

Manufactured by: 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 daily with food or as directed by your health professional.

**WARNING:** If you are pregnant or nursing, or if you are taking prescription medications, consult your health professional before using this supplement.

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

\*\*PterPure is a trademark of ChromaDex, Inc.

KEEP OUT OF THE REACH OF CHILDREN.

Store in a cool, dry place.

Use only if safety seal is intact.

Gluten-free, Non-GMO



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†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.

**eZ Easy Swallow**  
Technology™

Formula #66359 V2



# Essential Male Pack™

## Multinutrient Convenience Pack

### Dietary Supplement

Men's health<sup>†</sup>

**DOUGLAS**  
LABORATORIES®

30 Packs

## Supplement Facts

Serving Size 1 Pack  
Each Pack contains 2 Tablets, 1 Softgel and 1 Capsule  
Servings Per Container 30

	Amount Per Serving	%DV		Amount Per Serving	%DV
Calories	10		Omega-3 Supercritical CO <sub>2</sub>		
Total Fat	1.3 g	2%	Triglyceride Concentrate	1,250 mg	*
Vitamin A	2,250 mcg	250%	Providing:		
(as natural beta-carotene and vitamin A acetate)			EPA (eicosapentaenoic acid)	600 mg	*
Vitamin C (as ascorbic acid)	120 mg	133%	DHA (docosahexaenoic acid)	400 mg	*
Vitamin D <sub>3</sub> (as cholecalciferol)	50 mcg (2,000 IU)	250%	Saw Palmetto (berry, standardized to 30% fatty acids)	160 mg	*
Vitamin E (as d-alpha tocopheryl succinate)	87.1 mg	581%	Pygeum (bark, <i>Pygeum africanum</i> , standardized extract)	50 mg	*
Thiamine (as thiamine HCl)	25 mg	2,083%	Pumpkin Seed Powder	100 mg	*
Riboflavin (as riboflavin-5-phosphate)	10 mg	769%	Glycine	50 mg	*
Niacin/Niacinamide	30 mg	188%	L-Alanine	50 mg	*
Vitamin B <sub>6</sub> (as pyridoxine HCl/pyridoxal-5-phosphate)	35 mg	2,059%	L-Glutamic Acid	50 mg	*
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)	167%	Grape Seed Extract	10 mg	*
Vitamin B <sub>12</sub> (as methylcobalamin)	250 mcg	10,417%	Inositol	25 mg	*
Biotin	300 mcg	1,000%	Lutein	3 mg	*
Pantothenic Acid (as d-calcium pantothenate)	25 mg	500%	Lycopene (natural)	3 mg	*
Choline (as choline bitartrate)	60 mg	11%	Zeaxanthin	1 mg	*
Calcium (as calcium citrate/malate complex)	50 mg	4%	Astaxanthin	1 mg	*
Iodine (from kelp)	150 mcg	100%	Pterostilbene (PteroPure™)**	10 mg	*
Magnesium (as magnesium citrate)	25 mg	6%	Proprietary Blend	300 mg	*
Copper (as amino acid chelate)	30 mg	273%	Wild blueberry extract (fruit, <i>Vaccinium angustifolium</i> , standardized to 4% polyphenols), strawberry extract (fruit, <i>Fragaria vesca</i> , standardized to 2% polyphenols), spinach extract (leaf, <i>Spinacia oleracea</i> , standardized to 1.5% polyphenols).		
Selenium (as amino acid chelate)	100 mcg	182%			
Chromium (as amino acid chelate)	120 mcg	343%			
Molybdenum (as amino acid chelate)	100 mcg	222%			
Potassium (as potassium aspartate)	30 mg	<1%			

\*Daily Value (DV) not established  
†Percent Daily value is based on a 2,000 Calorie diet

Other ingredients: Microcrystalline cellulose, capsule (fish gelatin [Tilapia], glycerin, purified water), gelatin (capsule, bovine), croscarmellose sodium, silica, stearic acid, hydroxypropyl cellulose, tablet coating (titanium dioxide, cellulose gum, dextrose, cellulose, talc, caramel, glycerin, natural vanilla flavor), vegetable stearate, natural-source mixed tocopherols, and rosemary extract (leaf)

**Contains:** Fish (Tilapia) and Fish Oil (anchovies, sardines, mackerel)