

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, 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 #66360



Essential Female Pack

A Dietary Supplement

 **DOUGLAS**
LABORATORIES®

30 Packs

Supplement Facts

Serving Size 1 Pack
Each Pack contains 5 Tablets, 1 Softgel and 1 Capsule
Servings Per Container 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories from Fat 10		Omega-3 Supercritical CO2	
Total Fat 1.25 g	2%†	Triglyceride Concentrate 1,250 mg	
		Providing:	
Vitamin A (as natural beta-carotene) 5,000 IU	100%	EPA (Eicosapentaenoic Acid) 600 mg	*
Vitamin C (as Ascorbic Acid) 170 mg	283%	DHA (Docosahexaenoic Acid) 400 mg	*
Vitamin D-3 2,400 IU	600%	Choline (as Choline Bitartrate) 60 mg	*
Vitamin E 100 IU	333%	Inositol 25 mg	*
(as d-alpha tocopheryl succinate)		Lutein 3 mg	*
Thiamine (as Thiamine HCl) 25 mg	1,667%	Lycopene (natural) 3 mg	*
Riboflavin (as Riboflavin-5-phosphate) 10 mg	588%	Boron (from Boron Aspartate/Citrate) 3 mg	*
Niacin/Niacinamide 30 mg	150%	Glutamic Acid 60 mg	*
Vitamin B-6 10 mg	500%	(from 75 mg Glutamic Acid HCl) 29 mg	*
(as Pyridoxal-5-phosphate)		L-Lysine (from 36 mg L-Lysine HCl) 1 mg	*
Folate (as L-methylfolate, Metafolin®) 400 mcg	100%	Zeaxanthin 1 mg	*
Vitamin B-12 (as methylcobalamin) 250 mcg	4,167%	Ashtaxanthin 10 mg	*
Biotin 300 mcg	100%	Pterostilbene (PteroPure™) 300 mg	*
Pantothenic Acid 25 mg	250%	Proprietary Blend 4 Billion CFU	
(d-calcium pantothenate)		Wild Blueberry Extract (fruit, <i>Vaccinium angustifolium</i> , standardized to 4% polyphenols),	
Calcium 800 mg	80%	Strawberry Extract (fruit, <i>Fragaria vesca</i> , standardized to 2% polyphenols), Spinach	
(from Calcium Citrate/Malate/Gluconate/Carbonate/		Extract (leaf, <i>Spinacia oleracea</i> , standardized to 1.5% polyphenols).	
Lactate/Ascorbate and Microcrystalline Hydroxyapatite)		Multi-Strain Probiotic Blend 4 Billion CFU	
Magnesium 400 mg	100%	Containing:	
(as Magnesium Citrate/Chelate)		<i>Lactobacillus acidophilus</i> (DDS-1) 1,150 Billion CFU	*
Iodine (from kelp) 150 mcg	100%	<i>Lactobacillus rhamnosus</i> (Lr-32) 1,150 Billion CFU	*
Zinc (as Opti-Zinc, monomethionine) 15 mg	100%	<i>Lactobacillus rhamnosus</i> (Bifidus)(HA-114) 775 Million CFU	*
Selenium (as amino acid chelate) 100 mcg	143%	<i>Lactococcus lactis</i> (L-23) 275 Million CFU	*
Copper (as amino acid chelate) 1 mg	50%	<i>Bifidobacterium longum</i> (Bif-05) 275 Million CFU	*
Chromium (as amino acid chelate) 120 mcg	100%	<i>Bifidobacterium bifidum</i> (Bb-02) 275 Million CFU	*
Molybdenum (as amino acid chelate) 100 mcg	133%	<i>Streptococcus thermophilus</i> (St-21) 150 Million CFU	*
Potassium (as Potassium Aspartate) 30 mg	<2%	Digestive and Probiotic Blend 210 mg	*
		FOS (fructooligosaccharides) and <i>Ulmus fulva</i> (inner bark)	

*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).