

Manufactured by: Douglas Laboratories
600 Boyce Road, Pittsburgh, PA 15205
www.douglaslabs.com 1.800.345.6440

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

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

** **plastiPure** 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.

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Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

ez Easy Swallow
Technology

Formula #66359 V4



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		Amount Per Serving	%DV
Calories	10		Omega-3 Supercritical CO ₂ Triglyceride Concentrate	1,250 mg	*
Total Fat	1.2 g	2%	Proprietary Blend		
			EPA (eicosapentaenoic acid)	480 mg	*
Vitamin A	2,250 mcg	350%	DHA (docosahexaenoic acid)	480 mg	*
(as natural beta-carotene and vitamin A acetate)			Proprietary Blend	380 mg	*
Vitamin C (as ascorbic acid)	120 mg	133%	Wild blueberry extract (fruit, Vaccinium angustifolium, standardized to 4% polyphenols),		
Vitamin D ₃ (as cholecalciferol)	60 mcg (2,000 IU)	250%	strawberry extract (fruit, Fragaria vesca, standardized to 2% polyphenols), spinach		
Vitamin E	87.1 mg	581%	Powder (aerial parts, Spinacia oleracea).		
(as dl-alpha-tocopheryl succinate)			Saw Palmetto	160 mg	*
Thiamine (as thiamine HCl)	25 mg	2,083%	Berry, standardized to 30% fatty acids		
Riboflavin (as riboflavin-5-phosphate)	10 mg	767%	Pumpkin Seed Powder	180 mg	*
Niacin/Nicotinamide	30 mg	180%	Pygeum (bark, Pygeum africanum, standardized extract)	50 mg	*
Vitamin B ₆	25 mg	2,057%	Glycine	50 mg	*
(as pyridoxine HCl/pyridoxal-5-phosphate)			L-Alanine	50 mg	*
Folate (as Metabolin®, L-5-MTHF)	467 mcg DFE (600 mcg L-5-MTHF)	167%	L-Glutamic Acid	50 mg	*
Vitamin B ₁₂ (as methylcobalamin)	250 mcg	10,417%	Inositol	25 mg	*
Biotin	300 mcg	1,000%	Grape Seed Extract	10 mg	*
Pantothenic Acid (as d-calcium pantothenate)	25 mg	500%	Pericollibene (PteroPure®)	10 mg	*
Choline (as choline bitartrate)	60 mg	11%	Lutene	3 mg	*
Calcium (as calcium citrate/malate complex)	50 mg	4%	Lycopene (natural)	3 mg	*
Iodine (from kelp)	150 mcg	180%	Coenzyme Q10	1 mg	*
Magnesium (as magnesium citrate)	25 mg	4%	Antioxidant	1 mg	*
Zinc (as zinc picolinate/oxide complex)	30 mg	273%			
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	363%			
Molybdenum (as molybdenum amino acid chelate)	100 mcg	222%			
Potassium (as potassium aspartate)	30 mg	1%			

Other ingredients: Microcrystalline cellulose, capsule fish gelatin (Eliquis), glycerin, purified water, gelatin (capsule, bovine), croscarmellose sodium, silica, stearic acid, hydroxypropyl cellulose, tablet coating (hydroxypropyl methylcellulose, starch (rice), gum acacia, glycerine, natural vanilla flavor, fruit and vegetable juice (natural colorant), spirulina extract (natural colorant).

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