



NUTRAMETRIX® ISOTONIX  
ESSENTIALS™ WOMEN'S HEALTH



# WOMEN'S HEALTH

A custom formula designed for Women's Health. Features a dynamic blend of antioxidants<sup>†</sup>, botanicals and minerals.

GLUTEN  
FREE

## Isotonix ESSENTIALS™

A Isotonic-Capable Dietary Supplement  
30 – 0.47 oz. (13.3 g) Packets  
Net weight: 14.1 oz (399 g)

Supplement Facts		
Serving Size: 13.3 g		
Serving Per Container: 30		
	Amount Per Serving	% Daily Value*
Calories	20	
Total Carbohydrates	5	
Total Sugar	5	**
Includes 4 grams Added Sugar		
		7%
Vitamin A (20% Beta-Carotene)	600 mcg RAE	67%
Vitamin C (Ascorbic acid)	160 mg	178%
Vitamin D3 (Cholecalciferol)	26 mcg (1000 IU)	125%
Vitamin E (d-alpha Tocopheryl Acetate)	21 mg	140%
Thiamin (Vitamin B1)	3.5 mg	292%
Riboflavin (Vitamin B2)	4.5 mg	346%
Niacin (As Niacinamide)	30 mg NE	188%
Vitamin B6 (Pyridoxine HCl, Pyridoxal-5-Phosphate)	8 mg	471%
Folate (naturally occurring)(as (6S)-5-methyltetrahydrofolate acid, glucosamine salt, Quatrefolic <sup>‡</sup> )	837 mcg DFE	209%
Vitamin B12 (Methylcobalamin)	126 mcg	5250%
Biotin	525 mcg	17500%
Pantothenic Acid (D-Calcium Pantothenate)	25 mg	500%
Calcium (Lactate, Sulfate)	280 mg	22%
Iron (Pyrophosphate, SunActive® Fe)⊘	10 mg	56%
Iodine (Potassium Iodide)	75 mcg	50%
Magnesium (Citrate, Glycinate, Carbonate)	325 mg	77%
Zinc (Lactate)	3.75 mg	34%
Molybdenum (Sodium Molybdate)	25 mcg	56%

Sodium	17 mg	<1%
Potassium (Bicarbonate)	294 mg	6%
Pine Bark Extract (Pycnogenol <sup>†</sup> )	20 mg	**
Grape Seed Extract	12.5 mg	**
Red Wine Extract	12.5 mg	**
Bilberry Extract	12.5 mg	**
Citrus Extract Bioflavonoids	12.5 mg	**
Hyaluronic Acid (Sodium Hyaluronate)	7.5 mg	**

\* Percent Daily Value is based on a 2,000 calorie diet.  
 \*\* Daily Value not established.<sup>†</sup>  
<sup>†</sup> Pycnogenol<sup>®</sup> is the registered trademark of Horphag Research, Ltd., and is protected by U.S. patent numbers 4,698,360; 5,720,956; and 6,372,266.  
<sup>‡</sup> Quatrefolic<sup>®</sup> is the registered trademark of Gnosis S.p.A. and is protected by U.S. Patent No. 7,947,662.  
<sup>⊘</sup> SunActive Fe<sup>®</sup> is a registered trademark of Taiyo International Inc.  
**Other Ingredients:** Fructose, citric acid, malic acid, glucose, orange juice powder, grape fruit powder, lemon juice powder, maltodextrin, silicon dioxide, orange flavor, rebaudioside A (Stevia leaf), passion fruit flavor, raspberry fruit juice, lemon flavor, mango flavor, raspberry flavor, Lo Han (fruit) extract, grape skin extract, apple fiber, stearic acid, apple pectin, and lime flavor.

**BENEFITS\*:**

- Supports a healthy complexion
- Provides antioxidant protection for entire body
- Helps support healthy bones, teeth, joints and skin
- Helps maintain muscle and nerve function
- Helps support cardiovascular health
- Promotes cognitive health

**COMPLEXION • BALANCE • VITALITY\***

nutraMetrix® Isotonix Essentials™ Women's Health was made with the active woman in mind. A woman's body has unique needs based on her age, her weight and her physical fitness. The Isotonix Essential Women's health formula has the optimal combination of nutrients to meet the diversity of female needs with added vitamins and minerals to support female balance.\* Isotonix products have been carefully formulated to deliver nutrient dense solutions which move from the stomach into your intestine in a fast, controlled way. And they're buffered to resist nutrient degradation and to be gentle on your system.

**Directions for use:** Pour contents of packet into a cup. Add 8 fl. oz of water into the cup and stir. As a dietary supplement, take once daily or as directed by your healthcare provider. Maximum absorption occurs when taken on an empty stomach. This product is isotonic only if the specified amounts of water and powder are used.

**Who should take this product?** Females 18 years of age and older who want to support healthy skin and body, specific to women's needs.\*

\*These statements have not been evaluated by the Food and Drug Administration. This product(s) is not intended to diagnose, treat, cure or prevent any disease.

Warning: If you are currently using any prescription drugs, have an ongoing medical condition or are pregnant or breastfeeding, you should consult your healthcare provider before using this product. Magnesium should be used cautiously in individuals with reduced kidney function due to an increased risk of hypermagnesemia. Discontinue use and consult your healthcare provider if you experience diarrhea, abdominal cramping or discomfort. If you are currently taking monoamine oxidase inhibitors (MAOI) or angiotensin converting enzyme (ACE) inhibitors, you should not use this product. If you have phenylketonuria (PKU), high blood pressure, thyroid disease/Graves' disease, schizophrenia or bipolar disorder, you should not use this product.