

Foundation Essentials™ *for Women*



60 Convenient Daily Dose Packets

Foundation Essentials™ for Women is a powerful combination of four foundation nutritional formulas provided in convenient daily dose packets.

- **2-MultiMedica™ for Women** provides high quality comprehensive vitamins, minerals, amino acids and herbals, specifically designed to address the unique nutritional requirements of women. MultiMedica™ for Women features patented Albion TRAACS® amino acid chelates for optimal mineral absorption and is provided in hypoallergenic vegetable capsules.
- **1-OsteoMedica™** provides the optimal bone health support of MCHC (Microcrystalline Hydroxyapatite Concentrate) from New Zealand cattle. The MCHC in OsteoMedica™ contains crystalline compounds of calcium, phosphorus, organic factors, collagen (type 1) and naturally occurring bone growth factors. Additionally, OsteoMedica™ provides added Magnesium and Vitamin D3.
- **1-Omega 600 USP™** provides 600 mg of ultra-pure, molecularly distilled, natural marine lipid concentrate sourced from Ocean Nutrition of Canada, the only supplier of USP (United States Pharmacopeia) verified oils from fish caught in cold, deep sea waters.
- **1-CoQ Clear™** is a patent pending, crystal-free CoQ10 that offers the highest absorption and bioavailability. CoQ10 is a component of the electron transport chain, participating in aerobic cellular respiration for generating energy. Most of the human body's energy is generated this way. CoQ10 is a vital part of a high quality foundation nutrition regime, as an extremely powerful antioxidant.*

Two Packets Per Day Provides Offers:

- **Optimal Formula for Female Wellness**
- **Added MCHC and Calcium for Enhanced Bone Health**
- **Support for Cardiovascular Health**
- **Detoxification Support**
- **Nutrients to Offset Poor Dietary Intake**
- **Targeted Nutrition Designed for Women**

NUMEDICA®
ACHIEVING PHYSIOLOGICAL BALANCE

9503 E. 55th Place, Tulsa, OK 74145
Toll Free 1-866-787-5175
www.numedica.com

*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.

Foundation Essentials™ for Women

Supplement Facts	Serving Size: 2 Packets Servings Per Container: 30							
	4 MultiMedica for Women™ Capsules		2 Omega 600 USP™ Softgels		2 CoQ-Clear™ Softgels		2 OsteoMedica™ Capsules	
	Amount	%DV*	Amount	%DV*	Amount	%DV*	Amount	%DV*
Calories							30	
Calories from Fat							20	
Total Fat			2.448 g	4%				
Vitamin A (75% [7500 IU] natural mixed carotenoids, 25% [2500 IU] retinyl palmitate)	10,000 IU	200%						
Vitamin C (as magnesium ascorbate, zinc ascorbate, potassium ascorbate, calcium ascorbate)	250 mg	416%						
Vitamin D3 (as cholecalciferol)	800 IU	200%					200 IU	50%
Vitamin E (as d-alpha tocopherol succinate)	100 IU	333%	10 IU	34%				
Thiamin (as thiamin mononitrate)	15 mg	1,000%						
Riboflavin (as riboflavin-5'-phosphate)	5 mg	300%						
Niacin (as niacin and niacinamide)	60 mg	300%						
Vitamin B-6 (as pyridoxal-5'-phosphate)	16 mg	800%						
Folate (as folic acid)	200 mcg	50%						
Vitamin B-12 (as methylcobalamin and cyanocobalamin)	600 mcg	10,000%						
Biotin	300 mcg	100%						
Pantothenic Acid (as d-calcium pantothenate)	200 mg	2,000%						
Calcium (TRAACS® calcium glycinate chelate, calcium citrate, calcium hydroxyapatite, calcium ascorbate, MCHC, DimaCal® di-calcium malate)	100 mg	10%					400 mg	40%
Iron (Ferrochel® ferrous bisglycinate chelate)	5 mg	28%						
Phosphorus (from MCHC, pyridoxal-5'-phosphate, riboflavin-5'-phosphate)	12 mg	1%					90 mg	9%
Iodine (as potassium iodide)	150 mcg	100%						
Magnesium (TRAACS® magnesium glycinate chelate buffered, magnesium citrate, magnesium ascorbate, di-magnesium malate)	150 mg	38%					50 mg	13%
Zinc (TRAACS® zinc glycinate chelate, zinc ascorbate)	15 mg	100%						
Selenium (as selenium chelate)	100 mcg	142%						
Manganese (TRAACS® manganese glycinate chelate)	0.5 mg	25%						
Chromium (TRAACS® chromium nicotinate glycinate chelate)	240 mcg	200%						
Molybdenum (TRAACS® molybdenum glycinate chelate)	50 mcg	66%						
Potassium (as potassium glycinate complex, potassium ascorbate)	99 mg	2%						
MCHC (Microcrystalline Hydroxyapatite Concentrate)	130 mg	**					1,000 mg	**
Betaine HCl	60 mg	**						
Ashwagandha Root Extract	60 mg	**						
Choline (as choline bitartrate)	60 mg	**						
Inositol	60 mg	**						
N-Acetyl L-Carnitine HCl	50 mg	**						
N-Acetyl L-Cysteine	50 mg	**						
Milk Thistle Seed Extract	40 mg	**						
L-Taurine	30 mg	**						
Panax ginseng Root	25 mg	**						
L-Methionine	25 mg	**						
Red Clover Flower	25 mg	**						
Cranberry Fruit	25 mg	**						
Wild Yam Root (Dioscorea mexicana)	15 mg	**						
Natural Marine Lipid Concentrate			2.448 g	**				
EPA (eicosapentaenoic acid)			734 mg	**				
DHA (docosahexaenoic acid)			490 mg	**				
CoQ10 (ubiquinone)					100 mg	**		
Proprietary Women's Formula	163.8 mg	**						
Containing: Tribulus terrestris Fruit Extract, L-Lysine HCl, Para Amino Benzoic Acid (PABA), Rutin, Hesperidin, Chamomile Flower, Chaste Berry 4:1 Extract, Quercetin, R-Alpha Lipoic Acid, Lutein and Barley Grass.								

* Percent Daily Value based on a 2,000 calorie diet. ** Daily value not established.

Other ingredients for MultiMedica™ for Women: HPMC (vegetable capsule), rice flour and silica.
Other ingredients for Omega 600 USP™: Gelatin, glycerin, purified water, enteric coating and vanillin.
Other ingredients for CoQ-Clear™: Conjugated linoleic acid, flaxseed oil, gelatin, monoglyceride, gelatin and water.
Other ingredients for OsteoMedica™: HPMC (vegetable capsule) and vegetable stearate.
DimaCal and **TRAACS** are registered trademarks of Albion International, Inc.
 Malates covered by U.S. Patent 6,706,904 and patents pending.

This Formula Meets or Exceeds GMP Quality Standards.

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