



LDA Formula

A Dietary Supplement



**Douglas
Laboratories®**

**270 Vegetarian
Capsules**

Supplement Facts

Serving Size 9 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving		%DV
Vitamin A (as fish liver oil and 60% [15,000 IU] as natural beta-carotene from D. salina)	25,000 IU	500%
Vitamin C (as calcium ascorbate and magnesium/ potassium aspartate-ascorbate complex)	300 mg	500%
Vitamin D3 (from fish liver oil)	100 IU	25%
Vitamin K1 (as phytonadione)	60 mcg	75%
Thiamine (as thiamine mononitrate)	100 mg	6,667%
Riboflavin	50 mg	2,941%
Niacin (as niacinamide and niacin)	200 mg	1,000%
Vitamin B6 (as pyridoxine hydrochloride)	50 mg	2,500%
Folic acid	800 mcg	200%
Vitamin B12 (as cyanocobalamin on ion exchange)	100 mcg	1,667%
Biotin	300 mcg	100%
Pantothenic acid (as d-calcium pantothenate)	400 mg	4,000%
Calcium (as calcium citrate and calcium ascorbate)	500 mg	50%
Iodine (from kelp)	150 mcg	100%
Magnesium (as magnesium aspartate-ascorbate complex and magnesium amino acid chelate**)	500 mg	125%

Amount Per Serving		%DV
Zinc (as zinc amino acid chelate**)	20 mg	133%
Selenium (as selenium amino acid complex**)	200 mcg	286%
Copper (as copper amino acid chelate**)	2 mg	100%
Manganese (as manganese amino acid chelate**)	20 mg	1,000%
Chromium (as chromium polynicotinate***)	200 mcg	167%
Molybdenum (as molybdenum amino acid chelate**)	150 mcg	200%
Potassium (as potassium aspartate-ascorbate complex)	99 mg	3%
Choline (as choline bitartrate)	150 mg	*
Inositol	50 mg	*
Vanadium (as vanadyl sulfate)	39 mcg	*
Boron (as boron aspartate-citrate)	2 mg	*
para-Aminobenzoic acid	50 mg	*
Citrus bioflavonoids	100 mg	*

*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.

**U.S. Patent Number 4,599,152 Albion Laboratories

***ChromeMate® brand. U.S. Patent Number 4,923,855 InterHealth Co.

Suggested Usage:

As a dietary supplement, adults take 9 capsules daily with food or as directed by your healthcare professional.

WARNING: This product contains Vitamin K, which interferes with the prescription drugs Coumadin and Warfarin. Do not take this if taking either of these drugs.

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.

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