



Formulated by Lorna R. Vanderhaeghe, BSc

Lorna R. Vanderhaeghe, B.Sc. began exploring nutritional medicine twenty years ago when she returned to college, completed pre-med requirements and studied biochemistry. Her books *The Immune System Cure* (1999) and *Healthy Immunity* (2001) are award winning best sellers. She has also co-authored with Dr. Karen Jensen, ND, *No More HRT: Menopause Treat the Cause* (2002). Look for Lorna's newest book *Healthy Fats for Life*, co-authored with Karlene Karst, B.Sc., R.D.

FemmEssentials

Complete Daily Nutrient Program for Women of All Ages

What to expect from this product:

Multi-Nutrient Formula – included in FemmEssentials Daily Packet

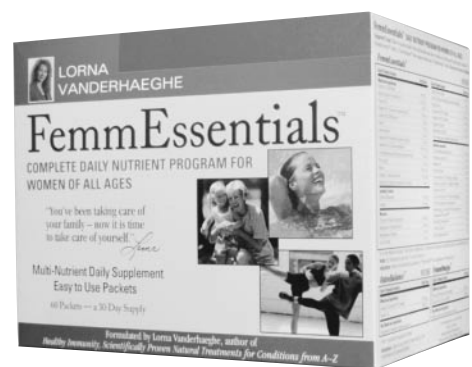
- Neutralizes free radicals responsible for premature aging
- Supports normal cardiovascular function
- Encourages hormone balance
- Boosts energy and endurance
- Balances blood sugar
- Promotes proper digestion and nutrient absorption
- Supports healthy breast tissue
- Encourages healthy skin, hair and nails
- Contains potent antioxidants
- Maintains proper thyroid function

OsteoSense™ – included in FemmEssentials Daily Packet

- Maintains dense, strong bones and maximum new bone growth
- Prevents calcium loss

FemmOmega™ – included in FemmEssentials Daily Packet

- Supports normal cardiovascular health
- Promotes glowing skin, hair and nails
- Balances hormones
- Aids optimal digestion
- Important for cellular and membrane repair
- Reduces menstrual and menopausal symptoms
- Reduces inflammation
- Improves mood



Based on the latest scientific research in women's health care, Lorna Vanderhaeghe has carefully selected the vitamins, minerals, antioxidants, herbs and essential fatty acids proven to provide a strong foundation for health.

FemmEssentials is designed to make nutrition simple – just pop the two packets into your handbag and go.

You've been taking care of your family – now it is time to take care of yourself!

FORMULA:

FemmEssential™

EACH 6 CAPSULES CONTAIN: DAILY DOSE

MEDICINAL INGREDIENTS

Vitamin A (Palmitate)	5000 IU
Beta Carotene (Provitamin A)	15,000 IU
Vitamin B-1 (Thiamine hydrochloride)	60 mg
Vitamin B-2 (Riboflavin)	60 mg
Niacin	30 mg
Niacinamide	30 mg
Vitamin B-6 (Pyridoxal-5-phosphate)	60 mg
Vitamin B-12 (Methylcobalamin)	1000 mcg
D’Pantothenic Acid (Calcium pantothenate)	250 mg
Folic Acid	1 mg
Biotin	500 mcg
Vitamin C (Calcium ascorbate)	600 mg
Vitamin E (d-alpha Tocopheryl succinate)	200 IU
Lipotropic Factors:	
Choline Bitartrate	100 mg
Inositol	100 mg

MINERALS:

Magnesium (Citrate/HVP* Chelate)	250 mg
Potassium (Citrate)	100 mg
Manganese (Citrate)	15 mg
Zinc (Citrate)	15 mg
Iodine (Kelp)	0.3 mg
Chromium (HVP* Chelate)	200 mcg
Selenium (HVP* Chelate)	100 mcg
Vanadium (Citrate)	75 mcg
Molybdenum (Citrate)	25 mcg

ADDITIONAL INGREDIENTS:

Citrus Bioflavonoid extract 4:1	100 mg
Betaine HCl	50 mg
Fennel seed extract 4:1 (<i>Foeniculum vulgare</i>)	50 mg
Glutamic Acid HCl	50 mg
Grapeseed Phytosome™	10 mg
Green Tea Phytosome™	10 mg
Indole-3-Carbinol	5 mg
Lutein (from Marigold) (<i>Tagetes erecta</i>)	1 mg

Encapsulated in a gelatin capsule (gelatin, purified water) with cellulose.

Phytosome® is a registered trademark of Indena S.P.A.

Note: For therapeutic use only. For adult use only.

Indication: Vitamin and mineral supplement.

OsteoSense™

EACH 6 CAPSULES CONTAIN: DAILY DOSE

MEDICINAL INGREDIENTS

Calcium (Citrate/HVP* Chelate)	1000 mg
Magnesium (Citrate)	250 mg
Vitamin D3	400 IU
Silicon (Horsetail)	4 mg

Encapsulated in a gelatin capsule (gelatin, purified water) with cellulose and vegetable grade magnesium stearate (lubricant).

Indication: Calcium and Vitamin D are factors in the maintenance of bones and teeth.

*HVP: Hydrolyzed Vegetable Protein

FemmOmega™

EACH 2 SOFTGELS CONTAIN: DAILY DOSE

MEDICINAL INGREDIENTS

Evening Primrose Oil (non-GMO)	1000 mg
Organic Flax Oil (non-GMO)	1600 mg

Encapsulated in a softgel capsule (gelatin, glycerin, purified water).

DAILY DOSAGE:

Take one to two packets daily: One with breakfast and one midday or with evening meal or as directed by a health practitioner. Each packet contains 3 FemmEssentials™ capsules, 3 OsteoSense™ bone support capsules and 1 FemmOmega™ softgel. Keep out of reach of children.

