

Manufactured in the USA by:
Douglas Laboratories
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www.douglaslabs.com
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This product contains NO yeast, wheat gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

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.

WARNING: PHENYLKETONURICS: CONTAINS PHENYLALANINE. Do not use if you have Phenylketonuria (PKU). If you are pregnant, nursing, or taking any prescription medications or have Parkinson's disease consult with a physician before using this product. Use of Phenylalanine should be limited to less than 2 grams a day.

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

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.

**U.S. Patent Number 4,599,152 Albion Laboratories

***ChromeMate® brand. U.S. Patent Number 4,923,855 InterHealth Co.

Formula #63629



FM Support Pack

A Dietary Supplement



30 Packs

Supplement Facts

Amount Per Serving 1 Pack (4 tablets / 3 capsules / 1 softgel per pack) • Servings Per Container 60

Amount Per Serving	%DV†	Amount Per Serving	%DV†
Calories	10.5	Copper (as copper amino acid chelate**)	1 mg 50%
Calories from Fat	9	Manganese (as manganese amino acid chelate**)	10 mg 500%
Total Fat	1 g <2%	Chromium (as chromium polynicotinate***)	100 mcg 83%
Saturated Fat	0 g 0%	Molybdenum (as molybdenum amino acid chelate**)	75 mcg 100%
Polyunsaturated Fat	0.5 g *	Potassium (as potassium aspartate-ascorbate complex)	140 mg 4%
Cholesterol	6 mg 2%		
Vitamin A (as fish liver oil and 60% [7,500 IU] as natural beta-carotene from D. salina)	12,500 IU 250%	Natural Triglyceride Marine Lipid Concentrate	1,000 mg *
Vitamin C (as calcium ascorbate and magnesium/potassium aspartate-ascorbate complex)	600 mg 1,000%	Providing:	
Vitamin D3 (from fish liver oil)	50 IU 13%	Eicosapentaenoic Acid [EPA] [18%]	180 mg *
Vitamin E (as d-alpha tocopheryl succinate, d-alpha tocopherol)	201 IU 670%	Docosahexaenoic Acid [DHA] [12%]	120 mg *
Vitamin K1 (as phytonadione)	30 mcg 38%	Total Omega-3 Fatty Acids	300 mg *
Thiamine (as thiamine mononitrate)	50 mg 3,333%	Free Form Amino Acids	600 mg *
Riboflavin	25 mg 1,471%	proprietary blend	
Niacin (as niacinamide and niacin)	100 mg 500%	L-Arginine, L-Ornithine, L-Glutamic Acid, L-Aspartic Acid, L-Lysine, Glycine, L-Leucine, L-Valine, L-Threonine, L-Methionine, L-Alanine, L-Serine, L-Tyrosine, L-Cystine, L-Isoleucine, L-Proline, L-Histidine, L-Phenylalanine.	
Vitamin B6 (as pyridoxine hydrochloride and pyridoxal-5-phosphate)	75 mg 3,750%	Malic Acid	500 mg *
Folic acid	400 mcg 100%	Choline (as choline bitartrate)	75 mg *
Vitamin B12 (as cyanocobalamin on ion exchange resin)	50 mcg 833%	Citrus bioflavonoids	50 mg *
Biotin	150 mcg 50%	Inositol	25 mg *
Pantothenic acid (as d-calcium pantothenate)	200 mg 2,000%	para-Aminobenzoic acid	25 mg *
Calcium (as calcium citrate and calcium ascorbate)	250 mg 25%	Boron (as boron aspartate-citrate)	1 mg *
Iodine (from kelp)	75 mcg 50%	Vanadium (as vanadyl sulfate)	20 mcg *
Magnesium (as magnesium aspartate-ascorbate complex and magnesium amino acid chelate**)	340 mg 85%		
Zinc (as zinc amino acid chelate**)	10 mg 67%		
Selenium (as selenium amino acid complex)	100 mcg 143%		

Other ingredients: Cellulose, gelatin (capsule), vegetable stearate, natural glycerin, silica, water, gum ghatti, natural tangerine flavor, titanium dioxide and canthaxanthin (carotene color).