

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, artificial preservatives or genetically modified organisms (GMOs).

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	Amount Per Serving	%DV
Calories from Fat..... 10		Omega-3 Supercritical CO2	
Total Fat..... 1.25 g	2%†	Triglyceride Concentrate..... 1,250 mg	
Vitamin A..... 7,500 IU	150%	Providing:	
(as natural beta-carotene and vitamin A acetate)		EPA (Eicosapentaenoic Acid)..... 600 mg	*
Vitamin C (as Ascorbic Acid)..... 120 mg	200%	DHA (Docosahexaenoic Acid)..... 400 mg	*
Vitamin D-3..... 2,000 IU	500%	Saw Palmetto..... 160 mg	*
Vitamin E..... 130 IU	433%	(berry, standardized to 30% fatty acids)	
(as d-alpha tocopheryl succinate)		Pygeum (bark)..... 50 mg	*
Thiamine (as Thiamine HCl)..... 25 mg	1,667%	Pygeum africanum	
Riboflavin (as Riboflavin-5-phosphate)..... 10 mg	588%	(standardized extract)	
Niacin/Niacinamide..... 30 mg	150%	Pumpkin Seed..... 100 mg	*
Vitamin B-6..... 35 mg	1,750%	powder	
(as Pyridoxine HCl/Pyridoxal-5-phosphate)		Glycine..... 50 mg	*
Folate (as L-methylfolate, Metafolin®)..... 400 mcg	100%	L-Alanine..... 50 mg	*
Vitamin B-12 (as methylcobalamin)..... 250 mcg	4,167%	L-Glutamic Acid..... 50 mg	*
Biotin..... 300 mcg	100%	Grape Seed Extract..... 10 mg	*
Pantothenic Acid..... 25 mg	250%	Choline (as Choline Bitartrate)..... 60 mg	*
(d-calcium pantothenate)		Inositol..... 25 mg	*
Calcium..... 50 mg	5%	Lycopene (natural)..... 3 mg	*
(as Calcium Citrate/Malate Complex)		Zeaxanthin..... 1 mg	*
Magnesium (as Magnesium Citrate)..... 25 mg	6%	Asaxanthin..... 1 mg	*
Iodine (from kelp)..... 150 mcg	100%	Pterostilbene (PteroPure™)..... 10 mg	*
Zinc..... 30 mg	200%	Proprietary Blend..... 300 mg	*
(Zinc Picolinate/Oxide Complex)		Wild Blueberry Extract (fruit, <i>Vaccinium angustifolium</i> , standardized to 4% polyphenols),	
Selenium (as amino acid chelate)..... 100 mcg	143%	Strawberry Extract (fruit, <i>Fragaria vesca</i> , standardized to 2% polyphenols), Spinach	
Copper (as amino acid chelate)..... 1 mg	50%	Extract (leaf, <i>Spinacia oleracea</i> , standardized to 1.5% polyphenols).	
Chromium (as amino acid chelate)..... 120 mcg	100%		
Molybdenum (as amino acid chelate)..... 100 mcg	133%		
Potassium (as Potassium Aspartate)..... 30 mg	<2%		

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).