

### Supplements Contained in Custom Pak

DIETARY SUPPLEMENTS	QTY	TIME
Xcellent - E Bulk Softgels	30	AM
Bulk FlashArrest (formerly Aromat8-PN)	30	AM
Femquil Bulk Capsules	30	AM
MonoPure 1300 EC Softgels	30	AM
Optimag 125 Bulk Capsules	30	PM
Bulk FlashArrest (formerly Aromat8-PN)	30	PM
Femquil Bulk Capsules	30	PM

### Supplement Facts

Serving Size: 1 Day of Packets (Breakfast and Dinner)

	Amount Per Serving	% Daily Value
Calcium (as DimaCal®dicalcium malate, calcium D-glucarate, and TRAACS® calcium bisglycinate chelate)##	60.00 mg	4%
Vitamin E (as d-alpha tocopherol)	33.50 mg	223%
Vitamin B6 (as pyridoxine HCl and pyridoxal 5'-phosphate)	15.00 mg	882%
Folate (as Quatrefolic (6S)-5-methyltetrahydrofolic acid, glucosamine salt)	200.00 mcg	50%
Vitamin B12 (as methylcobalamin)	200.00 mcg	8333%
Magnesium (as Albion®di-magnesium malate and TRAACS®magnesium lysinate glycinate chelate)	125.00 mg	29%
Magnesium (as Albion®di-magnesium malate)	25.00 mg	5%
Malic Acid (as Albion®di-magnesium malate)	414.00 mg	**
MaxSimil® Fish Oil Concentrate	1,300.00 mg	**
Rosemary Extract (Rosmarinus officinalis)(leaf)(5% rosmarinic acid)	25.00 mg	**
Total Mixed Tocopherols	125.00 mg	**
Total Omega-3 Fatty Acids	860.00 mg	**
trans-Resveratrol (from Plygonum cuspidatum extract)(root)	20.00 mg	**
Turmeric Extract (Curcuma longa)(root)(95% curcuminoids)	25.00 mg	**
Calcium-D-Glucarate	100.00 mg	**
Chaste Tree Extract (Vitex agnus-castus)(berry)(0.6% aucubin and 0.5% agnuside)	50.00 mg	**
DHA (docosahexaenoic acid)	260.00 mg	**
Diindolylmethane (DIM)	50.00 mg	**
EPA (eicosapentaenoic acid)	600.00 mg	**
EVNoI SupraBio# Bio-Enhanced Natural Full Spectrum Tocotrienol/Tocopherol Complex	164.50 mg	**
FlashArrest# Proprietary Blend - Norway spruce lignan extract (Picea abies) (knot wood)(90% hydroxymatairesinol potassium acetate) and 8-prenylnaringenin (from hops extract)(Humulus lupulus)(cones)	80.00 mg	**
Black Cohosh Extract (Cimicifuga racemosa)(root and rhizome) (2.5% triterpene glycosides)	50.00 mg	**
Glucoraphanin (from broccoli extract)(Brassica oleracea italica)(seed)(truebrock#)	4.50 mg	**
Grape Seed Extract (Vitis vinifera)(seeds)(95% proanthocyanidins)	12.50 mg	**
Green Tea Extract (Camellia sinensis)(leaf)(98% polyphenols, 75% catechins, and 45% EGCG)	50.00 mg	**

\*\* Daily value not established

**Other Ingredients:**

**MonoPure 1300 EC Softgels**

Softgel (fish gelatin, vegetable glycerin, and purified water), GRAS enteric coating (ethylcellulose, sodium alginate, purified water, medium-chain triglycerides, oleic acid, vegetable stearic acid, and ammonium hydroxide), and mixed natural tocopherols. #

**Xcellent - E Bulk Softgels**

Sunflower oil, softgel (bovine gelatin, vegetable glycerin, and purified water), and polyglycerol esters of fatty acids.

**Bulk FlashArrest (formerly Atromat8-PN)**

Microcrystalline cellulose, HPMC (capsule), stearic acid, magnesium stearate, and silica.

**Femquil Bulk Capsules**

Capsule (hypromellose and water), maltodextrin, ascorbyl palmitate, microcrystalline cellulose, silica, L-leucine, tricalcium phosphate, and hydroxypropyl cellulose.

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**ALLERGY INFORMATION:**

Manufactured on equipment that processes products containing fish, shellfish, egg, soy, milk, and tree nuts.

**Product Disclaimers:**

\* MonoPure 1300 EC Softgels

Contains: Fish (anchovy and/or sardine [sources of fish oil], tilapia and/or pangasius [sources of fish gelatin])

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