WEEKS TWO & THREE: DETOX†

8 9 10 11 12 13 14

Supplement Facts

Serving Size 1 AM Pack
Each AM pack contains 4 capsules
Servings Per Container 7

Amount Per Serving	%DV
Thiamine (Vitamin B-1, as Thiamine HCl) ..... 44.5 mg	3,288%
Riboflavin (Vitamin B-2, as Riboflavin-5-phosphate) ..... 25 mg	1,923%
Riboflavin ..... 5 mg	385%
Niacin (Vitamin B-3, as Nicaminolol) ..... 50 mg	313%
Vitamin B-6 (as Pyridoxal-5-Phosphate) ..... 29.4 mg	1,764%
Folate (as L-methylfolate, ... 447 mcg DFE	167%
Metafolin® 400 mcg)	
Vitamin B-12 (as methylcobalamin) ..... 500 mcg	20,833%
Biotin ..... 400 mcg	1,333%
Pantothenic Acid ..... 50 mg	1,000%
(Vitamin B-5, as d-calcium pantothenate)	
Selenium ..... 50 mcg	91%
(as Selenomethionine)	
N-Acetyl-L-Cysteine ..... 750 mg	*
Methylsulfonylmethane (MSM) ..... 250 mg	*
Garlic (bulb) ..... 125 mg	*
Barberry Extract ..... 125 mg	*
(Berberis vulgaris, root and stem)	
Dandelion (Taraxacum officinale, root) ..... 125 mg	*
Milk Thistle Extract ..... 188 mg	*
(Silybum marianum, fruit)	
(Standardized to provide 80% silymarin)	
Artichoke Extract (Cynara scolymus, leaf) ..... 75 mg	*
Schisandra Extract ..... 75 mg	*
(Schisandra chinensis, fruit)	
(Standardized to 2% schisandrins)	
Parsley (leaf) ..... 50 mg	*
L-Glutathione ..... 25 mg	*
(Reduced) (Providing 300 mg of sulfhydryl groups)	
Lycopene (Fruit) ..... 25 mg	*
(Standardized to 250 mg of sulphoraphane)	
Parsley (leaf) ..... 50 mg	*
L-Glutathione ..... 25 mg	*
(Reduced) (Providing 300 mg of sulfhydryl groups)	
L-Glutathione ..... 25 mg	*
Nervoxp Factor (from percine) ..... 20 mg	*

*Daily Value (DV) not established.

Other ingredients: Cellulose, hydroxypropyl methylcellulose (capsule), bovine gelatin (capsule), silica, stearic acid, vegetable stearate, rose hips, ascorbyl palmitate, magnesium silicate and croscarmellose sodium.

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

Gluten-free, Non-GMO

15 16 17 18 19 20 21

Supplement Facts

Serving Size 1 PM Pack
Each PM pack contains 2 capsules and 2 tablets
Servings Per Container 7

Amount Per Serving	%DV
Vitamin C (Ascorbic Acid) ..... 1,080 mg	1,111%
Thiamine ..... 12.5 mg	1,042%
Riboflavin ..... 5 mg	385%
Niacin ..... 100 mg	333%
Selenium ..... 50 mcg	91%
(as Selenomethionine)	
N-Acetyl-L-Cysteine ..... 250 mg	*
Methylsulfonylmethane (MSM) ..... 200 mg	*
Barberry Extract ..... 125 mg	*
(Berberis vulgaris, root and stem)	
Dandelion (Taraxacum officinale, root) ..... 125 mg	*
Garlic (bulb) ..... 100 mg	*
Barberry Extract ..... 100 mg	*
(Berberis vulgaris, root and stem)	
Bioflavonoid Complex ..... 100 mg	*
(Citrus Bioflavonoids)	
Milk Thistle Extract ..... 87.5 mg	*
(Silybum marianum, fruit)	
(Standardized to provide 80% silymarin)	
Artichoke Extract (Cynara scolymus, leaf) ..... 75 mg	*
Schisandra Extract ..... 75 mg	*
(Schisandra chinensis, fruit)	
(Standardized to 2% schisandrins)	
Parsley (leaf) ..... 50 mg	*
(Brassica oleracea L., sprout)	
(Standardized to 250 mcg of sulforaphane)	
Parsley (leaf) ..... 50 mg	*
L-Glutathione ..... 25 mg	*
(Reduced) (Providing 300 mg of sulfhydryl groups)	
L-Glutathione ..... 25 mg	*
(Reduced) (Providing 300 mg of sulfhydryl groups)	
L-Glutathione ..... 25 mg	*
Nervoxp Factor (from percine) ..... 20 mg	*

*Daily Value (DV) not established.

