

Manufactured by:
Douglas Laboratories
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Other ingredients: Cellulose, gelatin (capsule), ultra refined fish oil concentrate (from anchovy and mackerel), vegetable stearate, silica, glycerin, water, rosemary extract, ascorbyl palmitate, mixed tocopherols, Hydroxypropyl methylcellulose (vegetarian capsule), medium chain triglycerides, polysorbate 80, polyglycerol fatty acid esters, citrus oil extract (Citrus sinensis, peel), ethylcellulose, coconut oil, ammonium hydroxide, sodium alginate and stearic acid.

††Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

†††Including Beta-Carotene, Alpha-Carotene, Zeaxanthin, Cryptoxanthin, and additional Lutein and Lycopene.

Caplique Caplique is a registered trademark used with permission

This product contains NO yeast, soy protein, milk/dairy, corn, starch, artificial coloring, preservatives or flavoring.

Suggested Usage: As a dietary supplement, adults take 1 pack daily with meals or as directed by your healthcare professional.

KEEP OUT OF REACH OF CHILDREN.

For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

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

VESISORB® VESISorb is a registered trademark of SOURCEONE GLOBAL PARTNERS

Formula #65387

Essential-4 Nutrition Pack

A Dietary Supplement



30 Packs

Supplement Facts

Serving Size 1 Pack (4 Tablets / 2 Softgels / 1 Capsule / 1 Caplique® capsule per pack) • Servings Per Container 30

Amount Per Serving	%DV†	Amount Per Serving	%DV†
Calories.....16		Proprietary Organic Fruit and Vegetable Blend350 mg	*
Calories from Fat.....16		Organic beet powder (root), Organic carrot powder (root), Organic black currant powder (fruit), Organic blueberry powder (fruit), Organic broccoli powder (whole plant), Organic Concord grape powder (fruit), Organic green cabbage powder (whole plant), Organic collard greens powder (leaf), Organic mountain cranberry powder (fruit), Organic kale powder (whole plant), Organic Parsley powder (whole plant), Organic pomegranate powder (fruit), Organic raspberry powder (fruit), Organic spinach powder (whole plant)	
Total Fat.....1.8 g	3%	Natural Coenzyme Q10.....100 mg	*
Vitamin A (33% [2,500 IU] as Vitamin A Palmitate / 67% [5,000 IU] as Natural Beta-Carotene) from D. Salina with full spectrum carotenoids†††.....7,500 IU	150%	L-Cysteine / N-Acetyl L-Cysteine.....75 mg	*
Vitamin C (as Ascorbic Acid/Ascorbyl Palmitate / Calcium and Magnesium Ascorbate complex).....700 mg	1,167%	Betaine (from 75 mg Betaine HCl).....57 mg	*
Vitamin D-3.....500 IU	125%	Rose Hips.....50 mg	*
Vitamin E (natural, as d-alpha tocopheryl.....210 IU	700%	Lemon Bioflavonoids.....50 mg	*
and mixed tocopherols).....50 mg	3,333%	Garlic (bulb, Pure-Gar®, odorless).....50 mg	*
Thiamine.....25 mg	1,471%	Cauliflower (entire plant).....50 mg	*
Riboflavin.....95 mg	475%	Spirulina.....50 mg	*
Niacin/Niacinamide.....50 mg	2,500%	Chlorella (broken cell wall).....50 mg	*
Pyridoxal-5-Phosphate Complex).....100 mcg	67%	Green Papaya Extract (fruit).....50 mg	*
Folate (as L-methylfolate, Metafolin®).....400 mcg	100%	Inositol.....50 mg	*
Vitamin B-12 (as methylcobalamin).....125 mcg	2,083%	Blackberry (fruit).....40 mg	*
Biotin.....150 mcg	50%	Celery Powder (leaf).....35 mg	*
Pantothenic Acid (as d-Calcium Pantothenate).....250 mg	2,500%	Black Radish Powder (root).....35 mg	*
Calcium (as Calcium Citrate/Ascorbate Complex).....250 mg	25%	Apricot powder (fruit).....35 mg	*
Iodine (from Kelp).....100 mcg	67%	Choline (from 75 mg Choline Citrate / Bitartrate).....30 mg	*
Magnesium (as Magnesium Aspartate / Ascorbate Complex).....250 mg	63%	Green Tea Extract (leaf).....25 mg	*
Zinc (as Zinc Amino Acid Chelate).....12.5 mg	87%	Apple Pectin (fruit).....25 mg	*
Selenium (as Selenium Krebs††/ Kelp complex).....100 mcg	143%	PABA (para-aminobenzoic acid).....25 mg	*
Copper (as Copper Amino Acid Chelate).....1 mg	50%	Bromelain (2,000 GDU / g).....25 mg	*
Manganese (as Manganese Aspartate Complex).....5 mg	250%	Red Wine Proanthocyanidins / Pine Bark Extract.....25 mg	*
Chromium (Organically bound with GTF activity-low allergenicity).....100 mcg	83%	Hesperidin.....17.5 mg	*
Molybdenum (as Molybdenum Krebs††).....50 mcg	67%	Rutin.....12.5 mg	*
Potassium (as Potassium Aspartate Complex).....49.5 mg	1%	Glutamic Acid (from 13 mg Glutamic Acid HCl).....10 mg	*
Multi-Strain Probiotic Blend4 Billion CFU		L-Methionine.....6.3 mg	*
Containing:		Lutein (natural).....3 mg	*
Lactobacillus acidophilus (DDS-1).....1.150 Billion CFU	*	Lycopene (natural).....3 mg	*
Lactobacillus rhamnosus (Lr-32).....1.150 Billion CFU	*	Boron (as Boron Aspartate / Citrate complex).....0.75 mg	*
Lactobacillus rhamnosus (Bifidus)(HA-114).....775 Million CFU	*	Zeaxanthin.....0.5 mg	*
Lactococcus lactis (LI-23).....275 Million CFU	*	Trace Elements (from Sea Vegetation).....approx. 50 mcg	*
Bifidobacterium longum (Bf-05).....275 Million CFU	*	Vanadium (as Vanadium Krebs††).....25 mcg	*
Bifidobacterium bifidum (Bb-02).....275 Million CFU	*		
Streptococcus thermophilus (St-21).....150 Million CFU	*		
Digestive and Prebiotic Blend210 mg	*		
FOS (fructooligosaccharides) and Ulmus fulva (inner bark)			