



Essential-4 Nutrition Pack

A Dietary Supplement



**Douglas
Laboratories®**

30 Packs

Supplement Facts

Serving Size 1 Pack (4 Tablets / 2 Softgels / 1 Capsule / 1 Caplique™** per pack) • Servings Per Container 30

Amount Per Serving	%DV†	Amount Per Serving	%DV†
Calories	16	Proprietary Blend	565 mg *
Calories from Fat	16	Kale (leaf), Spinach (leaf), Carrot (root), Radish (root), Celery (leaf and stalk), Apricot (fruit), Blackberry (fruit), Cranberry (fruit), Grape (fruit), Pineapple (fruit), FOS (fructooligosaccharides) and ulmus fulva (inner bark)	
Total Fat	1.8 g 3%	Natural Coenzyme Q10	100 mg *
Vitamin A (33% [2,475 IU] as Vitamin A Palmitate / 7,500 IU 67% [5,025 IU] as Natural Beta-Carotene) from D, Salina with full spectrum carotenoids†††	150%	L-Cysteine / N-Acetyl L-Cysteine	75 mg *
Vitamin C (as Ascorbic Acid/Ascorbyl Palmitate / 700 mg Calcium and Magnesium Ascorbate complex)	1,167%	Betaine (from 75 mg Betaine HCl)	57 mg *
Vitamin D-3	200 IU 50%	Rose Hips	50 mg *
Vitamin E (natural, as d-alpha tocopheryl plus)	207 IU 690%	Lemon Bioflavonoids	50 mg *
Thiamine	50 mg 3,333%	Blueberry (fruit)	50 mg *
Riboflavin	25 mg 1,471%	Garlic (bulb, Pure-Gar®, odorless)	50 mg *
Niacin/Niacinamide	95 mg 475%	Broccoli (entire plant)	50 mg *
Vitamin B-6 (as Pyridoxine HCl / 50 mg 2,500% Pyridoxal-5-Phosphate Complex)		Cauliflower (entire plant)	50 mg *
Folic Acid	400 mcg 100%	Spirulina	50 mg *
Vitamin B-12 (as cyanocobalamin / 125 mcg 2,083% methylcobalamin complex)		Chlorella (broken cell wall)	50 mg *
Biotin	150 mcg 50%	Green Papaya Extract (fruit)	50 mg *
Pantothenic Acid (as d-Calcium Pantothenate)	250 mg 2,500%	Inositol	50 mg *
Calcium (as Calcium Citrate/Ascorbate Complex)	250 mg 25%	Choline (from 75 mg Choline Citrate / Bitartrate)	30 mg *
Iodine (from Kelp)	100 mcg 67%	PABA (para-aminobenzoic acid)	25 mg *
Magnesium (as Magnesium Aspartate / 250 mg 63% Ascorbate Complex)		Bromelain (2,000 GDU / g)	25 mg *
Zinc (as Zinc Amino Acid Chelate)	13 mg 87%	Red Wine Proanthocyanidins / Pine Bark Extract	25 mg *
Selenium (as Selenium Krebs††/ Kelp complex)	100 mcg 143%	(OPC 85) (J.Mesquellier U.S. Patent No. 4,698,360)	
Copper (as Copper Amino Acid Chelate)	1 mg 50%	Green Tea Extract (leaf)	25 mg *
Manganese (as Manganese Aspartate Complex)	5 mg 250%	Sprouted Barley Juice (entire plant)	25 mg *
Chromium (Organically bound with GTF	100 mcg 83% activity-low allergenicity)	Wheat Grass Juice (gluten free, entire plant)	25 mg *
Molybdenum (as Molybdenum Krebs††)	50 mcg 67%	Beet Extract (root)	25 mg *
Potassium (as Potassium Aspartate Complex)	50 mg 1%	Apple Pectin (fruit)	25 mg *
L. Acidophilus (DDS-1™)	1.150 Billion CFU *	Hesperidin	18 mg *
L. Rhamnosus	1.150 Billion CFU *	Rutin	13 mg *
L. Rhamnosus (Type B, Bifidus)	775 Million CFU *	Glutamic Acid (from 13 mg Glutamic Acid HCl)	10 mg *
S. Lactis	275 Million CFU *	L-Methionine	6 mg *
Bifidobacterium Longum	275 Million CFU *	Lutein (natural)	3 mg *
B. Bifidum	275 Million CFU *	Lycopene (natural)	3 mg *
S. Thermophilu	150 Million CFU *	Boron (as Boron Aspartate / Citrate complex)	0.75 mg *
EPA (Eicosapentaenoic acid)	660 mg *	Zeaxanthin	0.5 mg *
DHA (Docosahexaenoic acid)	340 mg *	Trace Elements (from Sea Vegetation)	approx. 50 mcg *
		Vanadium (as Vanadium Krebs††)	25 mcg *

†Percent Daily Values based on a 2,000 calorie diet.

*Daily Value not established.

Manufactured in the USA by: **Douglas Laboratories**
600 Boyce Road • Pittsburgh, PA 15205 USA • www.douglaslabs.com

Other ingredients: Cellulose, gelatin (capsule), vegetable stearate, silica, ultra refined fish oil concentrate, glycerin, water, rosemary extract, ascorbyl palmitate, mixed tocopherols, Hydroxypropyl methylcellulose (vegetarian capsule), medium chain triglycerides, polysorbate 80, polyglycerol fatty acid esters, citrus oil extract (*Citrus sinensis*, peel), ethylcellulose, coconut oil, ammonium hydroxide, sodium alginate and stearic acid.

††Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

†††Including Beta-Carotene, Alpha-Carotene, Zeaxanthin, Cryptoxanthin, and additional Lutein and Lycopene.

Each Pack Contains:

Four oval shaped, coated, olive green Ultra Preventive® X tablets with dark specks.

Two oblong, coated, yellow Opti-EPA™ softgel capsules.

One semi-solid orange Citrus Solu-Q Caplique™**.

One natural gelatin Multi-Probiotic capsule containing off-white powder.

**A Caplique™ is a liquid filled two piece capsule sealed with a band.

This product contains NO yeast, soy protein, milk/dairy, corn, starch, artificial coloring, preservatives or flavoring.

Suggested Usage:

As a dietary supplement, adults take 1 pack daily with meals or as directed by your healthcare professional.

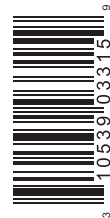
DDS-1™ is a trademark of Nebraska Cultures, Inc. by the proprietary processes developed and researched by Dr. Khem Shahani of the University of Nebraska.

KEEP OUT OF REACH OF CHILDREN.

For optimal storage conditions, store in a cool, dry place.

(59°-77°F/15°-25°C) (35-65% relative humidity)

Tamper resistant package, do not use if outer seal is missing.



Formula #64966