

Other ingredients: Ultra-pure fish oil concentrate, cold-pressed organic evening primrose oil, olive oil, gelatin (capsule from Tilapia), cellulose, modified cellulose gum, methylcellulose, vegetable stearine, magnesium stearate, titanium dioxide, gum ghatti, citrus extracts, chlorophyll, aloe, natural tangerine flavor, canthaxanthin (carotene color), natural spearmint flavor, natural vanilla flavoring, pharmaceutical glaze, and silica.

This product contains fish oil (anchovies and mackerel).

††A Douglas Laboratories® Caplique® Capsule is a liquid-filled, two piece capsule sealed with a band.

Manufactured in the USA by:  
**Douglas Laboratories**  
600 Boyce Road  
Pittsburgh, PA 15205 USA  
[www.douglaslabs.com](http://www.douglaslabs.com)  
1.800.245.4440

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

Each pack contains: three pink Basic Preventive 5® tablets, two beige Lipex® tablets, two yellow Balance Plus™ Caplique® capsules †† and two green PGF 400™ tablets.

**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.

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 #64670



# OC Pack™

A Dietary Supplement



30 Packs

## Supplement Facts

Serving Size 1 pack (7 tablets, 2 Caplique® Capsules†† per packet) • Servings Per Container 30

| Amount Per Serving                             | %DV    | Amount Per Serving                            | %DV  |
|------------------------------------------------|--------|-----------------------------------------------|------|
| Calories .....17                               |        | Chromium .....100 mcg                         | 83%  |
| Calories from Fat .....13                      |        | (as chromium polynicotinate)                  |      |
| Total Fat .....1 g                             | <2%†   | Molybdenum .....75 mcg                        | 100% |
| Vitamin A .....12,500 IU                       | 250%   | (as molybdenum amino acid chelate)            |      |
| (from fish liver oil and 60% [7,500 IU]        |        | Potassium .....50 mg                          | 1%   |
| as natural beta-carotene from D. salina)       |        | (as potassium aspartate-                      |      |
| Vitamin C (as calcium .....735 mg              | 1,225% | ascorbate complex)                            |      |
| ascorbate, magnesium/ potassium                |        | Sodium (from calcium disodium EDTA) ....50 mg | 2%   |
| aspartate-ascorbate complex,                   |        |                                               |      |
| and L-ascorbic acid)                           |        | Choline (as choline bitartrate) .....75 mg    | *    |
| Vitamin D3 (from fish liver oil) .....50 IU    | 13%    | Inositol .....25 mg                           | *    |
| Vitamin E (as d-alpha tocopheryl .....240 IU   | 800%   | Vanadium (as vanadyl sulfate) .....20 mcg     | *    |
| succinate and d-alpha tocopherol)              |        | Boron (as boron aspartate-citrate) .....1 mg  | *    |
| Vitamin K1 (as phytonadione) .....30 mcg       | 38%    | para-Aminobenzoic acid .....25 mg             | *    |
| Thiamine (as thiamine mononitrate) .....50 mg  | 3,333% | Citrus bioflavonoids .....50 mg               | *    |
| Riboflavin .....25 mg                          | 1,471% | Lecithin (from soy) .....900 mg               | *    |
| Niacin (as niacinamide and niacin) .....130 mg | 650%   | Phosphatidylcholine .....232 mg               | *    |
| Vitamin B6 .....70 mg                          | 3,500% | Phosphatidylethanolamine .....182 mg          | *    |
| (as pyridoxine hydrochloride)                  |        | Phosphatidylinositol .....116 mg              | *    |
| Folic acid .....400 mcg                        | 100%   | Carrageenan (from seaweed) .....880 mg        | *    |
| Vitamin B12 .....50 mcg                        | 833%   | Guar gum .....200 mg                          | *    |
| (as cyanocobalamin on ion exchange resin)      |        | Calcium disodium EDTA .....400 mg             | *    |
| Biotin .....150 mcg                            | 50%    | Papain (from papaya) .....100 mg              | *    |
| Pantothenic acid .....200 mg                   | 2,000% | Silicon dioxide .....40 mg                    | *    |
| (as d-calcium pantothenate)                    |        | Omega-3 fatty acids .....417 mg               | *    |
| Calcium (as calcium citrate, .....290 mg       | 29%    | Eicosapentaenoic acid (EPA) .....217 mg       | *    |
| calcium ascorbate and calcium disodium EDTA)   |        | Docosahexaenoic acid (DHA) .....120 mg        | *    |
| Iodine (from kelp) .....75 mcg                 | 50%    | Omega-6 fatty acids .....151 mg               | *    |
| Magnesium (as magnesium .....250 mg            | 63%    | Gamma linolenic acid (GLA) .....42 mg         | *    |
| aspartate-ascorbate                            |        | Omega-9 fatty acids .....161 mg               | *    |
| complex and magnesium amino acid chelate)      |        | Oleic acid .....133 mg                        | *    |
| Zinc (as zinc amino acid chelate .....12 mg    | 80%    | Garlic clove, dried water extract .....800 mg | *    |
| and zinc gluconate)                            |        | Parsley leaf .....200 mg                      | *    |
| Selenium .....100 mcg                          | 143%   | Alfalfa leaf .....200 mg                      | *    |
| (as selenium amino acid complex)               |        |                                               |      |
| Copper (as copper amino .....1 mg              | 50%    |                                               |      |
| acid chelate)                                  |        |                                               |      |
| Manganese .....10 mg                           | 500%   |                                               |      |
| (as manganese amino acid chelate)              |        |                                               |      |

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