



# WOMEN'S TRANSITION FOUNDATION

## Women's Transition Foundation Supplementation

Women's Transition Foundation provides comprehensive nutritional support for postmenopausal health.\* Each bottle of Women's Transition Foundation contains 30 packets of high quality broad coverage supplements including Multi Vitamin, Omega 500, Osteo Support, and Bone Support with Magnesium. This comprehensive formula features bioavailable, patented ingredients essential for postmenopausal health.\*

Clinical studies widely accept that nutritional requirements of women change as they age. Clinical research has demonstrated the efficacy of Women's Transition Foundation to:

- Support cognitive function and balanced moods\*
- Promote overall health and well-being\*
- Support healthy immune function\*
- Promote heart, bone, musculoskeletal, and eye health\*
- Support healthy oxidative stress response\*

## How Women's Transition Foundation Works

Multi Vitamin provides essential vitamins and minerals along with a proprietary phytonutrient blend supporting healthy immune function and healthy oxidative stress response.\*<sup>2,3</sup> Potent antioxidants and carotenoids support balanced moods, healthy heart function, and eye health.\*<sup>4,5,6</sup>

Omega 500 provides ample amounts of EPA, DHA, and other omega-3 essential fatty acids imperative for healthy cardiovascular and immune systems while also supporting musculoskeletal and joint health.\*<sup>7,8,9,10</sup>

Osteo Support promotes healthy bone metabolism and supports healthy inflammatory markers in the body.\*<sup>11</sup> Osteo Support contains xanthohumol known for its phytoestrogen compounds with estrogen-like activities on healthy bone metabolism and positive effects on healthy bone cell function in postmenopausal women.\*<sup>12,13</sup>

Bone Support with Magnesium is formulated with microcrystalline hydroxyapatite concentrate (as patented MCH-Cal™), providing highly bioavailable calcium and phosphorus for supporting bone function and integrity.\* It also features an evidence-based dose of vitamin D3 and magnesium for enhanced bone mineral support, calcium absorption, and healthy muscle function.\*<sup>14,15</sup>

## Why Use Women's Transition Foundation?

Research cited herein suggests supplementation with Women's Transition Foundation may help support women's postmenopausal health.\*



For more information, visit: [www.justbewell.info](http://www.justbewell.info)

# Supplement Facts

Serving Size: 1 Packet  
Servings Per Container: 30

Ingredients:	Amount	%DV*
Calories	25	
Total Fat	2 g	3%*
Cholesterol	10 mg	3%*
Protein	<1 g	
Vitamin A (50% as beta-carotene and as retinyl acetate)	2,000 mcg RAE	222%
Vitamin C (as ascorbic acid and ascorbyl palmitate)	80 mg	89%
Vitamin D3 (as cholecalciferol)	52 mcg (2,080 IU)	258%
Vitamin E (as d-alpha tocopheryl succinate)	44.67 mg	298%
Vitamin K (as phytonadione)	1,080 mcg	900%
Thiamin (as thiamin mononitrate)	16.67 mg	1,389%
Riboflavin	10 mg	769%
Niacin (as niacinamide and niacin)	33 mg NE	208%
Vitamin B6 (as pyridoxine HCl)	17 mg	980%
Folate (as calcium l-5-methyltetrahydrofolate (Biofolate®))	533 mcg DFE	133%
Vitamin B12 (as methylcobalamin)	133 mcg	5,555%
Biotin	333 mcg	1,111%
Pantothenic Acid (as calcium-d-pantothenate)	50 mg	1,000%
Calcium [as microcrystalline hydroxyapatite calcium (MCH-Cal™) and dicalcium phosphate]	416 mg	32%
Phosphorous [as microcrystalline hydroxyapatite calcium (MCH-Cal™) and dicalcium phosphate]	233 mg	19%
Iodine (as potassium iodide)	100 mcg	67%
Magnesium (as magnesium citrate, magnesium citrate tribasic, magnesium bisglycinate chelate, and magnesium aspartate)	327 mg	78%
Zinc (as zinc citrate)	10 mg	91%
Selenium (as selenium aspartate)	67 mcg	121%
Copper (as cupric citrate)	0.7 mg	74%
Manganese (as manganese citrate)	0.3 mg	14%
Chromium (as chromium polynicotinate)	133 mcg	381%
Molybdenum (as molybdenum aspartate)	33 mcg	74%
Choline (as choline bitartrate)	17 mg	3%
Total Omega-3 Fatty Acids	1.1 g	**
EPA (Eicosapentaenoic acid)	600 mg	**
DHA (Docosahexaenoic acid)	400 mg	**
Additional Omega-3 Fatty Acids	100 mg	**

