

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

***MetaPure* 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.



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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.

eZ Easy Swallow
Technology™

Formula #66359 V3



Essential Male Pack™

Multinutrient Convenience Pack

Dietary Supplement

Men's health†

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
Calories	10	
Total Fat	1.3 g	2%*
Vitamin A	2,250 mcg (as natural beta-carotene and vitamin A acetate)	250%
Vitamin C	120 mg (as ascorbic acid)	133%
Vitamin D ₃	50 mcg (2,000 IU) (as cholecalciferol)	250%
Vitamin E	60.1 mg (as d-alpha-tocopheryl succinate)	981%
Thiamine	25 mg (as thiamine HCl)	2,883%
Riboflavin	10 mg (as riboflavin-5-phosphate)	769%
Niacin	30 mg (as niacinamide)	988%
Vitamin B ₆	35 mg (as pyridoxine HCl/pyridoxal-5-phosphate)	2,857%
Folate	447 mcg DFE (400 mcg L-5-MTHF)	967%
Vitamin B ₁₂	250 mcg (as methylcobalamin)	18,417%
Biotin	380 mcg	1,800%
Pantothenic Acid	25 mg (as calcium pantothenate)	500%
Choline	40 mg (as choline bitartrate)	11%
Calcium	50 mg (as calcium citrate/malate complex)	4%
Iodine	150 mcg (from kelp)	300%
Magnesium	25 mg (as zinc picolinate/oxide complex)	4%
Zinc	30 mg (as zinc picolinate/oxide complex)	273%
Selenium	180 mcg (as selenium amino acid chelate)	382%
Copper	1 mg (as copper amino acid chelate)	111%
Chromium	120 mcg (as chromium amino acid chelate)	242%
Molybdenum	180 mcg (as molybdenum amino acid chelate)	222%
Potassium	30 mg (as potassium aspartate)	<1%

	Amount Per Serving	%DV
Omega-3 Supercritical CO ₂ Triglyceride Concentrate	1,250 mg	*
Providing:		
EPA (eicosapentaenoic acid)	480 mg	*
DHA (docosahexaenoic acid)	480 mg	*
Proprietary Blend	380 mg	*
Wild blueberry extract (fruit, Myricium argenteum, standardized to 4% polyphenols), strawberry extract (fruit, Fragaria vesca, standardized to 2% polyphenols), spinach powder (aerial parts, Spinacia oleracea)		
Saw Palmetto	160 mg	*
(Berry, standardized to 30% fatty acids)		
Pumpkin Seed Powder	180 mg	*
Pygeum (bark, Pygeum africanum, standardized extract)	50 mg	*
Glycine	50 mg	*
L-Alanine	50 mg	*
L-Butamic Acid	50 mg	*
Inositol	25 mg	*
Grape Seed Extract	10 mg	*
Pterostilbene (PterisPine®)	10 mg	*
Lutein	3 mg	*
Lycopene (natural)	3 mg	*
Zeaxanthin	1 mg	*
Astaxanthin	1 mg	*

*Daily Value (DV) not established
†Percent Daily Values are 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, magnesium silicate, caramel, glycerin, natural vanilla flavor), vegetable stearate, natural-source mixed tocopherols, and rosemary extract (leaf)

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