

Other Ingredients: Cellulose, gelatin (capsule, from fish [Tilapia] and bovine), vegetable stearate, silica, stearic acid, medium chain triglycerides, polysorbate 80, polyglycerol fatty acid esters, glycerin, water, natural-source mixed tocopherols, rosemary extract (leaf), citrus oil extract (Citrus sinensis, peel) and titanium dioxide.

This product contains fish oil (anchovies, sardines, mackerel).

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

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

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 healthcare professional.

This product contains NO yeast, gluten, soy protein, corn, sodium, starch, artificial coloring, preservatives or flavoring.

Caplique Caplique is a registered trademark used with permission

VESISORB VESIsorb is a registered trademark of SOURCEONE GLOBAL PARTNERS

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

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.

Formula #66355

Essential-4 Nutrition Pack

A Dietary Supplement

DOUGLAS
LABORATORIES®

30 Packs

Supplement Facts

Serving Size 1 Pack
Each Pack contains 4 Tablets, 2 softgels, 1 Caplique® Capsule and 1 capsule
Servings Per Container 30

Amount Per Serving	%DV†
Calories from Fat.....20	
Total Fat.....2.5 g	4%
Vitamin A (33% as Vitamin A Palmitate [2,500 IU]/67% [5,000 IU] as Natural Beta-Carotene) from D. Salina with full spectrum carotenoids†††.....7,500 IU	150%
Vitamin C (as Ascorbic Acid/Ascorbyl Palmitate/Calcium and Magnesium Ascorbate complex).....700 mg	1,167%
Vitamin D-3.....2,500 IU	625%
Vitamin E (natural, as d-alpha tocopheryl plus mixed tocopherols).....210 IU	700%
Thiamine.....50 mg	3,333%
Riboflavin.....25 mg	1,471%
Niacin/Niacinamide.....95 mg	475%
Vitamin B-6 (as Pyridoxine HCl).....50 mg	2,500%
Pyridoxal-5-Phosphate Complex.....50 mg	100%
Folate (as L-methylfolate, Metafolin®).....400 mcg	100%
Vitamin B-12 (methylcobalamin).....125 mcg	2,083%
Biotin.....150 mcg	50%
Pantothenic Acid (as d-Calcium Pantothenate).....250 mg	2,500%
Calcium (as Calcium Citrate/Ascorbate/Carbonate Complex).....250 mg	25%
Iodine (from Kelp).....100 mcg	67%
Magnesium (as Magnesium Aspartate/Ascorbate/Chelate Complex).....250 mg	63%
Zinc (as Zinc Amino Acid Chelate).....12.5 mg	83%
Selenium (as Selenium Krebs††)(Kelp complex).....100 mcg	143%
Copper (as Copper Amino Acid Chelate).....1 mg	50%
Manganese (as Manganese Aspartate/Sulfate Complex).....5 mg	250%
Chromium (Organically bound with GTF activity-low allergenicity).....100 mcg	83%
Molybdenum (as Molybdenum Krebs††).....50 mcg	67%
Potassium (as Potassium Aspartate/Chloride Complex).....49.5 mg	1%
Triglyceride Concentrate.....2,500 mg	
Providing:	
EPA (Eicosapentaenoic Acid).....1,200 mg	
DHA (Docosahexaenoic Acid).....800 mg	
Natural Coenzyme Q10.....100 mg	
Lutein (natural).....3 mg	
Lycopene (natural).....3 mg	
Zeaxanthin.....0.5 mg	
Inositol.....50 mg	
Trace Elements (from Sea Vegetation).....approx. 50 mcg	
Choline (from 75 mg Choline Citrate/Bitartrate).....30 mg	
PABA (para-aminobenzoic acid).....25 mg	
Boron (as Boron Aspartate/Citrate complex).....0.8 mg	
Vanadium (as Vanadium Krebs††).....25 mcg	

Amount Per Serving	%DV†
L-Cysteine/N-Acetyl L-Cysteine.....75 mg	*
Betaine (from 75 mg Betaine HCl).....57 mg	*
Bromelain (2,000 GDU/g).....25 mg	*
Glutamic Acid (from 13 mg Glutamic Acid HCl).....10 mg	*
L-Methionine.....6.3 mg	*
Rose Hips.....50 mg	*
Lemon Bioflavonoids.....50 mg	*
Red Wine Proanthocyanidins/Pine Bark Extract.....25 mg	*
Hesperidin.....17.5 mg	*
Rutin.....12.5 mg	*
Proprietary Organic Fruit and Vegetable Blend.....350 mg	*
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).....	*
Garlic (bulb).....50 mg	*
Cauliflower (entire plant).....50 mg	*
Spirulina (broken cell wall).....50 mg	*
Chlorella.....50 mg	*
Green Papaya Extract (fruit).....50 mg	*
Blackberry (fruit).....40 mg	*
Celery powder (leaf).....35 mg	*
Black radish powder (root).....35 mg	*
Apricot powder (fruit).....35 mg	*
Green Tea Extract (leaf).....25 mg	*
Apple Pectin (fruit).....25 mg	*
Multi-Strain Probiotic Blend.....4 Billion CFU	*
Containing:	
Lactobacillus acidophilus (DDS-1).....1,150 Billion CFU	*
Lactobacillus rhamnosus (L-32).....1,150 Billion CFU	*
Lactobacillus rhamnosus (Bifidus)(HA-114).....775 Million CFU	*
Lactococcus lactis (L-23).....275 Million CFU	*
Bifidobacterium longum (BI-05).....275 Million CFU	*
Bifidobacterium bifidum (Bb-02).....275 Million CFU	*
Streptococcus thermophilus (St-21).....150 Million CFU	*
Digestive and Prebiotic Blend.....210 mg	*
FOS (fructooligosaccharides) and Ulmus fulva (inner bark).....	*
†Percent Daily Values based on a 2,000 calorie diet. *Daily Value not established.	