



# Nutri-Pack<sup>TM</sup> For Men

 **amni<sup>®</sup> original formula**  
A Dietary Supplement



**Douglas  
Laboratories<sup>®</sup>**

**30 Packs**

## Supplement Facts

Serving Size 1 pack (3 tablets, 2 capsules, 2 softgels per pack) • Servings Per Container 30

| Amount Per Serving                                                                                              | %DV    | Amount Per Serving                                         | %DV  |
|-----------------------------------------------------------------------------------------------------------------|--------|------------------------------------------------------------|------|
| Calories 17                                                                                                     |        | Chromium (as chromium polynicotinate***) 100 mcg           | 83%  |
| Calories from Fat 13                                                                                            |        | Molybdenum (as molybdenum amino acid chelate**) 75 mcg     | 100% |
| Total Fat 1.3 g                                                                                                 | 2%†    | Potassium (as potassium aspartate-ascorbate complex) 50 mg | 1%   |
| Dietary Fiber 0.3 g                                                                                             | 1%     |                                                            |      |
| Saturated Fat 0 g                                                                                               | 0%†    | Choline (as choline bitartrate) 75 mg                      | *    |
| Polyunsaturated Fat 1 g                                                                                         | *      | Inositol 25 mg                                             | *    |
| Monounsaturated Fat 0.5 g                                                                                       | *      | Vanadium (as vanadyl sulfate) 19.5 mcg                     | *    |
| Vitamin A (from fish liver oil and 60% [7,500 IU] as natural beta-carotene from D. salina) 12,500 IU            | 250%   | Boron (as boron aspartate-citrate) 1 mg                    | *    |
| Vitamin C (as calcium ascorbate, magnesium / potassium aspartate-ascorbate complex, and L ascorbic acid) 725 mg | 1,208% | para-Aminobenzoic acid 25 mg                               | *    |
| Vitamin D3 (from fish liver oil) 50 IU                                                                          | 13%    | Citrus bioflavonoids 50 mg                                 | *    |
| Vitamin E (as d-alpha tocopheryl succinate and d-alpha tocopherol) 230 IU                                       | 767%   | Omega-3 fatty acids 380 mg                                 | *    |
| Vitamin K1 (as phytonadione) 30 mcg                                                                             | 38%    | Eicosapentaenoic acid (EPA) 180 mg                         | *    |
| Thiamine (as thiamine mononitrate) 50 mg                                                                        | 3,333% | Docosahexaenoic acid (DHA) 120 mg                          | *    |
| Riboflavin 25 mg                                                                                                | 1,471% | Omega-6 fatty acids 151 mg                                 | *    |
| Niacin (as niacinamide and niacin) 110 mg                                                                       | 550%   | Gamma linolenic acid (GLA) 42 mg                           | *    |
| Vitamin B6 (as pyridoxine hydrochloride) 50 mg                                                                  | 2,500% | Omega-9 fatty acids 161 mg                                 | *    |
| Folic acid 400 mcg                                                                                              | 100%   | Oleic acid 133 mg                                          | *    |
| Vitamin B12 (as cyanocobalamin on ion exchange resin) 50 mcg                                                    | 833%   | Proprietary blend 1 g                                      | *    |
| Biotin 150 mcg                                                                                                  | 50%    | Glucomannan                                                |      |
| Pantothenic acid (as d-calcium pantothenate) 200 mg                                                             | 2,000% | Carrot Root                                                |      |
| Calcium (as calcium citrate and calcium ascorbate) 250 mg                                                       | 25%    | Celery Stalk and Leaves                                    |      |
| Iodine (from kelp) 75 mcg                                                                                       | 50%    | Citrus Pectin                                              |      |
| Magnesium (as magnesium aspartate-ascorbate complex and magnesium amino acid chelate**) 250 mg                  | 63%    | Apple Pectin                                               |      |
| Zinc (as zinc amino acid chelate** and zinc gluconate) 12 mg                                                    | 80%    | Sodium Alginate                                            |      |
| Selenium (as selenium amino acid complex) 100 mcg                                                               | 143%   | Slippery Elm Bark                                          |      |
| Copper (as copper amino acid chelate**) 1 mg                                                                    | 50%    |                                                            |      |
| Manganese (as manganese amino acid chelate**) 10 mg                                                             | 500%   |                                                            |      |

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

\*Daily Value not established.

Other ingredients: Fish body oil, borage seed oil, olive oil, gelatin (capsule), cellulose, modified cellulose gum, methylcellulose, vegetable stearine, magnesium stearate, natural glycerin, beeswax, water, silica, titanium dioxide, gum ghatti, lecithin, natural tangerine flavor, canthaxanthin (carotene color), and carob coloring.

Manufactured by:  
**Douglas Laboratories**  
600 Boyce Road • Pittsburgh, PA 15205  
[www.douglaslabs.com](http://www.douglaslabs.com)

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

\*\*\*ChromeMate<sup>®</sup> brand. U.S. Patent Number 4,923,855 InterHealth Co.

### Suggested Usage:

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

Each pack contains three pink Basic Preventive 5<sup>®</sup> tablets, two brown Balance Plus<sup>TM</sup> natural fatty acid softgel capsules, and two beige Fiber-Plex<sup>TM</sup> capsules.

**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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