

Other ingredients: Microcrystalline cellulose, gelatin [capsule, from bovine], gelatin [capsule, from fish [Tilapia]], hydroxypropyl cellulose, carboxymethylcellulose, medium chain triglycerides, glycerin, silica, ascorbyl palmitate, purified water, vegetable stearate, polysorbate 80, polyglycerol fatty acid esters, natural-source mixed tocopherols, rosemary extract [leaf], caramel color, tablet coating [purified water, hypromellose, and glycerin].

This product contains fish oil (anchovies, sardines, mackerel).

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

Manufactured by: Douglas Laboratories
600 Boyce Road Pittsburgh, PA 15205 USA
www.douglaslabs.com 1.800.245.4440

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

WARNING: This product is not recommended for pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use.

VESISORB® VESIsorb is a registered trademark of SOURCEONE GLOBAL PARTNERS

Metabolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

 Kaneka QH™ is a trademark of Kaneka Corporation.

KEEP OUT OF THE REACH OF CHILDREN.

Store in a cool, dry place. Use only if safety seal is intact.

Gluten-free, Non-GMO

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.



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Formula # 66873

Essential-4 Nutrition Pack™

Dietary Supplement

A multinutrient convenience pack for daily wellness†



30 Packs

Supplement Facts

Serving Size 1 Pack

Each Pack contains 4 Tablets, 2 softgels, and 1 capsule

Servings Per Container 30

	Amount Per Serving	%DV
Calories	10	*
Total Fat	1.25 g	2%*
Vitamin A (as 67% natural beta-carotene and 33% Vitamin A palmitate)	2,250 mcg	250%
Vitamin C (as ascorbic acid)	500 mg	554%
Vitamin D3 (as cholecalciferol)	37.5 mcg (1,500 IU)	388%
Vitamin E (as natural d-alpha tocopheryl succinate plus mixed tocopherols)	73.7 mg	491%
Thiamine (as thiamine HCl)	50 mg	4,167%
Riboflavin (as Riboflavin/Riboflavin-5-phosphate)	25 mg	1,923%
Niacin/Nicotinamide	95 mg	594%
Vitamin B6 (as Pyridoxine HCl/Pyridoxal-5-phosphate)	50 mg	2,917%
Folate (as Metabolin®, L-5-MTHF)	647 mcg DFE (400 mcg L-5-MTHF)	367%
Vitamin B12 (as methylcobalamin/adenosylcobalamin/hydroxycobalamin)	250 mcg	10,417%
Biotin	150 mcg	500%
Pantothenic Acid (as d-calcium pantothenate)	50 mg	1,000%
Choline (from choline bitartrate)	137.5 mg	25%
Calcium (as calcium citrate/malate/chelate complex)	210 mg	16%
Iodine (from Kelp)	100 mcg	67%
Magnesium (as magnesium citrate/chelate complex)	210 mg	50%
Zinc (as OptiZinc®, monomethionine)	12.5 mg	114%
Selenium (as selenomethionine)	100 mcg	182%
Copper (as copper amino acid chelate)	1 mg	111%
Manganese (as manganese sulfate)	4.5 mg	196%
Chromium (as chromium polynicotinate)	100 mcg	284%
Molybdenum (as molybdenum krebs™)	50 mcg	111%
Potassium (as potassium chloride)	50 mg	1%
Omega-3 Supercritical CO ₂ Triglyceride Concentrate	1,250 mg	
Providing:		
EPA (Eicosapentaenoic Acid)	400 mg	*
DHA (Docosahexaenoic Acid)	400 mg	*
Ubiquinol (Kaneka QH™ - reduced form of CoQ10)	100 mg	*
N-Acetyl-L-Cysteine	75 mg	*
Betaine HCl	75 mg	*
Inositol	50 mg	*
Quercetin (as dihydrate)	50 mg	*
Lemon bioflavonoids	50 mg	*
Papain (from Carica papaya, fruit)	50 mg	*

	Amount Per Serving	%DV
Bromelain (from Ananas comosus, pineapple stem)	25 mg	*
Grage seed extract (standardized to 95% polyphenols)	25 mg	*
Alpha Lipoic Acid	25 mg	*
Rutin (from Sophora japonica, flower)	12.5 mg	*
Boron (as boron glycinate)	1.5 mg	*
Vanadium (as Vanadium Krebs™)	25 mcg	*
Vitamin K2 (as menaquinone-7)	22.5 mcg	*
Proprietary Organic Fruit and Vegetable Blend	350 mg	*
Organic beet powder (root), Organic carrot powder (root), Organic black currant powder (fruit), Organic blueberry powder (fruit), Organic broccoli powder (whole plant), Organic Concord grape powder (fruit), Organic collard greens powder (leaf), Organic pomegranate powder (fruit), Organic green cabbage powder (whole plant), Organic cranberry powder (fruit), Organic kale powder (whole plant), Organic parsley powder (whole plant), Organic raspberry powder (fruit), Organic spinach powder (whole plant)		
Organic Phytonutrient Blend	50mg	*
Organic Chlorophyll (whole plant, broken cell wall)	50mg	*
Organic Green Tea leaf extract (standardized to 50% polyphenols, 20% EGCG)	25 mg	*
Carotenoids		
Lutein (from marigold flower extract)	5 mg	*
Lycopene (from tomatoes)	3 mg	*
Zeaxanthin isomers (from marigold flower extract)	1 mg	*
Multi-Strain Probiotic Blend	4 Billion CFU	
Containing:		
Lactobacillus acidophilus (La-14)	1,150 Billion CFU	*
Lactobacillus rhamnosus (Lr-32)	1,150 Billion CFU	*
Lactobacillus rhamnosus (HA-114)	775 Million CFU	*
Lactococcus lactis (HA-136)	275 Million CFU	*
Bifidobacterium longum (BI-06)	275 Million CFU	*
Bifidobacterium bifidum/lactis (BI-02)	275 Million CFU	*
Streptococcus thermophilus (St-21)	150 Million CFU	*
Digestive and Probiotic Blend	210 mg	*
FOS (fructooligosaccharides) and Ulmus fulva (inner bark)		
*Daily Value (DV) not established.		
*Percent Daily Values are based on a 2,000 calorie diet.		