



Met-A-SynTM X-Pack

A Dietary Supplement



**Douglas
Laboratories[®]**

30 Packs

Supplement Facts

Serving Size 1 Pack (6 capsules / 3 tablets) • Servings Per Container 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (33% as Vitamin A Palmitate [1,250 IU/ 67% [2,500 IU] as Natural Beta-Carotene) from D. Salina with full spectrum carotenoids†† 3,750 IU	75%	Proprietary Blend..... 175 mg	*
Vitamin C (as Ascorbic Acid/Ascorbyl Palmitate/ Calcium and Magnesium Ascorbate complex)..... 350 mg	583%	Kale (leaf), Spinach (leaf), Carrot (root), Radish (root), Celery (leaf and stalk), Apricot (fruit), Blackberry (fruit), Cranberry (fruit), Grape (fruit) and Pineapple (fruit).....	*
Vitamin D-3..... 100 IU	25%	Sytrinol TM 150 mg	*
Vitamin E (natural, as d-alpha tocopheryl plus mixed tocopherols)..... 100 IU	333%	(Proprietary extract of polymethoxylated flavones and tocotrienols from citrus and palm fruits)	*
Thiamine..... 25 mg	1,667%	Natural Coenzyme Q10..... 60 mg	*
Riboflavin..... 13 mg	765%	Standardized Pomegranate Extract (fruit)..... 50 mg	*
Niacin/Niacinamide..... 48 mg	240%	(Standardized to 40% ellagic acid)	*
Vitamin B-6 (as Pyridoxine HCl/ Pyridoxal-5-Phosphate Complex)..... 25 mg	1,250%	L-Cysteine/N-Acetyl L-Cysteine..... 38 mg	*
Folic Acid..... 200 mcg	50%	Betaine (from 38 mg Betaine HCl)..... 29 mg	*
Vitamin B-12 (as cyanocobalamin/ methylcobalamin complex)..... 63 mcg	1,050%	Rose Hips..... 25 mg	*
Biotin..... 75 mcg	25%	Lemon Bioflavonoids..... 25 mg	*
Pantothenic Acid (as d-Calcium Pantothenate)..... 125 mg	1,250%	Blueberry (fruit)..... 25 mg	*
Calcium (as Calcium Citrate/Ascorbate Complex) 125 mg	13%	Garlic (bulb, Pure-Gar [®] , odorless)..... 25 mg	*
Iodine (from Kelp)..... 50 mcg	33%	Broccoli (entire plant)..... 25 mg	*
Magnesium (as Magnesium Aspartate/ Ascorbate Complex)..... 125 mg	31%	Cauliflower (entire plant)..... 25 mg	*
Zinc (as Zinc Amino Acid Chelate)..... 6 mg	40%	Spirulina..... 25 mg	*
Selenium (as Selenium Krebs†/Kelp complex)..... 50 mcg	71%	Chlorella (broken cell wall)..... 25 mg	*
Copper (as Copper Amino Acid Chelate)..... 0.5 mg	25%	Green Papaya Extract (fruit)..... 25 mg	*
Manganese (as Manganese Aspartate Complex)..... 3 mg	150%	Inositol..... 25 mg	*
Chromium (Organically bound with GTF activity-low allergenicity / [<i>ChromMAX</i>] [from Chromium Polynicotinate]..... 250 mcg	208%	Choline (from 38 mg Choline Citrate/Bitartrate)..... 15 mg	*
Molybdenum (as Molybdenum Krebs†)..... 25 mcg	33%	Red Wine Proanthocyanidins/Pine Bark Extract..... 13 mg	*
Potassium (as Potassium Aspartate Complex)..... 25 mg	1%	(OPC 85) (J.Mesquellier U.S. Patent No. 4,698,360)	*
Garcinia Cambogia (fruit)..... 1,000 mg	*	Green Tea Extract (leaf)..... 13 mg	*
(<i>CitriMax</i>) supplying:	*	Sprouted Barley Juice (entire plant)..... 13 mg	*
(-) hydroxycitric acid (HCA)..... 500 mg	*	Wheat Grass Juice (gluten free, entire plant)..... 13 mg	*
Plant Sterols (Phytosterols)..... 400 mg	*	Beet Extract (root)..... 13 mg	*
Gymnema sylvestre extract (leaf) (standardized to 40% gymnemic acids)	*	Apple Pectin (fruit)..... 13 mg	*
Proprietary Herbal Blend..... 400 mg	*	PABA (para-aminobenzoic acid)..... 13 mg	*
Guarana (Seed), Kola Nut (Roasted Seed), Eleutherococcus Senticosus (root), Wood Betony (Entire Plant), Beet Powder (Root), Cayenne (Fruit), American Centaury (Entire Plant), Gotu Kola (Entire Plant), Ho Shou Wu (Entire Plant), Green Tea Extract (leaf).	*	Bromelain (2,000 GDU/g)..... 13 mg	*
Fenugreek extract (seed) (standardized to 20% 4-hydroxyisoleucine)	*	Hesperidin..... 9 mg	*
Cinnulin PF [®] Cinnamon extract..... 250 mg	*	Rutin..... 6 mg	*
(Cortex Cinnamon, Bark)	*	Glutamic Acid (from 6 mg Glutamic Acid HCl)..... 5 mg	*
		L-Methionine..... 3 mg	*
		Lutein (natural)..... 1.5 mg	*
		Lycopene (natural)..... 1.5 mg	*
		Boron (as Boron Aspartate/Citrate complex)..... 0.4 mg	*
		Zeaxanthin..... 0.25 mg	*
		Trace Elements (from Sea Vegetation)..... approx. 25 mcg	*
		Vanadium (as Vanadium Krebs†)..... 13 mcg	*
			*

*Daily Value not established.

Other ingredients: Cellulose, mannitol, sorbitol, vegetable stearate, gelatin (capsule), silica, citric acid, natural lemon-lime flavor, natural orange flavor and povidone.

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

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

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

Each Pack Contains: two oval shaped, dark speckled, olive green multi-vitamin tablets, two khaki colored natural vegetable capsules, two natural gelatin capsules containing light tan powder, two brown speckled, natural vegetable capsules and one round, yellow, uncoated tablet with specks.

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

If you are pregnant, nursing, or have diabetes or any other medical condition for which you are under the care of a physician, consult your doctor before using this product.

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.



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Cinnulin PF[®] is a registered trademark of Integrity Nutraceuticals International and is manufactured under United States Patent #6,200,569.

Manufactured in the USA by:
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