



# Nutri-Pack<sup>TM</sup> For Women

A Dietary Supplement



**Douglas  
Laboratories®**

**30 Packs**

## Supplement Facts

Serving Size: 1 Pack (4 Tablets, 2 Capsules, 2 Capliques<sup>TM</sup> per pack) • Servings Per Container: 30

| Amount Per Serving                                                                                     | %DV†           | Amount Per Serving                                                                                                        | %DV†         |
|--------------------------------------------------------------------------------------------------------|----------------|---------------------------------------------------------------------------------------------------------------------------|--------------|
| Calories                                                                                               | 17             | Magnesium                                                                                                                 | 250 mg 63%   |
| Calories from Fat                                                                                      | 13             | (as magnesium aspartate-ascorbate complex and magnesium amino acid chelate**)                                             |              |
| Total Fat                                                                                              | 1.3 g 2%       | Zinc (as zinc amino acid chelate** and zinc gluconate)                                                                    | 12 mg 80%    |
| Saturated Fat                                                                                          | 0 g 0%         | Selenium (as selenium amino acid complex)                                                                                 | 100 mcg 143% |
| Polyunsaturated Fat                                                                                    | 0.6 g *        | Copper (as copper amino acid chelate**)                                                                                   | 1 mg 50%     |
| Monounsaturated Fat                                                                                    | 0.3 g *        | Manganese                                                                                                                 | 10 mg 500%   |
| Dietary Fiber                                                                                          | 0.3 g 1%       | (as manganese amino acid chelate**)                                                                                       |              |
| Vitamin A (from fish liver oil and 60% [7,500 IU] as natural beta-carotene from D. salina)             | 12,500 IU 250% | Chromium                                                                                                                  | 100 mcg 83%  |
| Vitamin C (as calcium ascorbate, magnesium/potassium aspartate-ascorbate complex, and L-ascorbic acid) | 725 mg 1,208%  | (as chromium polynicotinate***)                                                                                           |              |
| Vitamin D3 (from fish liver oil)                                                                       | 100 IU 25%     | Molybdenum                                                                                                                | 75 mcg 100%  |
| Vitamin E (as d-alpha tocopheryl succinate and d-alpha tocopherol)                                     | 230 IU 767%    | (as molybdenum amino acid chelate**)                                                                                      |              |
| Vitamin K1 (as phytonadione)                                                                           | 30 mcg 38%     | Potassium                                                                                                                 | 50 mg 1%     |
| Thiamine (as thiamine mononitrate)                                                                     | 50 mg 3,333%   | (as potassium aspartate-ascorbate complex)                                                                                |              |
| Riboflavin                                                                                             | 25 mg 1,471%   | Choline (as choline bitartrate)                                                                                           | 75 mg *      |
| Niacin (as niacinamide and niacin)                                                                     | 110 mg 550%    | Inositol                                                                                                                  | 25 mg *      |
| Vitamin B6                                                                                             | 50 mg 2,500%   | Vanadium (as vanadyl sulfate)                                                                                             | 19.5 mcg *   |
| (as pyridoxine hydrochloride)                                                                          |                | Boron (as boron aspartate-citrate)                                                                                        | 1 mg *       |
| Folic acid                                                                                             | 400 mcg 100%   | para-Aminobenzoic acid                                                                                                    | 25 mg *      |
| Vitamin B12 (as cyanocobalamin on ion exchange resin)                                                  | 50 mcg 833%    | Citrus bioflavonoids                                                                                                      | 50 mg *      |
| Biotin                                                                                                 | 150 mcg 50%    | Omega-3 fatty acids                                                                                                       | 417 mg *     |
| Pantothenic acid                                                                                       | 200 mg 2,000%  | Eicosapentaenoic acid (EPA)                                                                                               | 217 mg *     |
| (as d-calcium pantothenate)                                                                            |                | Docosahexaenoic acid (DHA)                                                                                                | 120 mg *     |
| Calcium                                                                                                | 500 mg 50%     | Omega-6 fatty acids                                                                                                       | 151 mg *     |
| (as calcium citrate and calcium ascorbate)                                                             |                | Gamma linolenic acid (GLA)                                                                                                | 42 mg *      |
| Iodine (from kelp)                                                                                     | 75 mcg 50%     | Omega-9 fatty acids                                                                                                       | 161 mg *     |
|                                                                                                        |                | Oleic acid                                                                                                                | 133 mg *     |
|                                                                                                        |                | Proprietary blend                                                                                                         | 1 g *        |
|                                                                                                        |                | Glucosaminan, Carrot Root, Celery (stalk and leaves), Citrus Pectin, Apple Pectin, Sodium Alginate and Slippery Elm Bark. |              |

Other ingredients: Cellulose, modified cellulose gum, stearic acid, gelatin (capsule), ultra pure fish oil concentrate, cold pressed organic evening primrose oil, olive oil, L-glutamic acid, methylcellulose, vegetable stearate, magnesium stearate, water, silica, gum ghatti, titanium dioxide, natural tangerine flavor and canthaxanthin (carotene color).

Manufactured in the USA by:  
**Douglas Laboratories**  
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Pittsburgh, PA 15205 USA  
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### Suggested Usage:

As a dietary supplement, adults take 1-2 packs daily with meals or as directed by your healthcare professional.

\*\*U.S. Patent Number 4,599,152 Albion Laboratories  
\*\*\*ChromeMate® brand. U.S. Patent Number 4,923,855  
InterHealth Co.

**Each pack contains:** Three pink Basic Preventive 5<sup>®</sup> tablets, two clear Balance Plus<sup>TM</sup> Capliques<sup>TM</sup> with a clear band that contains a yellow suspension, two beige Fiber-Plex<sup>TM</sup> capsules and one white Calcigard<sup>®</sup> 250 Plus Vitamin D tablet.

A Caplique<sup>TM</sup> is a liquid-filled, two piece capsule sealed with a band.

**WARNING:** This product contains Vitamin K, which interferes with the prescription drugs Coumadin and Warfarin. Do not take this if taking either of these drugs.

**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.

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



Formula #64662