



Wellness Essentials Brain Health

Provides comprehensive support for cognitive function and brain health*

Form: Array

Flavor:

Size: 30 Packets

Wellness Essentials Brain Health is formulated to target your unique nutritional needs to support brain health and overall wellness.*

Each once-daily packet provides:

Multifaceted health support: PhytoMulti® features a proprietary blend of 13 concentrated extracts and phytonutrients with scientifically tested biological activity to support cellular health and overall wellness.*

Cognitive health support: Features Magnesium L-Threonate, designed to support cognitive health. Magnesium, a divalent cation, is important for neuronal activity as it binds to neurotransmitter receptors and is a co-factor for neuronal enzymes.*

Mitochondrial function support: CoQ10 is essential for energy production by supporting mitochondrial function.*

Antioxidant activity and glucose metabolism support: Features Meta-Lipoate® 300, a high quality alpha-lipoic acid which may protect tissues from free radicals, as well as support healthy glucose metabolism and cellular health.*

Cognitive and eye health: OmegaGenics® Neuro 1000 features a concentrated, purified source of omega-3 fatty acids with 750mg DHA and 250mg EPA per softgel.*

Ingredients	Amount Per Serving	% Daily Value			
Serving Size	1 Packet				
Servings Per Container	30				
Calories	15				
Total Fat	1.5 g	2%*			
Polysaturated Fat	1 g	**			
Total Carbohydrate	1 g	<1%*			
Dietary Fiber	1 g	4%*			
Vitamin A (49% as beta-carotene) (from mixed carotenoids and retinyl acetate)	1,500 mcg	167%	Folate (as calcium L-5-methyltetrahydrofolate) [†]	680 mcg DFE	170%
Vitamin C (as ascorbic acid and ascorbyl palmitate)	60 mg	67%	Vitamin B ₁₂ (as methylcobalamin)	100 mcg	4,167%
Vitamin D (as cholecalciferol)	12.5 mcg	63%	Biotin	250 mcg	833%
Vitamin E (as d-alpha tocopherol, d-alpha tocopheryl succinate, and mixed tocopherols)	100.5 mg	670%	Pantothenic Acid (as calcium D-pantothenate)	37.5 mg	750%
Vitamin K (as phytonadione USP)	60 mcg	50%	Choline (as choline bitartrate)	12.5 mg	2%
Thiamin (as thiamin mononitrate)	12.5 mg	1,042%	Iodine (as potassium iodide)	75 mcg	50%
Riboflavin	7.5 mg	577%	Magnesium (as magnesium L-threonate and magnesium citrate)	115 mg	27%
Niacin (as niacinamide and niacin)	25 mg	156%	Zinc (as zinc citrate and zinc oxide)	16.5 mg	150%
Vitamin B ₆ (as pyridoxine HCl)	12.5 mg	735%	Selenium (as selenium aspartate)	50 mcg	91%
			Copper (as copper citrate)	0.5 mg	56%
			Manganese (as manganese citrate)	0.25 mg	11%
			Chromium (as chromium polynicotinate)	100 mcg	286%
			Molybdenum (as molybdenum aspartate complex)	25 mcg	56%
			Magnesium L-Threonate ^{††}	1.3 g	**
			Marine Lipid Concentrate	1.3 g	**
			DHA (Docosahexaenoic acid triglyceride)	750 mg	**
			EPA (Eicosapentaenoic acid triglyceride)	250 mg	**
			Alpha-Lipoic Acid	600 mg	**
			Proprietary Phytonutrient Blend of:	200 mg	**

*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.

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 equivalents (GAE)], grape seed extract [standardized to 85% oligomeric proanthocyanidins], blueberry (*Vaccinium* spp.) 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 (*Cinnamomum cassia*) 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]

Coenzyme Q10 (as ubiquinone)	100 mg	**
Myo-Inositol	12.5 mg	**
Resveratrol (from <i>Polygonum cuspidatum</i> root extract)	5 mg	**
Lutein	3 mg	**
Lycopene	3 mg	**
Zeaxanthin	1 mg	**

PhytoMulti: Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, cellulose, stearic acid (vegetable), silica, and coating [hypromellose, medium-chain triglycerides, hydroxypropylcellulose, and sodium copper chlorophyllin (color)].

OmegaGenics Neuro 1000: Ingredients: Marine lipid concentrate (one or more of: anchovy, calamari, sardine, and mackerel oil), softgel shell (gelatin, glycerin, water), contains 2 percent or less of natural lemon flavors, rosemary extract, and mixed tocopherols and ascorbyl palmitate (antioxidants).

Contains: Fish (anchovy, sardine, and mackerel).

Meta Lipoate 300: Other Ingredients: Microcrystalline cellulose, magnesium stearate (vegetable), and silica.

Mag L-Threonate: Other Ingredients: Capsule (hydroxypropylmethylcellulose), microcrystalline cellulose, stearic acid (vegetable), and silica.

CoQ10 ST-100: Other Ingredients: D-limonene oil, gelatin, glycerin, medium-chain triglycerides, water, and turmeric powder (color).

Each packet contains: 1 PhytoMulti tablet (green), 1 OmegaGenics Neuro 1000 softgel (golden yellow), 2 Meta Lipoate 300 tablets (off-white with yellow speckles), 2 Mag L-Threonate capsules (white), and 1

CoQ10 ST-100 softgel (mustard yellow).

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

Warning: This product contains calamari, a mollusk shellfish. Please note that a subset of individuals with crustacean allergies may also react to mollusks

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 gluten-free.

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

**Daily Value not established.