



Bone Health Pack

A Dietary Supplement



Douglas Laboratories®

30 Packs

Supplement Facts

Serving Size 1 Pack (7 Tablets / 2 Soft Capsules per pack) • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A (33% as Vitamin A Palmitate [2,500 IU]/ 67% [5,000 IU] as Natural Beta-Carotene) from D. Salina with full spectrum carotenoids††.....	7,500 IU 150%
Vitamin C (as Ascorbic Acid/Ascorbyl Palmitate/ Calcium and Magnesium Ascorbate complex).....	750 mg 1,250%
Vitamin D-3.....	1,400 IU 350%
Vitamin E (natural, as d-alpha tocopheryl plus mixed tocopherols).....	200 IU 667%
Vitamin K-1 (phytonadione).....	100 mcg 125%
Thiamine.....	50 mg 3,333%
Riboflavin.....	25 mg 1,471%
Niacin/Niacinamide.....	95 mg 475%
Vitamin B-6 (as Pyridoxine HCl/ Pyridoxal-5-Phosphate Complex).....	50 mg 2,500%
Folic Acid.....	400 mcg 100%
Vitamin B-12 (as cyanocobalamin methylcobalamin complex).....	125 mcg 2,083%
Biotin.....	150 mcg 50%
Pantothenic Acid (as d-Calcium Pantothenate).....	250 mg 2,500%
Calcium (as Calcium Citrate/Gluconate/Carbonate/ Lactate/Ascorbate and Microcrystalline Hydroxyapatite).....	1,000 mg 100%
Iodine (from Kelp).....	100 mcg 67%
Magnesium (as Magnesium Aspartate/ Chelate/Ascorbate Complex).....	625 mg 156%
Zinc (as Zinc Amino Acid Chelate).....	13 mg 87%
Selenium (as Selenium Krebs†/Kelp complex).....	100 mcg 143%
Copper (as Copper Amino Acid Chelate).....	1 mg 50%
Manganese (as Manganese Aspartate Complex).....	5 mg 250%
Chromium (Organically bound with GTF activity—low allergenicity).....	100 mcg 83%
Molybdenum (as Molybdenum Krebs†).....	50 mcg 67%
Potassium (as Potassium Aspartate Complex).....	50 mg 1%
Ultra-Pure Fish Oil Concentrate.....	1,460 mg *
Providing:	
EPA (Eicosapentaenoic acid).....	535 mg
DHA (Docosahexaenoic acid).....	260 mg
Total Omega-3 fatty Acids.....	1,000 mg
Genistein (from BONISTEIN™).....	30 mg *
Lutein (natural).....	3 mg *
Lycopene (natural).....	3 mg *
Zeaxanthin.....	0.5 mg *

Amount Per Serving	%DV
Proprietary Blend.....	350 mg *
Kale (leaf), Spinach (leaf), Carrot (root), Radish (root), Celery (leaf and stalk), Apricot (fruit), Blackberry (fruit), Cranberry (fruit), Grape (fruit) and Pineapple (fruit).	
L-Cysteine/N-Acetyl L-Cysteine.....	75 mg *
Glutamic Acid (from 88 mg Glutamic Acid HCl).....	70 mg *
Betaine (from 75 mg Betaine HCl).....	57 mg *
Inositol.....	50 mg *
Rose Hips.....	50 mg *
Lemon Bioflavonoids.....	50 mg *
Blueberry (fruit).....	50 mg *
Garlic (bulb, Pure-Gar®, odorless).....	50 mg *
Broccoli (entire plant).....	50 mg *
Cauliflower (entire plant).....	50 mg *
Spirulina.....	50 mg *
Chlorella (broken cell wall).....	50 mg *
Green Papaya Extract (fruit).....	50 mg *
Choline (from 75 mg Choline Citrate/Bitartrate).....	30 mg *
L-Lysine (from 36 mg L-Lysine HCl).....	29 mg *
Green Tea Extract (leaf).....	25 mg *
Sprouted Barley Juice (entire plant).....	25 mg *
Wheat Grass Juice (gluten free, entire plant).....	25 mg *
Beet Extract (root).....	25 mg *
Apple Pectin (fruit).....	25 mg *
PABA (para-aminobenzoic acid).....	25 mg *
Bromelain (2,000 GDU/g).....	25 mg *
Red Wine Proanthocyanidins/Pine Bark Extract.....	25 mg *
(OPC 85) (J.Mesquellier U.S. Patent No. 4,698,360)	
Hesperidin.....	18 mg *
Rutin.....	13 mg *
L-Methionine.....	6 mg *
Boron (as Boron Aspartate/Citrate complex).....	3.8 mg *
Trace Elements (from Sea Vegetation).....	approx. 50 mcg *
Vanadium (as Vanadium Krebs†).....	25 mcg *
*Daily Value not established.	

Other ingredients: Cellulose, vegetable stearate, medium chain triglycerides, vegetable glycerin, SeaGel® carrageenan (from red seaweed extract), silica, beeswax, vegetable starch and water.

Each Pack Contains:

- 4 Oval shaped, coated, olive green Ultra Preventive® X tablets with dark specks.
- 3 Cellulose coated, oval, white to off-white Cal-6 + Magnesium tablets.
- 2 Oblong, clear, BONISTEIN™-Max soft capsules containing a yellowish-white liquid.

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.



This product contains BONISTEIN™.

BONISTEIN™-Max contains a patent-pending blend of ingredients.

BONISTEIN™ is a trademark of DSM Nutritional Products.

SeaGel® is a registered trademark of FMC BioPolymer. Patent Pending.

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

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

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

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

Suggested Usage:

As a dietary supplement, adults 1 pack daily or as directed by your healthcare professional. This product is best taken with meals.

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 #64034

