

Wellness Essentials

Personalized Nutrition with Targeted Health Support

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



Wellness Essentials™ Men supports prostate health and hormone balance, as well as helps maintain cognitive and cardiovascular health. Packet includes: 1 PhytoMulti tablet, 2 OmegaGenics EPA-DHA 500 softgels, 1 Zinc A.G. tablet & 1 Testralin® tablet



Wellness Essentials™ Women helps support cognitive and cardiovascular health, as well as helps maintain healthy bones. Packet includes: 2 PhytoMulti with Iron tablets, 2 OmegaGenics EPA-DHA 500 softgels & 2 Cal Apatite® 1000 tablets



Wellness Essentials™ Pregnancy is formulated to provide comprehensive nutritional support for preconception through nursing. Packet includes: 2 Advanced Prenatal tablets, 1 Choline softgel, 2 OmegaGenics EPA-DHA 720 softgels & 2 Calcium/Magnesium tablets

The Wellness Essentials Difference

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

	Wellness Essentials	Common Formula Combinations
Three 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 ¹	<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"/>

Wellness Essentials

Foundation Nutrition Once-Daily Packets



Wellness Essentials
Personalized Daily Support



Genetic Potential Through Nutrition

Wellness Essentials— Personalized Formula Combinations in a Convenient, Single 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[†]
- 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:

- Men’s health
- Women’s health
- Pregnancy

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 offer 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.

3 Formula Combinations for Advanced Daily Nutrition

	Wellness Essentials Men	Wellness Essentials Women	Wellness Essentials Pregnancy
Overall Wellness Support	Vitality	✓	✓
	Heart health	✓	✓
	Positive mood	✓	✓
	Brain health	✓	✓
	Nervous system health	✓	✓
	Eye health & vision	✓	✓
	Overall health	✓	✓
	Prostate health	✓	
Targeted Health Support	Red blood cells		✓
	Bone density	✓	✓
	Fetal development		✓

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