Ingredients:	Amount	%DV*
MCH-Cal™ (microcrystalline hydroxyapatite calcium)	1 g	**
Hops Extract (cone; <i>Humulus lupulus</i> ) (5% xanthohumol)	200 mg	**
Berberine HCl (bark; <i>Phellodendron amurense</i> )	180 mg	**
Inositol	17 mg	**
Resveratrol (root; <i>Polygonum cuspidatum</i> )	7 mg	**
Lycopene	4 mg	**
Lutein	4 mg	**
Zeaxanthin	1.3 mg	**
Proprietary Phytonutrient Blend	267 mg	**

Artichoke Extract (leaf; *Cynara scolymus*; standardized to 5% caffeic acid derivatives), Bitter Melon Extract (fruit; *Momordica charantia*), Blueberry Extract (fruit; *Vaccinium* spp.; standardized to 20% polyphenols, 15% anthocyanins), Cinnamon Extract (bark; *Cinnamomum cassia*), Citrus Extract (fruit; *Citrus aurantium*; standardized to 50% citrus bioflavonoids, 50% hesperidin), Grape Seed Extract (seed; *Vitis vinifera*; standardized to 95% polyphenols), Green Coffee Bean Extract (beans; *Coffea arabica*; standardized to 50% chlorogenic acid), Green Tea Extract (leaf; *Camellia sinensis*; standardized to 98% polyphenols, 75% catechins, 45% EGCG), Heartwood Extract (wood/bark; *Acacia catechu*; standardized to 6% catechins), Prune Extract (fruit; *Prunus domestica*; standardized to 50% polyphenols), Pomegranate Extract (fruit; *Punica granatum*; standardized to 40% gallic acid equivalents), Rosemary Extract (leaf; *Rosmarinus officinalis*; standardized to 7.6% carnosol and carnosic acid), Watercress Extract (leaf/stem; *Nasturtium officinale*).

**Other Ingredients:** Multi Vitamin: Microcrystalline cellulose, hydroxypropyl methylcellulose, starch, dicalcium phosphate, vegetable magnesium stearate, silica. **Omega 500:** Highly concentrated omega-3 fish oil (anchovy, sardine, mackerel), capsule shell (gelatin, glycerin, purified water), natural lemon flavor, proprietary antioxidant blend (consisting of natural tocopherols, rosemary extract, and ascorbyl palmitate). **Osteo Support:** Hydroxypropyl methylcellulose, microcrystalline cellulose, tapioca starch, dicalcium phosphate, silica, starch. **Bone Support with Magnesium:** Microcrystalline cellulose, sodium starch glyconate, vegetable stearic acid, hydroxypropyl methylcellulose, silica, glycine.

**Contains: Fish (anchovy, sardine, mackerel).**

Biofolate® is a federally registered trademark of MTC Industries, Inc. MCH-Cal™ is a registered trademark of Pharmazen Limited, LLC.

**Directions:** Take one packet daily or as directed by your healthcare practitioner.

**Warning:** Excess vitamin A intake may be toxic and may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 3,000 mcg RAE (10,000 IU) of preformed vitamin A (retinyl acetate) per day. Contains fish oil. Do not use if you are allergic to fish or fish oil.

**Caution:** If you are pregnant, nursing, or taking nutritional supplements or medications, consult your healthcare practitioner before use. Keep out of reach of children.

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\* 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.



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