



Pro-Equalizer™ Protein Powder

A Dietary Supplement



**Douglas
Laboratories®**

16 Ounces

Supplement Facts

Serving Size 1 level scoop (enclosed) or 2 rounded, heaping tablespoons (30 grams)
Servings Per Container 15

Amount Per Serving	%DV†
Calories	123
Calories from Fat	23
Total Fat	2.5 g 4%
Saturated Fat	0.63 g 3%
Polyunsaturated Fat	1.65 g *
Monounsaturated Fat	0.22 g *
Cholesterol	0 mg 0%
Sodium	45 mg 2%
Total Carbohydrate	4.7 g 2%
Dietary Fiber	4 g 16%
Sugars	0g *
Protein	20.5 g 41%
Vitamin A (42% as Palmitate)	4323 IU 87%
(58% as Beta-Carotene)	
Vitamin C (as Ascorbic Acid)	200 mg 333%
Vitamin D	50 IU 13%
Vitamin E	67 IU 223%
(as d-alpha tocopheryl Succinate)	
Vitamin K (as Phytonadione)	25 mcg 31%
Thiamine (as Thiamine HCl)	6 mg 400%
Riboflavin	5 mg 294%
Niacin/Niacinamide	32 mg 160%
Vitamin B-6 (as Pyridoxine HCl)	20 mg 1000%
Folic Acid	150 mcg 38%
Vitamin B-12 (as Cyanocobalamin)	20 mcg 333%
Biotin	150 mcg 50%
Pantothenic Acid	20 mg 200%
(as Calcium Pantothenate)	
Calcium (from Calcium	200 mg 20%
Ascorbate/Citrate Complex)	
Iron (as Amino Acid Chelate)	6 mg 33%
Phosphorus (as Amino Acid Chelate)	100 mg 10%
Iodine	50 mcg 33%

Amount Per Serving	%DV†
Magnesium (from Magnesium	200 mg 50%
Ascorbate/Aspartate Complex)	
Zinc (from Zinc Aspartate Complex)	10 mg 67%
Selenium (as Amino Acid Chelate)	75 mcg 107%
Copper (as Amino Acid Chelate)	1.5 mg 75%
Manganese	5 mg 250%
(as Manganese Aspartate Complex)	
Chromium (as Amino Acid Chelate)	75 mcg 63%
Molybdenum (as Amino Acid Chelate)	50 mcg 67%
Potassium (from Potassium	99 mg 2%
Aspartate Complex)	
Choline	23.5 mg *
(from 50 mg Choline Bitartrate)	
Inositol	25 mg *
PABA (Para-Aminobenzoic Acid)	8 mg *
Vanadium (as Amino Acid Chelate)	50 mcg *
Boron	50 mcg *
(from Citrate/Aspartate Complex)	
Lecithin (Soya)	2500 mg *
Supplying approximately:	
Phosphatidylcholine	625 mg *
Phosphatidylethanolamine	500 mg *
Phosphatidylinositol	315 mg *
Proprietary Base Blend	4000 mg *
Guar Gum, Carrageenan Gum,	
Gamma Linolenic Acid, Lemon Bio-	
flavonoids, Trace Elements (Sea	
Vegetation), Betaine HCl, Black	
Curry Powder (seed), Bromelain,	
Siberian Ginseng (root), L-Carnitine,	
Gamma-Oryzanol, Octacosanol, Inosine	
and Coenzyme Q-10.	

Amount Per Serving	%DV†
Amino Acid Profile:	
Alanine	990 mg *
Arginine	1791 mg *
Aspartic Acid	1653 mg *
Cystine	675 mg *
Glutamic Acid	4138 mg *
Glycine	732 mg *
Histidine	297 mg *
Isoleucine	1009 mg *
Leucine	1653 mg *
Lysine	1980 mg *
Methionine	485 mg *
Phenylalanine	1247 mg *
Proline	732 mg *
Serine	990 mg *
Taurine	250 mg *
Threonine	752 mg *
Tryptophan	258 mg *
(naturally occurring)	
Tyrosine	1108 mg *
Valine	1267 mg *

*Daily Value not established.

†Percent Daily Values are based on a 2,000 calorie diet.

Manufactured by:
Douglas Laboratories
600 Boyce Road • Pittsburgh, PA 15205
www.douglaslabs.com

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

Suggested Usage:

As a dietary supplement, adults and children over 16 years of age, **mix vigorously 1 scoop** or 2 rounded, heaping tablespoons (approximately 30 grams) with **8 ounces or more** of fruit juice, (preferably **cranberry, cran-raspberry, apple or grape juice**), vegetable juice, or **any hot cereal**. Juice may be diluted with purified water. Four or more 8 ounce glasses of purified water should be consumed throughout the day while taking this product.

WARNING: This product contains Vitamin K which interferes with the prescription drugs Coumadin® and Warfarin. If you are taking these or similar prescription drugs, consult your healthcare professional before using this product.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Phenylketonurics: contains Phenylalanine.

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.



Other ingredients: Brown rice protein concentrate hydrolyzed (digestibility 96%).