

Manufactured in the USA by:  
**Douglas Laboratories**  
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Other ingredients: Gelatin (capsule, from fish and bovine), cellulose, vegetable stearate, L-threonine, silica, glycerin, water, rosemary extract, mixed tocopherols, ascorbyl palmitate, citric acid and safflower oil

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

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

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.

\*\*A Douglas Laboratories® Caplique™ capsule is a liquid-filled, two piece capsule sealed with a band.

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

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



Pycnogenol® is a registered trademark of Horphag Research Ltd. Use of this product is protected by one or more of U.S. patent, #5,720,956 / #6,372,266 and other international patents.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.



FloraGlo® Lutein is a Trademark of the Kemin Industries, Inc., U.S.A.

Formula #65383



# Skin Support Pack

A Dietary Supplement



30 Packs

## Supplement Facts

Serving Size 1 Pack (5 Capsules / 3 Caplique™\*\* capsules / 2 Tablets / 1 Softgel per pack) • Servings Per Container 30

| Amount Per Serving                                                                                                                                     | %DV†                | Amount Per Serving                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | %DV†          |
|--------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| Calories .....                                                                                                                                         | 4.5                 | Organic Cold-Pressed Oil of Evening Primrose .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 500 mg *      |
| Calories from Fat .....                                                                                                                                | 4.5                 | Supplying the Essential Fatty Acids .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |               |
| Total Fat.....                                                                                                                                         | 0.5 g               | Linoleic Acid .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 350 mg *      |
| Saturated Fat .....                                                                                                                                    | 0.04 g              | Gamma Linolenic Acid .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 40 mg *       |
| Polyunsaturated Fat .....                                                                                                                              | 0.4 g               | L-Lysine .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 400 mg *      |
| Monounsaturated Fat.....                                                                                                                               | 0.06 g              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |               |
|                                                                                                                                                        |                     | <b>Proprietary Organic Fruit and Vegetable Blend .....</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <b>175 mg</b> |
| Vitamin A (33% as Vitamin A Palmitate [1,238 IU/<br>67% [2,512 IU] as Natural Beta-Carotene) from<br>D, Salina with full spectrum carotenoids††† ..... | 3,750 IU 75%        | Organic beet powder (root), Organic carrot powder (root),<br>Organic black currant powder (fruit), Organic blueberry powder<br>(fruit), Organic broccoli powder (whole plant), Organic Concord<br>grape powder (fruit), Organic green cabbage powder (whole<br>plant), Organic collard greens powder (leaf), Organic mountain<br>cranberry powder (fruit), Organic kale powder (whole plant),<br>Organic Parsley powder (whole plant), Organic pomegranate<br>powder (fruit), Organic raspberry powder (fruit), Organic spinach<br>powder (whole plant), |               |
| Vitamin C (as Ascorbic Acid/Ascorbyl Palmitate/<br>Calcium and Magnesium Ascorbate complex) .....                                                      | 1,150 mg 1,917%     | Alpha-Lipoic Acid .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 100 mg *      |
| Vitamin D-3.....                                                                                                                                       | 500 IU 125%         | L-Proline .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 80 mg *       |
| Vitamin E (natural, as d-alpha tocopheryl) .....                                                                                                       | 500 IU 1,667%       | Blackberry (fruit) .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 40 mg *       |
| with mixed tocopherols<br>providing a minimum of:<br>Gamma-tocopherol .....                                                                            | 280 mg *            | L-Cysteine/N-Acetyl L-Cysteine .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 38 mg *       |
| Beta and Delta-tocopherols .....                                                                                                                       | 40 mg *             | Betaine (from 38 mg Betaine HCl) .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 29 mg *       |
| Thiamine .....                                                                                                                                         | 25 mg 1,667%        | Celery powder (leaf) .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 35 mg *       |
| Riboflavin .....                                                                                                                                       | 2.5 mg 765%         | Black Radish Powder .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 35 mg *       |
| Niacin/Niacinamide .....                                                                                                                               | 47.5 mg 240%        | Apricot Powder (fruit) .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 35 mg *       |
| Vitamin B-6 (as Pyridoxine HCl/<br>Pyridoxal-5-Phosphate Complex) .....                                                                                | 25 mg 1,250%        | Pycnogenol® (pine bark, dried extract) .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 25 mg *       |
| Folate (as L-methylfolate, Mefalotin®) .....                                                                                                           | 200 mcg 50%         | Mixed Tocotrienols (from palm) .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 25 mg *       |
| Vitamin B-12.....                                                                                                                                      | 62.5 mcg 1,041%     | Garlic (bulb, Pure-Gar®, odorless) .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 25 mg *       |
