

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™ 100** 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:

- **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

	4 MultiMedica for Women™ Capsules		2 Omega 600 EC™ Softgels		2 CoQ-Clear™ 100 Softgels		2 OsteoMedica™ Capsules	
	Amount	%DV*	Amount	%DV*	Amount	%DV*	Amount	%DV*
Calories	25							
Calories from Fat	20							
Total Fat	2.4 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 417%							
Vitamin D3 (as cholecalciferol)	400 IU 100% 200 IU 50%							
Vitamin E (as d-alpha tocopherol)	100 IU 333% 60 IU 200%							
Thiamin (as thiamin mononitrate)	20 mg 1,333%							
Riboflavin (as riboflavin-5'-phosphate, riboflavin)	20 mg 1,716%							
Niacin (as niacin and niacinamide)	60 mg 300%							
Vitamin B-6 (as pyridoxal-5'-phosphate)	20 mg 1,000%							
Folate (as folic acid)	800 mcg 200%							
Vitamin B-12 (as methylcobalamin)	600 mcg 10,000%							
Biotin	1,000 mcg 333%							
Pantothenic Acid (as d-calcium pantothenate)	200 mg 2,000%							
Calcium (TRAACS® calcium glycinate chelate, DimaCal® di-calcium malate, calcium ascorbate)	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, di-magnesium malate, magnesium ascorbate)	200 mg 50% 50 mg 13%							
Zinc (TRAACS® zinc glycinate chelate, zinc ascorbate)	15 mg 100%							
Selenium (as selenium glycinate complex)	100 mcg 142%							
Manganese (TRAACS® manganese glycinate chelate)	500 mcg 25%							
Chromium (TRAACS® chromium nicotinate glycinate chelate)	500 mcg 417%							
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 **							
Choline (as choline bitartrate)	60 mg **							
Inositol	60 mg **							
N-Acetyl L-Carnitine HCl	50 mg **							
N-Acetyl L-Cysteine	50 mg **							
L-Taurine	30 mg **							
<i>Panax ginseng</i> Root	25 mg **							
L-Methionine	25 mg **							
Red Clover Flower	25 mg **							
Cranberry Fruit	25 mg **							
Para Amino Benzoic Acid (PABA)	20 mg **							
L-Lysine HCl	20 mg **							
Rutin	16 mg **							
Chamomile Flower	15 mg **							
Chaste Berry 4:1 Extract	15 mg **							
Hesperidin	15 mg **							
Wild Yam Root (<i>Dioscorea mexicana</i>)	15 mg **							
Quercetin	12 mg **							
R-Alpha Lipoic Acid	10 mg **							
Lutein	75 mcg **							
Natural Marine Lipid Concentrate	2.4 g **							
EPA (eicosapentaenoic acid)	720 mg **							
DHA (docosahexaenoic acid)	480 mg **							
CoQ10 (ubiquinone)	200 mg **							
Mixed Tocopherols	30 mg **							

* 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 EC™: Gelatin, glycerin, food glaze, ethylcellulose, enteric coating, magnesium silicate, mixed tocopherols, and vanillin.

Other ingredients for CoQ-Clear™ 100: Miglyol, natural food grade citrus oil, glycerin, purified water, red radish powder, carob extract concentrate, caramel liquid.

Other ingredients for OsteoMedica™: HPMC (vegetable capsule) and vegetable stearate.



Albion, TRAACS, DimaCal and the Albion Medallion are registered trademarks of Albion Laboratories, Inc. Malates covered by U.S. Patent 6,706,904 and patents pending.

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