

Women's Essential Pack

30 packets / 30-day supply

The **Women's Essential Pack** is designed for a woman's unique nutritional needs. Women of all ages are challenged to obtain the vital nutrients essential to a state of well-being. On a daily basis, a woman's body requires not only the well known macro-mineral, calcium, but a spectrum of vitamins, minerals and other plant based nutrients to function in a state of optimal health.

Women's bodies go through incredible changes. Hormonal cycles, pregnancy, loss of bone density, and shrinkage of muscle mass are all impacted by nutrition. Combine these natural changes with today's demanding lifestyle and obtaining the exact mix of daily required nutrients is almost impossible. Even for those that eat right, get enough sleep and relaxation, and exercise daily, obtaining and maintaining an internal state of well-being is challenging.

Women's Essential Pack provides a one month supply of valuable supplements in four complimentary formulas specifically designed to enhance a healthy lifestyle for women.



Potential users are women who:

- are unsure of the quality, freshness and nutrient value of the foods they consume due to handling, processing, cooking, storage, or other processes (fast foods, take-away, frozen dinners)
- smoke, drink alcohol, or are under psychological and/or physical stress
- find it difficult to eat a balanced diet (5 to 9 fresh fruit and vegetable servings a day, 6 to 10 whole grain servings a day, and adequate protein)
- exercise regularly (which places extra demands on the body)
- desire to obtain valuable nutrients that may help maintain bone density, hormonal regularity, and a strong immune function

Essentials for Women Multivitamin

Feature	Benefit
Supplies 12 vitamins and 12 minerals	Provides broad nutritional coverage and a balance of vital nutrients
Provides a full spectrum B-complex	B vitamins are essential for carbohydrate metabolism and provide valuable nutrition to the nervous system
Gelcaps	Easy to swallow and quick absorption.

EFA Essentials

Feature	Benefit
Supplies a combination of the EFAs	Provides well documented EFAs (omega 3 and omega 6 fatty acids, flax seed, fish, and borage oil) with systemic nutritional benefits, such as assisting in cardiovascular health.
Softgel capsule	Easy to swallow and quickly breaks down for absorption.

continued next page

Women's Essential Pack

30 packets / 30-day supply

Usage

Take one packet daily with liquid. For maximum absorption potential, take tablet with a meal or an LE Protein Shake.

Advisory

No general advisory for this product.

Follow usage instructions on product label.

Store tablets in a cool location.

Keep out of the reach of children.

This product is not intended to diagnose, treat, cure, or prevent any disease.

Anyone taking medication or diagnosed with a medical condition should consult their doctor before taking this product.

Common Questions

- Q:** When I first started using the Women's Essential Pack, I noticed my urine color change to a vivid yellow.
- A:** This commonly occurs due to some of the rich plant pigments carried through to the urine.
- Q:** I find it challenging to swallow the tablets. Does it destroy the nutritional value if I break the tablets or crush them up?
- A:** If it is challenging to swallow the whole tablets, you can certainly break them in half or crush and swallow with liquid. The nutritional value will not be diminished as long as you swallow the tablets soon after breaking them.

Calcium Plus	
Feature	Benefit
Supplies Tricalcium phosphate	Concentrated calcium (tri-calcium) with a high rate of absorption. This phosphate group provides phosphorus and helps with calcium absorption.
Supplies Magnesium oxide	Helps the body absorb calcium through vitamin D.
Supplies Vitamin D (D3)	Requirement by body to aid in calcium absorption. Helps regulate bone metabolism and repair.

Women's Virility	
Feature	Benefit
Supplies Kudzu	Source of estrogenic isoflavones daidzein and diadzin. Extract contains 40% isoflavones and has been used to treat menopause for centuries.
Supplies Rhodiola	Increases general blood flow in all organs. An energizing herb, which increases, libido and stabilizes hormones.
Supplies Damiana	Increases libido and blood flow.
Supplies Maca	Aids in hormonal balance and boosts libido.
Supplies Panax Ginseng	Contains Adaptogen, which acts estrogenic in women and helps relieve fatigue.
Supplies DHEA	Acts as a natural precursor to estrogen and progesterone. Reduces the symptoms of menopause and has an energizing and anti-aging effect in younger women.

Detailed product pages are available under each individual product page at trueessentials.net, under Women's Pack. Research and reports are also available on these pages.