



# Essential-4 Nutrition Pack

## A Dietary Supplement



**Douglas  
Laboratories®**

**30 Packs**

## Supplement Facts

Serving Size 1 Pack (5 tablets / 2 softgels / 1 capsule per pack) • Servings Per Container 30

| Amount Per Serving                                                                        | %DV†                | Amount Per Serving                                                                                                                                                                                                                            | %DV†             |
|-------------------------------------------------------------------------------------------|---------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|
| Calories .....                                                                            | 9                   | Proprietary Blend .....                                                                                                                                                                                                                       | 565 mg *         |
| Calories from Fat .....                                                                   | 9                   | Kale (leaf), Spinach (leaf), Carrot (root), Radish (root), Celery (leaf and stalk), Apricot (fruit), Blackberry (fruit), Cranberry (fruit), Grape (fruit), Pineapple (fruit), FOS (fructooligosaccharides) and ulmus fulva (inner bark) ..... |                  |
| Total Fat .....                                                                           | 1 g 2%              | Natural Coenzyme Q10 .....                                                                                                                                                                                                                    | 100 mg *         |
| Vitamin A (33% [2,475 IU] as Vitamin A Palmitate / ..... 7,500 IU 150%                    |                     | L-Cysteine / N-Acetyl L-Cysteine .....                                                                                                                                                                                                        | 75 mg *          |
| 67% [5,025 IU] as Natural Beta-Carotene) from D, Salina with full spectrum carotenoids††† |                     | Betaine (from 75 mg Betaine HCl) .....                                                                                                                                                                                                        | 57 mg *          |
| Vitamin C (as Ascorbic Acid/Ascorbyl Palmitate / ..... 700 mg 1,167%                      |                     | Rose Hips .....                                                                                                                                                                                                                               | 50 mg *          |
| Calcium and Magnesium Ascorbate complex)                                                  |                     | Lemon Bioflavonoids .....                                                                                                                                                                                                                     | 50 mg *          |
| Vitamin D-3 .....                                                                         | 200 IU 50%          | Blueberry (fruit) .....                                                                                                                                                                                                                       | 50 mg *          |
| Vitamin E (natural, as d-alpha tocopheryl plus ..... 203 IU 677%                          |                     | Garlic (bulb, Pure-Gar®, odorless) .....                                                                                                                                                                                                      | 50 mg *          |
| mixed tocopherols)                                                                        |                     | Broccoli (entire plant) .....                                                                                                                                                                                                                 | 50 mg *          |
| Thiamine .....                                                                            | 50 mg 3,333%        | Cauliflower (entire plant) .....                                                                                                                                                                                                              | 50 mg *          |
| Riboflavin .....                                                                          | 25 mg 1,471%        | Spirulina .....                                                                                                                                                                                                                               | 50 mg *          |
| Niacin/Niacinamide .....                                                                  | 95 mg 475%          | Chlorella (broken cell wall) .....                                                                                                                                                                                                            | 50 mg *          |
| Vitamin B-6 (as Pyridoxine HCl / ..... 50 mg 2,500%                                       |                     | Green Papaya Extract (fruit) .....                                                                                                                                                                                                            | 50 mg *          |
| Pyridoxal-5-Phosphate Complex)                                                            |                     | Inositol .....                                                                                                                                                                                                                                | 50 mg *          |
| Folic Acid .....                                                                          | 400 mcg 100%        | Choline (from 75 mg Choline Citrate / Bitartrate) .....                                                                                                                                                                                       | 30 mg *          |
| Vitamin B-12 (as cyanocobalamin / ..... 125 mcg 2,083%                                    |                     | PABA (para-aminobenzoic acid) .....                                                                                                                                                                                                           | 25 mg *          |
| methylcobalamin complex)                                                                  |                     | Bromelain (2,000 GDU / g) .....                                                                                                                                                                                                               | 25 mg *          |
| Biotin .....                                                                              | 150 mcg 50%         | Red Wine Proanthocyanidins / Pine Bark Extract (OPC 85) (J.Mesquellier U.S. Patent No. 4,698,360) .....                                                                                                                                       | 25 mg *          |
| Pantothenic Acid (as d-Calcium Pantothenate) .....                                        | 250 mg 2,500%       | Green Tea Extract (leaf) .....                                                                                                                                                                                                                | 25 mg *          |
| Calcium (as Calcium Citrate/Ascorbate Complex) .....                                      | 250 mg 25%          | Sprouted Barley Juice (entire plant) .....                                                                                                                                                                                                    | 25 mg *          |
| Iodine (from Kelp) .....                                                                  | 100 mcg 67%         | Wheat Grass Juice (gluten free, entire plant) .....                                                                                                                                                                                           | 25 mg *          |
| Magnesium (as Magnesium Aspartate / ..... 250 mg 63%                                      |                     | Beet Extract (root) .....                                                                                                                                                                                                                     | 25 mg *          |
| Ascorbate Complex)                                                                        |                     | Apple Pectin (fruit) .....                                                                                                                                                                                                                    | 25 mg *          |
| Zinc (as Zinc Amino Acid Chelate) .....                                                   | 13 mg 87%           | Hesperidin .....                                                                                                                                                                                                                              | 18 mg *          |
| Selenium (as Selenium Krebs††/ Kelp complex) .....                                        | 100 mcg 143%        | Rutin .....                                                                                                                                                                                                                                   | 13 mg *          |
| Copper (as Copper Amino Acid Chelate) .....                                               | 1 mg 50%            | Glutamic Acid (from 13 mg Glutamic Acid HCl) .....                                                                                                                                                                                            | 10 mg *          |
| Manganese (as Manganese Aspartate Complex) .....                                          | 5 mg 250%           | L-Methionine .....                                                                                                                                                                                                                            | 6 mg *           |
| Chromium (Organically bound with GTF ..... 100 mcg 83%                                    |                     | Lutein (natural) .....                                                                                                                                                                                                                        | 3 mg *           |
| activity—low allergenicity)                                                               |                     | Lycopene (natural) .....                                                                                                                                                                                                                      | 3 mg *           |
| Molybdenum (as Molybdenum Krebs††) .....                                                  | 50 mcg 67%          | Boron (as Boron Aspartate / Citrate complex) .....                                                                                                                                                                                            | 0.75 mg *        |
| Potassium (as Potassium Aspartate Complex) .....                                          | 50 mg 1%            | Zeaxanthin .....                                                                                                                                                                                                                              | 0.5 mg *         |
| L. Acidophilus (DDS-1™) .....                                                             | 1,150 Billion CFU * | Trace Elements (from Sea Vegetation) .....                                                                                                                                                                                                    | approx. 50 mcg * |
| L. Rhamnosus .....                                                                        | 1,150 Billion CFU * | Vanadium (as Vanadium Krebs††) .....                                                                                                                                                                                                          | 25 mcg *         |
| L. Rhamnosus (Type B, Bifidus) .....                                                      | 775 Million CFU *   |                                                                                                                                                                                                                                               |                  |
| S. Lactis .....                                                                           | 275 Million CFU *   |                                                                                                                                                                                                                                               |                  |
| Bifidobacterium Longum .....                                                              | 275 Million CFU *   |                                                                                                                                                                                                                                               |                  |
| B. Bifidum .....                                                                          | 275 Million CFU *   |                                                                                                                                                                                                                                               |                  |
| S. Thermophilus .....                                                                     | 150 Million CFU *   |                                                                                                                                                                                                                                               |                  |
| Marine Lipid Triglycerides .....                                                          | 1,000 mg *          |                                                                                                                                                                                                                                               |                  |
| yielding:                                                                                 |                     |                                                                                                                                                                                                                                               |                  |
| DHA (Docosahexaenoic acid) .....                                                          | 450 mg *            |                                                                                                                                                                                                                                               |                  |
| EPA (Eicosapentaenoic acid) .....                                                         | 150 mg *            |                                                                                                                                                                                                                                               |                  |

