



Dad's Pack™

A Dietary Supplement



**Douglas
Laboratories®**

30 Packs

Supplement Facts

Serving Size 1 pack (9 capsules/ 4 tablets / 4 softgels / 2 Capliques™ per pack) • Servings Per Container 30

Amount Per Serving	%DV†
Calories	25.5
Calories from Fat	22.5
Total Fat	2.5 g 4%
Saturated Fat	0.04 g <1%
Polyunsaturated Fat	1.4 g
Monounsaturated Fat	0.06 g
Cholesterol	12 mg 4%
Vitamin A (62% as Vitamin A Palmitate/ 38% [5000 IU] as Beta-Carotene)	13,333 IU 267%
Vitamin C (Ascorbic Acid)	400 mg 667%
Vitamin D-3	33 IU 8%
Vitamin E (800 IU as natural, unesterified vitamin E complex from pure 100% mixed tocopherols**/195 IU as Vitamin E Succinate)	1,004 IU 3,344%
Thiamine (as Thiamine HCl)	33 mg 2,200%
Riboflavin	17 mg 1,000%
Niacin/Niacinamide	63 mg 315%
Vitamin B-6 (as Pyridoxine HCl/ Pyridoxal-5-Phosphate Complex)	96 mg 4,800%
Folic Acid	267 mcg 67%
Vitamin B-12 (on Ion Exchange Resin)	33 mcg 550%
Biotin	100 mcg 33%
Pantothenic Acid (as d-Calcium Pantothenate)	167 mg 1,670%
Calcium (from Calcium Citrate/Ascorbate Complex)	167 mg 17%
Iodine (from Kelp)	67 mcg 45%
Magnesium (from Magnesium Aspartate/Ascorbate Complex)	417 mg 104%

Amount Per Serving	%DV†
Zinc (from Zinc Picolinate and Zinc Amino Acid Chelate)	38 mg 253%
Selenium (Organically bound with Krebs†† Cycle and Kelp)	67 mcg 96%
Copper (from Copper Amino Acid Chelate)	0.7 mg 35%
Manganese (from Manganese Aspartate Complex)	7 mg 350%
Chromium (Organically bound with GTF activity—low allergenicity)	67 mcg 56%
Molybdenum (from Molybdenum Krebs††)	33 mcg 44%
Potassium (from Potassium Aspartate Complex)	187 mg 5%
Choline (from Choline Citrate/Bitartrate)	20 mg *
Inositol	33 mg *
Citrus Bioflavonoid Complex	33 mg *
PABA (Para-Aminobenzoic Acid)	17 mg *
Vanadium (from Vanadium Krebs††)	17 mcg *
Boron (from Boron Aspartate/ Citrate Complex)	0.5 mg *
Trace Elements (from Sea Vegetation)	33 mcg *
L-Cysteine/N-Acetyl-L-Cysteine	63 mg *
L-Methionine	4 mg *
Glutamic Acid (from Glutamic Acid HCl)	7 mg *
L-Glutamic Acid	100 mg *
Betaine (from Betaine HCl)	38 mg *
L-Carnitine	525 mg *
Organic Cold-Pressed Oil of Evening Primrose Supplying the Essential Fatty Acids:	500 mg *
Gamma Linolenic Acid	40 mg *
Linoleic Acid	350 mg *
Natural Coenzyme Q-10	100 mg *

Other ingredients: Cellulose, gelatin (capsule), vegetable stearate, Bioperine™, red wine proanthocyanidins, natural glycerin, water, silica, magnesium silicate, vegetable glycerin, hydroxypropyl methylcellulose (vegetarian capsule), medium chain triglycerides, polysorbate 80, polyglycerol fatty acid esters, citrus oil extract (*Citrus sinensis*, peel) and talc.

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

Bioperine™ is a registered trademark of Sabinsa Corp.

Amount Per Serving	%DV†
Bromelain	125 mg *
L-Taurine	500 mg *
Ginkgo biloba (leaf) (standardized extract providing a minimum of 24% ginkgolflavonglycosides and 6% total terpenes)	40 mg *
Grape Seed Extract (OPC 85+)	60 mg *
Pine Bark Extract (OPC 85) (J. Mesquellier U.S. Patent Number 4,698,360)	10 mg *
Natural Triglyceride Marine Lipid Concentrate ** Providing:	2,000 mg *
Eicosapentaenoic Acid [EPA] [18%]	360 mg *
Docosahexaenoic Acid [DHA] [12%]	240 mg *
Total Omega-3 Fatty Acids ***	600 mg *
Saw Palmetto (berry) (standardized extract)	320 mg *
Pygeum (bark) Pygeum africanum (standardized extract)	100 mg *
Pumpkin Seed Powder (seed)	200 mg *
Glycine	100 mg *
L-Alanine	100 mg *
Pantethine	500 mg *
alpha-Lipoic Acid	333 mg *
Cayenne (fruit) (Rated 150,000 H.U., Heat Units)	30 mg *
Ginger (root) (Standardized to contain over 5% total pungent compounds, including phenylalkylketones)	120 mg *
*Daily Value not established. †Percent Daily Values are based on a 2,000 calorie diet.	

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

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

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

Each Pack Contains:

Two Oblong, Yellow Multi-Vitamin and Mineral Tablets
Two Dark Yellow, Oblong Vitamin E Softgels
Two Gray Multi Nutrients Capsules
One Pink Proanthocyanidin Capsule
One Small, Tan Ginkgo Biloba Capsule
One Large, White L-Carnitine Capsule
One Semi-solid orange Citrus Solu-Q Caplique™***
One Tan alpha-Lipoic Acid Capsule
One Small, White Pantethine Tablet
One Small, White L-Taurine Capsule
One Oblong, White Magnesium / Potassium / L-Carnitine Tablet
One Large, White Nutrient Factors Capsule
One Brown Cayenne and Ginger Capsule
Two Large, Marine Lipid Concentrate Softgels **
One Natural, Primrose Oil Caplique™*** containing yellow liquid

** Concentrated from fish body oils at low temperatures – NO solvents or chemicals used. NO STARCH, SUGAR, WAX OR PRESERVATIVES.

***A Caplique™ is a liquid filled, two piece capsule sealed with a band.

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 #64965