| (as methylcobalamin)                                                                                                                                   |                     | Cauliflower (entire plant) .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 25 mg *       |
| Biotin .....                                                                                                                                           | 75 mcg 25%          | Spirulina .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 25 mg *       |
| Pantothenic Acid (as d-Calcium Pantothenate) .....                                                                                                     | 125 mg 1,250%       | Chlorella (broken cell wall) .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 25 mg *       |
| Calcium (as Calcium Citrate/Ascorbate Complex) .....                                                                                                   | 125 mg 13%          | Green Papaya Extract (fruit) .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 25 mg *       |
| Iodine (from Kelp) .....                                                                                                                               | 50 mcg 33%          | Rose Hips .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 25 mg *       |
| Magnesium (as Magnesium Aspartate/<br>Ascorbate Complex) .....                                                                                         | 125 mg 31%          | Lemon Bioflavonoids .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 25 mg *       |
| Zinc (as Zinc Amino Acid Chelate) .....                                                                                                                | 6 mg 40%            | Inositol .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 25 mg *       |
| Selenium (as Selenium Krebs††/Kelp complex) .....                                                                                                      | 50 mcg 71%          | Choline (from 38 mg Choline Citrate/Bitartrate) .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 15 mg *       |
| Copper (as Copper Amino Acid Chelate) .....                                                                                                            | 0.5 mg 25%          | Green Tea Extract (leaf) .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 12.5 mg *     |
| Manganese (as Manganese Aspartate Complex) .....                                                                                                       | 2.5 mg 125%         | Apple Pectin (fruit) .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 12.5 mg *     |
| Chromium (Organically bound with GTF<br>activity—low allergenicity) .....                                                                              | 50 mcg 42%          | PABA (para-aminobenzoic acid) .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 12.5 mg *     |
| Molybdenum (as Molybdenum Krebs††) .....                                                                                                               | 25 mcg 33%          | Bromelain (2,000 GDU/g) .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 12.5 mg *     |
| Potassium (as Potassium Aspartate Complex) .....                                                                                                       | 25 mg <1%           | Red Wine Proanthocyanidins/Pine Bark Extract .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 12.5 mg *     |
|                                                                                                                                                        |                     | (OPC 85) (J.Mesqueler U.S.<br>Patent No. 4,698,360)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |               |
| L. Acidophilus (DDS-1) .....                                                                                                                           | 1,150 Billion CFU * | Hesperidin .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 9 mg *        |
| L. Rhamnosus .....                                                                                                                                     | 1,150 Billion CFU * | Lutein (natural) .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 7.5 mg *      |
| L. Rhamnosus (Type B, Bifidus) .....                                                                                                                   | 775 Million CFU *   | Rutin .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 6 mg *        |
| S. Lactis .....                                                                                                                                        | 275 Million CFU *   | Glutamic Acid (from 6 mg Glutamic Acid HCl) .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 5 mg *        |
| Bifidobacterium Longum .....                                                                                                                           | 275 Million CFU *   | L-Methionine .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 3 mg *        |
| B. Bifidum .....                                                                                                                                       | 275 Million CFU *   | Zeaxanthin .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 1.6 mg *      |
| S. Thermophilus .....                                                                                                                                  | 150 Million CFU *   | Lycopene (natural) .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 1.5 mg *      |
| Ultra-Pure Fish Oil Concentrate providing:                                                                                                             |                     | Boron (as Boron Aspartate/Citrate complex) .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 0.4 mg *      |
| Total Omega-3 Fatty Acids .....                                                                                                                        | 800 mg *            | Trace Elements (from Sea Vegetation) approx. ....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 25 mcg *      |
| EPA (Eicosapentaenoic acid) .....                                                                                                                      | 433 mg *            | Vanadium (as Vanadium Krebs††) .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 13 mcg *      |
| DHA (Docosahexaenoic acid) .....                                                                                                                       | 233 mg *            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |               |
| Proprietary Blend .....                                                                                                                                | 215 mg *            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |               |
| FOS (fructooligosaccharides) and ulmus fulva (inner bark),                                                                                             |                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |               |

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

\*Daily Value not established.