



Women's Pure Pack

Comprehensive daily packet providing core nutrients,
calcium, vitamin D₃, CoQ₁₀, fish oil and açai†



Women's Pure Pack

with Metafolin® L-5-MTHF

Gluten-free & Non-GMO
Dietary Supplement
30 PACKETS

Supplement Facts

Serving size 1 packet (8 capsules)			
Servings per container 30			
	Amount Per Serving	%DV	
Calories	10		
Total fat	1 g	1%	*
Cholesterol	< 5 mg	< 2%	*
Vitamin A (as beta carotene)	1,125 mcg	125%	*
Vitamin C (as ascorbic acid)	125 mg	139%	*
Vitamin D (as cholecalciferol) (D ₃)	37.5 mcg (1,500 IU)	188%	*
Vitamin E (as d-alpha tocopherol succinate and natural tocopherols)	34 mg	223%	*
Vitamin K (as vitamin K ₁)	50 mcg	42%	*
Thiamin (as thiamin HCl) (B ₁)	12.5 mg	1,042%	*
Riboflavin (as vitamin B ₂ and 28% riboflavin 5' phosphate (activated B ₂))	17.35 mg	1,336%	*
Niacin (as niacin and 67% niacinamide)	37.5 mg	234%	*
Vitamin B ₆ (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B ₆))	10.4 mg	612%	*
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)	167%	*
Vitamin B ₁₂ (as methylcobalamin)	250 mcg	10,417%	*
Biotin	1 mcg	3%	*
Pantothenic acid (as calcium pantothenate) (B ₅)	25 mg	500%	*
Choline (as choline bitartrate)	20 mg	4%	*
Calcium (as calcium citrate)	500 mg	38%	*
Iodine (as potassium iodide)	100 mcg	67%	*
Magnesium (as magnesium citrate)	50 mg	12%	*
Zinc (as zinc citrate)	7.5 mg	68%	*
Selenium (as selenomethionine)	100 mcg	182%	*
Manganese (as manganese citrate)	1 mg	43%	*
Chromium (as chromium polynicotinate)	100 mcg	286%	*
Potassium (as potassium citrate)	50 mg	1%	*
Boron (as boron glycinate)	1 mg	*	
Vanadium (as bis-glycinate oxo vanadium)	50 mcg	*	
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg	*	
Inositol	62.5 mg	*	
Alpha lipoic acid	37.5 mg	*	
Coenzyme Q ₁₀	60 mg	*	
FloraGLO® lutein	3 mg	*	
Zeaxanthin	500 mcg	*	
Red wine grape (Vitis vinifera) concentrate (whole fruit) (standardized to contain 25% total polyphenols)	50 mg	*	
Grape (Vitis vinifera) extract (seed) (standardized to contain 92% polyphenols)	50 mg	*	
Pomegranate (Punica granatum) extract (whole fruit) (standardized to contain 40% punicosides)	50 mg	*	
Cranberry (Vaccinium macrocarpon) concentrate (fruit)	60 mg	*	
Assai palm (açai) (Euterpe oleracea) extract (whole fruit)	600 mg	*	
Blueberry (Vaccinium angustifolium) extract (fruit)	15 mg	*	
HMR Ignan™ (containing 7-hydroxymatairesinol) (from Norway spruce knot wood)	5 mg	*	
Green tea (Camellia sinensis) extract (leaf) (standardized to contain 85% total tea catechins and 23% epigallocatechin (EGCG))	50 mg	*	
Turmeric (Curcuma longa) extract (root) (standardized to contain 95% curcuminoids)	50 mg	*	
Calcium-D-glucarate	25 mg	*	
Rhodola (Rhodola rosea) extract (root) (standardized to contain 3% total rosvins and 1% salidroside)	50 mg	*	
Lemon balm (Melissa officinalis) extract (leaf) (standardized to contain 5% rosmarinic acid)	25 mg	*	
Fish oil concentrate (from anchovies, sardines, mackerel) providing: EPA (eicosapentaenoic acid) DHA (docosahexaenoic acid)	1,000 mg 300 mg 200 mg	*	
*Daily value not established			
^Percent daily values are based on a 2,000 calorie diet			

Other ingredients: vegetarian capsule (cellulose, water), gelatin capsule (gelatin, glycerin, water), hypochlorogenic plant fiber (cellulose), ascorbyl palmitate, cranberry fiber, cranberry seed oil, guar gum, sunflower lecithin. Contains fish (anchovies, sardines, mackerel).

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Metafolin® is a registered trademark of Metc & Co., Darmstadt, Germany.

STORE IN A COOL, DRY PLACE.

Recomendations: As a dietary supplement, take 1 packet daily (8 capsules), with a meal. **Warning:** Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood thinning medication, consult your health professional before use. **Keep out of the reach of children.**

ChromaMate	ChromaMate® brand niacin-bound chromium. ChromaMate® is a registered trademark of InterHealth N.L.
HMR Ignan™	HMR Ignan™ is a trademark of Linnea Inc.
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Curcumin C3 Complex	Curcumin C3 Complex is a registered trademark and patented product of Sabinsa Corporation.
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Kaneka Q10®	Kaneka Q10® is a trademark of Kaneka Corporation.



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Consume only as directed. Package is for 30 days of use. Please refer to the package for more information.

Manufactured by: **Pure Encapsulations**
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Dietary Supplement
DAILY PACKET

www.PureEncapsulations.com

Not For Individual Sale

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Recommendations: As a dietary supplement,
take 1 packet daily (9 capsules), with a meal.