Other ingredients: Cellulose, hydroxypropyl methylcellulose (capsule), bovine gelatin (capsule), magnesium silicate, vegetable stearate and silica.

Gluten-free, Non-GMO

Supplement Facts

Serving Size 1 AM Pack
Each Pack contains 1 tablet, 1 softgel and 2 capsules
Servings Per Container 7

Amount Per Serving	%DV
Calcium (from Calcium Krebs**) (Carbonate) ..... 198 mg	12%
Iodine (from Potassium Iodide) ..... 50 mcg	33%
Magnesium (from Magnesium Krebs**) (Oxide) ..... 125 mg	30%
Zinc (from Zinc Krebs**) ..... 5 mg	50%
Selenium (from Selenium Krebs**) ..... 66.7 mcg	121%
Copper (from Copper Krebs**) ..... 1 mg	56%
Manganese (from Manganese Krebs**) ..... 10 mg	435%
Chromium (from Chromium Krebs**) (Nicotinate) ..... 200 mcg	167%
Molybdenum (from Molybdenum Krebs**) ..... 16.7 mcg	37%
Potassium (from Potassium Krebs**) (Citrate) ..... 33 mg	1%
Free Form Amino Acids Proprietary Blend ..... 480 mg	*
L-Methionine, L-Alanine, L-Arginine, L-Aspartic Acid, L-Lysine, Glycine, L-Leucine, L-Valine, L-Threonine, L-Methionine, L-Alanine, L-Serine, L-Tyrosine, L-Cysteine, L-Isoleucine, L-Proline, L-Histidine, L-Phenylalanine.	
N-Acetyl-L-Cysteine ..... 500 mg	*
Methylsulfonylmethane (MSM) ..... 250 mg	*
Milk Thistle Extract ..... 187.5 mg	*
(Silybum marianum, fruit) (Standardized to provide 80% silymarin)	
Artichoke Extract (Cynara scolymus, leaf) ..... 75 mg	*
Schisandra Extract ..... 75 mg	*
(Schisandra chinensis, fruit)	
(Standardized to 2% schisandrins)	
Parsley (leaf) ..... 50 mg	*
(Brassica oleracea L., sprout)	
(Standardized to 250 mcg of sulforaphane)	
Rhodiola (aerial parts) ..... 25 mg	*
(Providing 300 mg of sedrosyanates)	
Ashwagandha (root) ..... 33.3 mg	*
Tanakahan (from Tanakahan Krebs**) ..... 25 mg	*
Silicon (as Silicon Dioxide) ..... 2.67 mg	*

*Daily Value (DV) not established.

Other ingredients: Cellulose, hydroxypropyl methylcellulose (capsule), ascorbyl palmitate, bovine gelatin (capsule), magnesium silicate, vegetable stearate and silica.

**Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex

WEEK FOUR: RENEW†

22 23 24 25 26 27 28

Supplement Facts

Serving Size 1 Pack
Each Pack contains 1 tablet, 1 softgel and 2 capsules
Servings Per Container 14

