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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 a meal or as directed by your health professional.

Warning: Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use.

Note: People consuming more than 2,000 IU (50 mcg) of Vitamin D per day should have their blood levels monitored by a health professional.

Caution: If you are immunocompromised, consult your health professional before using probiotic-containing products.

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

OptiZinc® is a trademark of InterHealth N.I.

**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

*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.

Formula #66360 V4

Essential Female Pack™ Multinutrient Convenience Pack

Dietary Supplement

Women's health†



30 Packs

Supplement Facts

Serving Size 1 Pack
Each Pack contains 5 Tablets, 1 Softgel and 1 Vegetarian Acid-Resistant Capsule
Servings Per Container 30

	Amount Per Serving	%DV
Calories	10	
Total Fat	1.3 g	2%*
Vitamin A [as natural beta-carotene]	1,500 mcg	167%
Vitamin C	200 mg	222%
[as ascorbic acid/ascorbyl palmitate]		
Vitamin D ₃	60 mcg (2,400 IU)	300%
[as cholecalciferol]		
Vitamin E	67 mg	447%
[as d-alpha tocopheryl succinate]		
Thiamine	25 mg	2,083%
[as thiamine HCl]		
Riboflavin [as riboflavin-5-phosphate]	10 mg	769%
Niacin/Niacinamide	30 mg	188%
Vitamin B ₆ [as pyridoxal-5-phosphate]	10 mg	588%
Folate [as Metafolin®, L-5-MTHF]	667 mcg DFE	167%
(400 mcg L-5-MTHF)		
Vitamin B ₁₂ [as methylcobalamin]	250 mcg	10,417%
Biotin	300 mcg	1,000%
Pantothenic Acid	25 mg	500%
[as d-calcium pantothenate]		
Choline [from choline bitartrate]	60 mg	11%
Calcium [as calcium citrate/malate/gluconate]	800 mg	62%
carbonate/lactate/ascorbate and microcrystalline hydroxyapatite]		
Iodine [from kelp]	150 mcg	100%
Magnesium	400 mg	95%
[as magnesium citrate/chelate]		
Zinc [as OptiZinc®, monomethionine]	15 mg	136%
Selenium [as selenium amino acid chelate]	100 mcg	182%
Copper [as copper amino acid chelate]	1 mg	111%
Chromium [as chromium amino acid chelate]	120 mcg	343%
Molybdenum	100 mcg	222%
[as molybdenum amino acid chelate]		
Potassium [as potassium aspartate]	30 mg	<1%
Omega-3 Supercritical CO ₂ Triglyceride Concentrate	1,250 mg	*
Providing:		
EPA (eicosapentaenoic acid)	600 mg	*
DHA (docosahexaenoic acid)	400 mg	*
Proprietary Blend	300 mg	*
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 [leaves, <i>Spinacia oleracea</i> , standardized to 1.5% polyphenols]		
Digestive and Prebiotic Blend	210 mg	*
FOS (fructooligosaccharides) and Slippery Elm Bark (<i>Ulmus fulva</i>)		
Glutamic Acid [as glutamic acid HCl]	60 mg	*
L-Lysine [as L-lysine HCl]	29 mg	*
Inositol	25 mg	*
Pterostilbene [PterPure®]**]	10 mg	*
Lutein	3 mg	*
Lycopene [natural]	3 mg	*
Boron [as boron aspartate/citrate]	3 mg	*
Zeaxanthin	1 mg	*
Astaxanthin	1 mg	*
Multi-Strain Probiotic Blend	4 Billion CFU	*
Containing:		
<i>Lactobacillus acidophilus</i> (La-14)	1.15 Billion CFU	*
<i>Lactobacillus rhamnosus</i> (Lr-32)	1.15 Billion CFU	*
<i>Bifidobacterium lactis</i> (HN019)	500 Million CFU	*
<i>Lactococcus lactis</i> (Ll-23)	275 Million CFU	*
<i>Bifidobacterium longum</i> (Bl-05)	275 Million CFU	*
<i>Bifidobacterium bifidum</i> (Bb-02)	275 Million CFU	*
<i>Lactobacillus gasseri</i> (Lg-36)	275 Million CFU	*
<i>Streptococcus thermophilus</i> (St-21)	150 Million CFU	*

*Daily Value (DV) not established

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

Other ingredients: Microcrystalline cellulose, croscarmellose sodium, tablet coating [polyvinyl alcohol, titanium dioxide, polyethylene glycol, magnesium silicate], stearic acid, capsule [fish gelatin [Tilapia], glycerin, purified water], silica, carnauba wax, ascorbyl palmitate, capsule [hydroxypropyl methylcellulose, pectin, glycerol, purified water], tablet coating [cellulose gum, dextrose, titanium dioxide, cellulose, magnesium silicate, caramel, glycerin, natural vanilla flavor], hydroxypropyl cellulose and vegetable stearate

Contains: Fish [Tilapia], Fish Oil [Anchovies, Sardines, Mackerel]