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Other ingredients: Microcrystalline cellulose, gelatin (capsule, from bovine), gelatin (capsule, from fish [Tilapia]), capsule (hydroxypropyl methylcellulose, pectin, glycerol, purified water), hydroxypropyl cellulose, croscarmellose sodium, 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 and tablet coating (purified water, hypromellose, and glycerin)

Contains: Fish (Tilapia), 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 health professional.

Warning: Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, particularly blood thinners, consult your health professional before use. Discontinue immediately if a burning sensation occurs. Not recommended for people with ulcers.

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

VESISORB® VESIsorb is a registered trademark of SOURCEONE GLOBAL PARTNERS

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

 Kaneka QH™ is a trademark of Kaneka Corporation.

 OptiZinc® is a trademark of InterHealth N.I.

KEEP OUT OF THE REACH OF CHILDREN.

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



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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 #66873 V3

Essential-4 Nutrition Pack™

Dietary Supplement

A multivitamin convenience pack for daily wellness†



30 Packs

Supplement Facts

Serving Size 1 Pack
Each Pack Contains 4 Tablets, 2 Softgels, and 1 Vegetarian Acid-Resistant 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	556%
Vitamin D ₃ (as cholecalciferol)	37.5 mcg (1,500 IU)	188%
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/Niacinamide	95 mg	594%
Vitamin B ₆ (as pyridoxine HCl/pyridoxal-5-phosphate)	50 mg	2,941%
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)	167%
Vitamin B ₁₂ (as methylcobalamin/adenosylcobalamin/hydroxocobalamin)	250 mcg	10,417%
Biotin	150 mcg	500%
Pantothenic Acid (as d-calcium panthothenate)	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	286%
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)	600 mg	*
DHA (docosahexaenoic acid)	400 mg	*
Proprietary Organic Fruit and Vegetable Blend	350 mg	*
Organic Beef Powder (root), Organic Carrot Powder (root), Organic Black Currant Powder (fruit), Organic Blueberry Powder (fruit), Organic Black 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)		

	Amount Per Serving	%DV
Ubiquinol (Kaneka QH™ - reduced form of CoQ ₁₀)	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 (Carica papaya, fruit)	50 mg	*
Organic Spirulina (whole plant)	50 mg	*
Organic Chlorella (whole plant, broken cell wall)	50 mg	*
Bromelain (Ananas comosus, pineapple stem)	25 mg	*
Grape Seed Extract (standardized to 95% polyphenols)	25 mg	*
Alpha Lipoic Acid	25 mg	*
Organic Green Tea Leaf Extract (standardized to 50% polyphenols, 20% EGCG)	25 mg	*
Rutin (Sophora japonica, flower)	12.5 mg	*
Lutein (from marigold flower extract)	5 mg	*
Lycopene (from tomatoes)	3 mg	*
Boron (as boron glycinate)	1.5 mg	*
Zeaxanthin Isomers (from marigold flower extract)	1 mg	*
Vanadium (as vanadium krebs ^{††})	25 mcg	*
Vitamin K ₂ (as menaquinone-7)	22.5 mcg	*
Multi-Strain Probiotic Blend	4 Billion CFU	*
Containing:		
Lactobacillus acidophilus (La-14)	1.15 Billion CFU	
Lactobacillus rhamnosus (Lr-32)	1.15 Billion CFU	
Bifidobacterium lactis (HN019)	500 Million CFU	
Lactococcus lactis (Ll-23)	275 Million CFU	
Bifidobacterium longum (Bl-05)	275 Million CFU	
Bifidobacterium bifidum (Bb-02)	275 Million CFU	
Lactobacillus gasseri (Lg-36)	275 Million CFU	
Streptococcus thermophilus (St-21)	150 Million CFU	
Digestive and Prebiotic Blend	210 mg	*
FOS (fructooligosaccharides) and Slippery Elm Bark (Ulmus fulva)		

*Daily Value (DV) not established
†Percent Daily Values are based on a 2,000 calorie diet