

Manufactured by:
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205 USA
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Suggested Usage: As a dietary supplement, adults take 1 pack daily with a meal or as directed by your healthcare professional.

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

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

** **pTeroPure™** is a trademark of ChromaDex, Inc.

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.

ez Easy Swallow
Technology™

Formula #66359



Essential Male Pack

A Dietary Supplement

 **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 from Fat..... 10	
Total Fat..... 1.25 g	2%†
Providing:	
Vitamin A.....7,500 IU	150%
(as natural beta-carotene and vitamin A acetate)	
Vitamin C (as Ascorbic Acid)..... 120 mg	200%
Vitamin D-3.....2,000 IU	500%
Vitamin E.....130 IU	433%
(as d-alpha tocopheryl succinate)	
Thiamine (as Thiamine HCl)..... 25 mg	1,667%
Riboflavin (as Riboflavin-5-phosphate)..... 10 mg	588%
Niacin/Niacinamide..... 30 mg	150%
Vitamin B-6..... 35 mg	1,750%
(as Pyridoxine HCl/Pyridoxal-5-phosphate)	
Folate (as L-methylfolate, Metafolin®)..... 400 mcg	100%
Vitamin B-12 (as methylcobalamin)..... 250 mcg	4,167%
Biotin..... 300 mcg	100%
Pantothenic Acid..... 25 mg	250%
(d-calcium pantothenate)	
Calcium..... 50 mg	5%
(as Calcium Citrate/Malate Complex)	
Magnesium (as Magnesium Citrate)..... 25 mg	6%
Iodine (from kelp)..... 150 mcg	100%
Zinc..... 30 mg	200%
(as Opti-Zinc, monomethionine/from Zinc Picolinate)	
Selenium (as amino acid chelate)..... 100 mcg	143%
Copper (as amino acid chelate)..... 1 mg	50%
Chromium (as amino acid chelate)..... 120 mcg	100%
Molybdenum (as amino acid chelate)..... 100 mcg	133%
Potassium (as Potassium Aspartate)..... 30 mg	<2%

Amount Per Serving	%DV
Omega-3 Supercritical CO2	
Triglyceride Concentrate..... 1,250 mg	
Providing:	
EPA (Eicosapentaenoic Acid)..... 600 mg	*
DHA (Docosahexaenoic Acid)..... 400 mg	*
Saw Palmetto..... 160 mg	*
(berry, standardized to 30% fatty acids)	
Pygeum (bark)..... 50 mg	*
<i>Pygeum africanum</i>	
(standardized extract)	
Pumpkin Seed..... 100 mg	*
powder	
Glycine..... 50 mg	*
L-Alanine..... 50 mg	*
L-Glutamic Acid..... 50 mg	*
Proanthocyanidins..... 10 mg	*
(OPC 85+)	
Choline (as Choline Bitartrate)..... 60 mg	*
Inositol..... 25 mg	*
Lutein..... 3 mg	*
Lycopene (natural)..... 3 mg	*
Zeaxanthin..... 1 mg	*
Astaxanthin..... 1 mg	*
Pterostilbene (PteroPure™)..... 10 mg	*
Proprietary Blend..... 300 mg	*
Wild Blueberry Extract (fruit, <i>Vaccinium angustifolium</i> , standardized to 4% polyphenols),	
Strawberry Extract (fruit, <i>Fragaria vesca</i> , standardized to 2% polyphenols), Spinach	
Extract (leaf, <i>Spinacia oleracea</i> , standardized to 1.5% polyphenols).	
*Daily Value not established	
†Percent Daily Value is based on a 2,000 Calorie diet.	

Other Ingredients: Cellulose, gelatin (capsule, from bovine and fish [Tilapia]), vegetable stearate, silica, glycerin, water, natural-source mixed tocopherols, rosemary extract (leaf), titanium dioxide, dextrose, magnesium silicate, glycerin, caramel color, natural vanilla flavor.

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