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[Wellness Essentials Brain Health](https://store.metagenics.com/item/welbh/wellness-essentials-brain-health/1.html)

Provides comprehensive support for cognitive function and brain health*

Product Name: Wellness Essentials Brain Health

Product Flavor: -

Product Size: 30 Packets

Product Forms: Array

URL:

<https://store.metagenics.com/item/welbh/wellness-essentials-brain-health/1.html>

*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.

Ingredients	Amount Per Serving	% Daily Value							
Serving Size	1 Packet		Folate (as calcium L-5-methyltetrahydrofolate) [†]	680 mcg DFE	170%	EPA (Eicosapentaenoic acid triglyceride)	250 mg	***	
Servings Per Container	30		Vitamin B ₁₂ (as methylcobalamin)	100 mcg	4,167%	Alpha-Lipoic Acid	600 mg	***	
Calories	15		Biotin	250 mcg	833%	Proprietary Phytonutrient Blend of:	200 mg	***	
Total Fat	1.5 g	2%**	Pantothenic Acid (as calcium D-pantothenate)	37.5 mg	750%				
Polyunsaturated Fat	1 g	***	Choline (as choline bitartrate)	12.5 mg	2%				
Total Carbohydrate	1 g	<1%**	Iodine (as potassium iodide)	75 mcg	50%				
Dietary Fiber	1 g	4%**	Magnesium (as magnesium L-threonate and magnesium citrate)	115 mg	27%				
Vitamin A (49% as beta-carotene) (from mixed carotenoids and retinyl acetate)	1,500 mcg	167%	Zinc (as zinc citrate)	7.5 mg	68%				
Vitamin C (as ascorbic acid and ascorbyl palmitate)	60 mg	67%	Selenium (as selenium aspartate)	50 mcg	91%				
Vitamin D (as cholecalciferol)	12.5 mcg	63%	Copper (as copper citrate)	0.5 mg	56%				
Vitamin E (as d-alpha tocopherol, d-alpha tocopheryl succinate, and mixed tocopherols)	100.5 mg	670%	Manganese (as manganese citrate)	0.25 mg	11%				
Vitamin K (as phytonadione USP)	60 mcg	50%	Chromium (as chromium polynicotinate)	100 mcg	286%				
Thiamin (as thiamin mononitrate)	12.5 mg	1,042%	Molybdenum (as molybdenum aspartate complex)	25 mcg	56%				
Riboflavin	7.5 mg	577%	Magnesium L-Threonate ^{††}	1.3 g	***				
Niacin (as niacinamide and niacin)	25 mg	156%	Marine Lipid Concentrate	1.3 g	***				
Vitamin B ₆ (as pyridoxine HCl)	12.5 mg	735%	DHA (Docosahexaenoic acid triglyceride)	750 mg	***				



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 Polygonum cuspidatum 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: Capsule (hydroxypropylmethylcellulose), microcrystalline

cellulose, stearic acid (vegetable), and silica.

CoQ10 ST-100: Other Ingredients: Medium-chain triglycerides, gelatin, D-limonene oil, glycerin, water, and turmeric oleoresin (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: Do not use if pregnant or nursing. This product contains calamari, a mollusk shellfish. Please note that a subset of individuals with crustacean allergies may also react to mollusks

Caution: If you are taking medication consult your healthcare practitioner before use. 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.

[†]As Metafolin®. Metafolin® is a registered trademark of Merck KGaA, Darmstadt Germany.

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