

3
1053902693
9

Manufactured in the USA by:
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205, USA
www.douglaslabs.com
1.800.245.4440

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.

Formula #63629

FM Support Pack

A Dietary Supplement



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

This product contains Fish Body Oil (from anchovies, sardine and mackerel).