



Cholo-Pak™

A Dietary Supplement



**Douglas
Laboratories®**

30 Packs

Supplement Facts

Serving Size 1 pack (6 capsules/3 tablets/2 softgels per pack) • Servings per container 30

Amount Per Serving	%DV†
Calories	19.5
Calories from Fat	18
Total Fat	2 g 3%
Saturated Fat	0 g 0%
Polyunsaturated Fat	0.5 g *
Cholesterol	6 mg 2%
Total Carbohydrate	2 g <1%
Dietary Fiber	2 g 8%
Vitamin A (40% as Vitamin A Palmitate/ 60% [2,500 IU] as Beta-Carotene)	4167 IU 83%
Vitamin C (Ascorbic Acid)	700 mg 1167%
Vitamin D-3	17 IU 4%
Vitamin E (as Vitamin E Succinate)	78 IU 260%
Thiamine	17 mg 1133%
Riboflavin	8 mg 471%
Niacin/Niacinamide	282 mg 1410%
Vitamin B-6 (as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	17 mg 850%
Folic Acid	133 mcg 33%
Vitamin B-12 (on Ion Exchange Resin)	17 mcg 283%
Biotin	50 mcg 17%
Pantothenic Acid (as d-Calcium Pantothenate)	83 mg 830%
Calcium (from Calcium Citrate/Ascorbate Complex)	83 mg 8%
Iron (from Ferronyl®/Iron Amino Acid Chelate)	3 mg 17%
Iodine (from Kelp)	33 mcg 22%
Magnesium (from Magnesium Aspartate/Ascorbate Complex)	83 mg 21%
Zinc (from Zinc Amino Acid Chelate)	4.6 mg 31%
Selenium (Organic Selenium from Krebs†† Cycle and Kelp)	33 mcg 47%
Copper (from Copper Amino Acid Chelate)	0.3 mg 15%
Manganese (from Manganese Aspartate Complex)	3 mg 150%
Chromium (Organically bound with GTF activity – Low Allergenicity)	33 mcg 28%
Molybdenum (from Molybdenum Krebs††)	17 mcg 23%
Potassium (from Potassium Aspartate Complex)	17 mg <1%
Choline (from Choline Citrate/Bitartrate)	25 mg *
Inositol	17 mg *
Citrus Bioflavonoid Complex	117 mg *

Amount Per Serving	%DV†
Rutin	50 mg *
Hesperidin Complex	25 mg *
Acerola (fruit)	1 mg *
PABA (para-Aminobenzoic Acid)	8 mg *
Vanadium (from Vanadium Krebs††)	8 mcg *
Boron (from Boron Aspartate/Citrate Complex)	0.25 mg *
Trace Elements (from Sea Vegetation)	approx. 17 mcg *
L-Cysteine/N-Acetyl-L-Cysteine	33 mg *
L-Methionine	2 mg *
Glutamic Acid (from Glutamic Acid HCl)	3 mg *
Betaine (from Betaine HCl)	19 mg *
Garlic (bulb) (Deodorized, Pure-Gar®)	500 mg *
Borage Oil, providing:	1200 mg *
Gamma Linolenic Acid (GLA)	240 mg *
Linoleic Acid (LA)	431 mg *
Oleic Acid (OA)	228 mg *
Stearic Acid	52 mg *
Hexadecenoic Acid	2 mg *
Palmitic Acid	133 mg *
Icosenoic Acid	52 mg *
Docosenoic Acid	32 mg *
Tetracosenoic Acid	19 mg *
Natural Triglyceride Marine Lipid Concentrate, providing:	1000 mg *
Eicosapentaenoic Acid (EPA) (18%)	180 mg *
Docosahexanoic Acid (DHA) (12%)	120 mg *
L-Carnitine	250 mg *
Proprietary Blend	1800 mg *
Psyllium Seed Husks (milled), Citrus Pectin, Acidophilus (dairy free, freeze-dried), Bifidus (dairy free, freeze-dried), Artichoke (leaf) and Cellulose.	

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

*Daily Value not established.

Other ingredients: Cellulose, gelatin (capsule), silica, vegetable stearate, distilled water, alfalfa cereal grass and rose hips.

††Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

Manufactured in the USA by: **Douglas Laboratories**

600 Boyce Road • Pittsburgh, PA 15205 USA • www.douglaslabs.com

Each Pack Contains:

- Four Off-White Speckled Natursyl Capsules
- One White L-Carnitine Capsule
- One Gold Marine Lipid Concentrate Softgel Capsule
- One Gold Borage Oil Softgel Capsule
- One Large Yellow Multi-Vitamin/Mineral Tablet
- One Green Sustained Release Niacin Capsule
- One Light Yellow Odorless Garlic Tablet
- One Oval Yellow Natural Vitamin C Tablet

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

Suggested Usage:

As a dietary supplement, adults take 1 pack daily or as directed by your healthcare professional.

WARNING:

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. This is not a childproof container. This product contains a level of iron which could be harmful to children. KEEP OUT OF REACH OF CHILDREN. In case of accidental overdose, call a doctor or poison control center immediately.

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.

Formula #8320



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