†Percent Daily Values based on a 2,000 calorie diet.  
\*Daily Value not established.

Manufactured by: **Douglas Laboratories**  
600 Boyce Road • Pittsburgh, PA 15205 • [www.douglaslabs.com](http://www.douglaslabs.com)

Other ingredients: Cellulose, gelatin (capsule), vegetable stearate, mannitol, sorbitol, citric acid, silica, glycerin, water, natural orange flavor, hydroxypropyl methylcellulose, glycerin triacetate and povidone.

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

†††Including Beta-Carotene, Alpha-Carotene, Zeaxanthin, Cryptoxanthin, and additional Lutein and Lycopene.

### Each Pack Contains:

Four oval shaped, coated, olive green Ultra Preventive® X tablets with dark specks  
One round, light orange CoQmelt® Fast-Melt tablet  
Two oval, cloudy yellow Opti-DHA™ softgel capsules  
One natural gelatin Multi-Probiotic capsule containing off-white powder

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

### Suggested Usage:

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

**Notice:** Fast-Melt tablets are uncoated and delicate. Excessive handling may result in tablet powdering. Please handle with care.

Fast-Melt tablet technology protected under patent #6,149,938.

CoQmelt® is a registered trademark of Douglas Laboratories®.

DDS-1™ is a trademark of Nebraska Cultures, Inc. by the proprietary processes developed and researched by Dr. Khem Shahani of the University of Nebraska.

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.

Formula #63056

