

# Essential Multi Pack

Multivitamin and mineral supplements help ensure nutritional health to support general wellness for those on medically supervised weight loss plans or long-term weight management.\*

## Healthy Transformation® Essential Multi Pack

provides focused, multidimensional nutritional support to help maintain general wellness for patients participating in medically supervised weight management programs.\*

### Each once-daily pack includes:

- + Multifaceted nutritional health support: The multi tablet delivers at least 100% DV of 11 essential nutrients along with a proprietary blend of concentrated extracts of fruits, vegetables, herbs, and phytonutrients with scientifically tested biological activity to support cellular health and overall wellness.\*
- + Immune and bone health support: Vitamin D<sub>3</sub> features 1,000 IU of vitamin D<sub>3</sub> per tablet—the most bioactive form of supplemental vitamin D.\*
- + Overall health support: Omega-3 EPA-DHA 500 mg (two per packet) is a quality guaranteed omega-3 fatty acid formula featuring pharmaceutical-grade omega-3 fatty acids from sustainably sourced cold water fish.



- ➔ 800.898.6888
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- + Essential Multi
- + Vitamin D<sub>3</sub>
- + Omega-3 EPA-DHA 500 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.

# Essential Multi Pack



## Supplement Facts

Serving Size 1 Packet  
Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	20	
Calories from Fat	20	
Total Fat	2 g	3%*
Cholesterol	less than 5 mg	<2%
Vitamin A (50% from mixed carotenoids and 50% as retinyl acetate)	5,000 IU	100%
Vitamin C (as ascorbic acid and ascorbyl palmitate)	60 mg	100%
Vitamin D (as cholecalciferol)	1,500 IU	375%
Vitamin E (as d-alpha tocopheryl succinate)	50 IU	167%
Vitamin K (as phytonadione)	60 mcg	75%
Thiamin (as thiamin mononitrate)	12.5 mg	833%
Riboflavin	7.5 mg	441%
Niacin (as niacinamide and niacin)	25 mg	125%
Vitamin B <sub>6</sub> (as pyridoxine HCl)	12.5 mg	625%
Folate (as calcium L-5-methyltetrahydrofolate <sup>1</sup> )	400 mcg	100%
Vitamin B <sub>12</sub> (as methylcobalamin)	100 mcg	1,667%
Biotin	250 mcg	83%
Pantothenic Acid (as D-calcium pantothenate)	37.5 mg	375%
Iodine (as potassium iodide)	75 mcg	50%
Magnesium (as magnesium citrate)	20 mg	5%
Zinc (as zinc citrate)	7.5 mg	50%
Selenium (as selenium aspartate)	50 mcg	71%
Copper (as copper citrate)	0.5 mg	25%
Manganese (as manganese citrate)	0.25 mg	13%
Chromium (as chromium polynicotinate)	100 mcg	83%
Molybdenum (as molybdenum aspartate complex)	25 mcg	33%
Choline (as choline bitartrate)	12.5 mg	**
Inositol	12.5 mg	**
Lycopene	3 mg	**
Zeaxanthin	1 mg	**
Lutein	3 mg	**
Resveratrol (from <i>Polygonum cuspidatum</i> root extract)	5 mg	**
Proprietary Phytonutrient Blend of:	200 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 equivalent (GAE)], grape seed extract [standardized to 90% polyphenols], blueberry ( <i>Vaccinium</i> 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 ( <i>Cinnamomum cassia</i> ) bark powder, Indian gum Arabic tree bark and heartwood extract [standardized to 6% catechins], rosemary extract [standardized to 7.6% min sum of carnosol+carosolic acid], artichoke leaf extract [containing cynarin and chlorogenic acid]		
Marine Lipid Concentrate	2 g	**
EPA (Eicosapentaenoic acid)	600 mg	**
DHA (Docosahexaenoic acid)	400 mg	**

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

\*\*Daily Value not established.

### Essential Multi:

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

### Omega-3 EPA-DHA 500 mg:

Ingredients: Marine lipid concentrate [fish (anchovy, sardine, and mackerel) oil], softgel shell [gelatin, glycerin, water], contains 2 percent or less of natural lemon flavor, mixed tocopherols (antioxidant), rosemary extract, and ascorbyl palmitate (antioxidant). **Contains: Fish (anchovy, sardine, and mackerel).**

### Vitamin D<sub>3</sub>:

Other Ingredients: Microcrystalline cellulose, sodium starch glycolate, stearic acid (vegetable), and silica.

<sup>1</sup>As Metafolin®. Metafolin® is a registered trademark of Merck KGaA, Darmstadt Germany.