Amount Per Serving	%DV
Calories 10	
Total Fat ..... 1 g	2%
Vitamin A	
(as natural beta-carotene) ..... 750 mcg	83%
Vitamin C (as Ascorbic Acid) ..... 40 mg	67%
Vitamin D-3 ..... 12.5 mcg (500 IU)	63%
Vitamin E ..... 34 mg	223%
(as d-alpha tocopheryl succinate)	
Thiamine (as Thiamine HCl) ..... 12.5 mg	1,042%
Riboflavin (as Riboflavin-5-phosphate) ..... 5 mg	385%
Niacin(Niacinamide) ..... 15 mg	94%
Vitamin B-6 (as Pyridoxal-5-phosphate) ..... 5 mg	294%
Folate (as L-methylfolate, ... 333 mcg DFE	83%
Metafolin® 200 mcg)	
Vitamin B-12 (as methylcobalamin) ..... 125 mcg	5,208%
Biotin ..... 150 mcg	500%
Pantothenic Acid ..... 12.5 mg	250%
(d-calcium pantothenate)	
Choline	
(from Citrate/Bitartrate) ..... 30 mg	5%
Calcium ..... 25 mg	2%
(as Calcium Citrate/Malate Complex)	
Iodine (from kelp) ..... 75 mcg	50%
Magnesium (as Magnesium Citrate) ..... 12.5 mg	3%
Zinc (as Opti-Zinc®, monomethionine) ..... 7.5 mg	68%
Selenium (as amino acid chelate) ..... 50 mcg	91%
Copper (as amino acid chelate) ..... 0.5 mg	56%
Moreonum (as amino acid chelate) ..... 60 mcg	171%
Molybdenum (as amino acid chelate) ..... 50 mcg	111%
Potassium (as Potassium Aspartate) ..... 15 mg	41%
L-Glutamine ..... 500 mg	*
EPA (Eicosapentaenoic acid) ..... 330 mg	*
DHA (Docosahexaenoic acid) ..... 170 mg	*
Probiotic Proprietary Blend ..... 280 mg	*
[yielding 28 Billion CFU]	
Containing:	
Short Chain Fructooligosaccharide [NutraFlora® scFOS®], *Bifidobacterium bifidum, Bifidobacterium breve, Bifidobacterium lactis (infantis), Bifidobacterium lactis (HN019), Bifidobacterium longum, Lactobacillus acidophilus, Lactobacillus brevis, Lactobacillus bulgaricus, Lactobacillus casei, Lactobacillus gasseri, Lactobacillus paracasei, Lactobacillus plantarum, Lactobacillus rhamnosus, Lactobacillus salivarius, Lactococcus lactis, Streptococcus thermophilus*	
Polyphenol Proprietary Blend ..... 150 mg	*
Wild Blueberry Extract (fruit, *Vaccinium angustifolium*, standardized to 4% polyphenols), Strawberry Extract (fruit, *Fragaria vesca*, standardized to 2% polyphenols), Spinach Extract (leaf, *Spinacia oleracea*, standardized to 1.5% polyphenols).	
Inositol ..... 12.5 mg	*
Phytosil®Bene (PhytoPure™**) ..... 5 mg	*
Lutein (natural) ..... 1.5 mg	*
Lycopene (natural) ..... 1.5 mg	*
Zeaxanthin ..... 0.5 mg	*
Astaxanthin ..... 0.5 mg	*

*Percent Daily Values are based on a 2000 calorie diet.
*Daily Value (DV) not established.

Other ingredients: Cellulose, ultra refined fish oil concentrate (from anchovy and mackerel), gelatin (capsule), hydroxypropyl methylcellulose (capsule), croscarmellose sodium, stearic acid, hydroxypropyl cellulose, vegetable stearate, silica, magnesium silicate, dextrose, titanium dioxide, glycerin, water, rosemary extract, ascorbyl palmitate, mixed tocopherols, ethylcellulose, coconut oil, ammonium hydroxide, sodium alginate, caramel color and natural vanilla flavor.

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OptiZinc® is a trademark of InterHealth N.I.

Gluten-free, Non-GMO **Contains Fish**

†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.

Metabolic Rejuvenation

Prepare† · Detox† · Renew†

A 28 Day Program

Dietary Supplement

Comprehensive support for elimination, detoxification and renewal†

DOUGLAS LABORATORIES®

4 Bottles

WEEK ONE: PREPARATION†

1 2 3 4 5 6 7

Supplement Facts

Serving Size 1 Pack
Each Pack contains 4 capsules
Servings Per Container 14

Amount Per Serving	%DV
Magnesium ..... 150 mg	36%
(from Magnesium Citrate)	
Dietary Fiber ..... 0.5 g	2%
Proprietary Blend ..... 1.5 g	*
Glucomannan, Carrot Root, Celery Stalk and Leaves, Citrus Pectin, Apple Pectin, Sodium Alginate, and Slippery Elm Bark.	

*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), gelatin (capsule), ascorbyl palmitate, vegetable stearate, silica and cellulose.

Gluten-free, Non-GMO

3 10539 97809 1

Scan to learn about our manufacturing excellence

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

Suggested Usage: As a dietary supplement, adults take 1 pack twice daily with 8 ounces of purified water or as directed by your healthcare professional

Week 1 - take 1 pack twice daily
Week 2 and 3 - take 1 AM and 1 PM pack daily
Week 4 - take 2 packs daily

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place. Use only if safety seal is intact.

Component #66867-B0X
Formula # 66867-56X