulatory function, and healthy heart muscle function.♦

Foundation Nutrition & Cardiovascular Support♦

Two packets supply:

- Multigenics® Intensive Care Formula without Iron (2 tablets)
- EPA-DHA 720™ Lemon-Flavored (2 tablets)



Circulatory & Heart Muscle Function Support♦

Cardiogenics® Intensive Care (2 tablets)—Provides hawthorn and arjuna extracts traditionally used to support the heart, along with a blend of amino acids and minerals that play important roles in heart muscle function.♦

Arginine Plus™ (4 tablets)—Features L-arginine and ActiFolate®, a bioactive folate blend, to support healthy circulatory function and homocysteine levels.♦

Recommendation: 2 packets daily.

Wellness Essentials™ Blood Sugar Support♦ Added Support for Healthy Blood Sugar Levels♦

For those who want to maintain healthy blood sugar. Complements a healthy diet to support healthy glucose metabolism and optimal insulin activity.♦

Foundation Nutrition & Blood Sugar Support♦

Two packets supply:

- Multigenics® Intensive Care Formula without Iron (2 tablets)
- EPA-DHA Extra Strength® Lemon-Flavored (2 softgels)



Insulin Activity & Glucose Level Support♦

MetaGlycemX™ (4 tablets)—Unique combination of green tea, cinnamon, alpha-lipoic acid, and a comprehensive foundation of nutrients to support healthy insulin activity & glucose levels.♦

Recommendation: 2 packets daily.

Wellness Essentials™

Daily Nutrition Plus Advanced Liver Support♦

To help men and women keep feeling their best, with gentle liver detoxification support. Liver function can be impacted by environmental toxins and everyday stressors.♦

Foundation Nutrition & Support for Overall Health♦

Two packets supply:

- Multigenics® Intensive Care Formula without Iron (4 tablets)
- EPA-DHA Extra Strength® Lemon-Flavored (2 softgels)



Unique Support for Liver Function & Well-Being♦

AdvaClear® (2 capsules)—Providing comprehensive daily liver support to promote feelings of renewed vitality, energy, and well-being.♦

Recommendation: 2 packets daily.

Wellness Essentials™ for Men

Added Support for Male Energy & Libido♦

For men concerned with losing their “get up and go” as they enter their 30s and beyond. Ideal support for virility and vitality.♦

Foundation Nutrition & Support for Heart Health & Vitality♦

Two packets supply:

- Multigenics® Intensive Care Formula without Iron (2 tablets)
- EPA-DHA Extra Strength® (2 softgels) Lemon-Flavored



Strength, Libido & Stamina Support♦

Tribulus Synergy® (4 tablets)—The ultimate male response formula providing carefully selected Ayurvedic herbs traditionally used to support healthy sexual function and vitality.♦

Zinc A.G.™ (1 tablet)—Zinc blend for prostate & reproductive health support.♦

Recommendation: 2 packets daily.

Wellness Essentials™ for Women

Added Support for Healthy Hearts & Bones♦

Convenient nutritional support to help keep women of all ages vibrant, sharp, and healthy for a lifetime.♦

Foundation Nutrition & Support for Heart Health & Well-Being♦

Two packets supply:

- Multigenics® Intensive Care Formula (4 tablets)
- EPA-DHA Extra Strength® Enteric-Coated (2 softgels)



Complete Bioavailable Bone Nutrition♦

Cal Apatite® with Magnesium (2 tablets)—Landmark formula featuring carefully processed MCHC with an additional magnesium blend to promote healthy bone density and muscle relaxation.♦

E Complex 1:1™ (1 softgel)—Natural tocopherols blend with 1:1 ratio of alpha- to gamma-tocopherols

Recommendation: 2 packets daily.

Wellness Essentials™ Joint Focus®

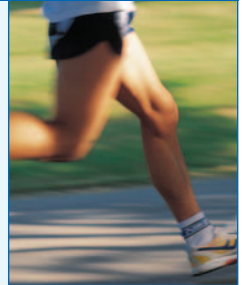
Added Support for Cartilage Integrity & Joint Relief♦

For those who want to remain active but may have joint health concerns. Features outstanding joint relief and support for joint function.♦

Foundation Nutrition & Support for Minor Pain Relief♦

Two packets supply:

- Multigenics® Intensive Care Formula without Iron (2 tablets)
- EPA-DHA Extra Strength® Lemon-Flavored (2 softgels)



Revolutionary Joint Relief♦

Kaprex® (2 tablets)—Clinically tested, GI-friendly joint relief that has also been shown in short-term studies to have no impact on cardiovascular markers such as blood pressure.♦

Glucosamine Sulfate 750™ (2 tablets)—Supporting joint health and integrity.♦

Recommendation: 2 packets daily.

Wellness Essentials

Ultimate Quality. Ultimate Convenience.

The Wellness Essentials line features premier formulations from Metagenics that set the standard for excellence in product quality and development. There's a lot that goes into the making of every single Wellness Essentials product—and no one else can match what we put inside.

Formulated for Bioavailability

Who else makes a multivitamin/mineral formula that resembles the intake of natural, healthy foods—including ratio-balanced B vitamins, carotenoids, and tocopherols? And only Metagenics can offer the gentle form of magnesium (MetaMag™) and body-ready folate (ActiFolate®) that are featured in Multigenics® Intensive Care formulas, along with amino acid chelates for optimal bioavailability.



Well-Researched

Metagenics is the only company in its niche to have an on-site clinical research facility—the Functional Medicine Research CenterSM—to test formulas in a clinical setting. From Cal Apatite to Kaprex, case studies and clinical trials demonstrate the effectiveness of these carefully formulated products. And no one else has an on-site proteomic lab to develop the optimal combination of naturally derived ingredients.

Rigorously Tested for Purity

You can feel secure in recommending Wellness Essentials—it's all about purity.

- Purity-certified essential fatty acids from cold water fish
- Purity-certified MCHC
- Purity-assayed glucosamine sulfate
- Herbs selected and tested using the MetaBotanica® Method to ensure origin, authenticity, quality, purity, and optimal effectiveness in tablet form



GMP-Certified Manufacturing

Wellness Essentials formulas are manufactured and handled in facilities that have pharmaceutical certification or are certified for good manufacturing practices (GMP) by the National Nutritional Foods Association (NNFA), NSF International, or the Therapeutic Goods Administration of Australia (TGA). Very few companies meet these rigorous guidelines that help ensure that the quality you and your patients pay for is the quality received.

Patient-Friendly

"The patient's best interests must be served." That's been our motto for over 20 years. Those "interests" also include patient preferences. Which is why we offer EPA-DHA formulas with enteric-coating or lemon flavor to promote patient compliance. It's also why we developed the Wellness Essentials line—to make comprehensive nutrition as convenient as possible: 1 or 2 portable packets per day, 1 month supply containers, and at a cost savings to the patient.



◆ These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



TGA THERAPEUTIC GOODS ADMINISTRATION



These certifications for Good Manufacturing Practices demonstrate the Metagenics commitment to purity and quality.

www.metagenics.com
©2006 Metagenics, Inc.
MET932 6/05 Rev 3/06