

## Y.P.D. Support Formula™

### DESCRIPTION

Y.P.D. Support Formula™ provided by Douglas Laboratories is a synergistic and comprehensive combination of vitamins, minerals, herbals, and other nutrients carefully formulated and specifically designed to offer nutritional support for individuals who wish to support their defenses against the stresses imposed by yeast.

### FUNCTIONS

Studies show that a high percentage of adults in North America and other developed countries eat less than the minimum daily allowance of 10 or more essential nutrients. Adequate amounts and proper balance of these nutrients are needed not only for maintaining good health, but also for the dietary management of the body's structure as well as the optimum functioning of its various systems, including the immune and gastrointestinal systems. The Y.P.D. Support Formula™ has been carefully developed to contain the right proportions of vitamins, minerals, trace elements, and other nutrients without danger of toxic build-up or other side effects. Each ingredient is selected in consideration of its absorbability, competitive relationship with other nutrients, allergenic potential, and long-term safety. Certain nutrients such as beta-carotene, vitamin C, vitamin E and B-complex vitamins are included in high-potency amounts because of the vital roles they play in antioxidant protection, energy production, the maintenance of healthy blood cells, the nervous system, hormonal balance, and more. Minerals and trace elements are provided in their safest and most bioavailable forms.

Y.P.D. Support Formula™ offers intensive support for the healthy functioning of the body in general, but also a blend of herbs and additional nutrients specifically formulated to offer additional support of the body's defensive response to the stresses imposed by yeast.

In healthy people, the intestinal microflora consists of balanced amounts of symbiotic microorganisms, providing nutritional benefits to the host. This balance depends on our dietary habits and can easily be disturbed by unhealthy diets or drugs, such as antibiotics and oral contraceptives. Under these conditions, opportunistic pathogenic microorganisms can colonize the small and large intestine.

Caprylic acid, commonly found in foods (coconut oil, milk fat, etc.), is a natural dietary fatty acid which helps maintain a normal intestinal microflora. Studies have shown that dietary caprylic acid helps support the body's immune defenses against yeast and other opportunistic microorganisms in both the small and large intestine. At the same time, caprylic acid does not adversely affect the growth of beneficial intestinal bacteria.

Supplementation with probiotic *Lactobacillus acidophilus* may promote normal intestinal microflora rich in lactobacilli and create acidic conditions that are unfavorable for the settlement of pathogenic microorganisms.

### INDICATIONS

Y.P.D. Support Formula™ tablets may be a useful dietary supplement for those who wish to nutritionally support their natural defenses against yeast.

### FORMULA (#200727)

Four Tablets Contain:

Vitamin A (25% as Vitamin A Acetate/75% [15,000 IU] as Beta-Carotene)	20,000 IU
Vitamin C (Ascorbic Acid)	1000 mg
Vitamin D-3	50 IU
Vitamin E (as Vitamin E Acetate/Succinate)	200 IU
Thiamine (as Thiamine HCl)	50 mg
Riboflavin	25 mg
Niacin/Niacinamide	120 mg
Vitamin B-6 (as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	25 mg
Folic Acid	800 mcg
Vitamin B-12 (cyanocobalamin)	100 mcg

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Biotin.....	300 mcg
Pantothenic Acid .....	150 mg
(as d-Calcium Pantothenate)	
Calcium (from Calcium .....	300 mg
Citrate/Ascorbate/Carbonate Complex)	
Iron (as Ferronyl®) .....	1.5 mg
Magnesium (from Magnesium.....	300 mg
Aspartate/Oxide Complex)	
Zinc (from Zinc Aspartate/Krebs/Oxide Complex) .....	20 mg
Selenium (Organic Selenium from .....	200 mcg
Krebs† Cycle and Kelp)	
Copper (from Copper Krebs).....	2 mg
Manganese (from Manganese .....	15 mg
Aspartate/Sulfate Complex)	
Chromium (Organically bound with .....	200 mcg
GTF activity–low allergenicity)	
Molybdenum (from Molybdenum Krebs†) .....	50 mcg
Potassium.....	75 mg
(from Potassium Chloride/Aspartate Complex)	
Choline (from Choline Citrate/Bitartrate).....	20 mg
Inositol .....	25 mg
Citrus Bioflavonoid Complex .....	100 mg
PABA (para-Aminobenzoic Acid) .....	50 mg
Vanadium (from Vanadium Krebs†).....	25 mcg
Boron (from Boron Aspartate/Citrate Complex) .....	1 mg
Trace Elements (from Sea Vegetation).....	100 mcg
Y.P.D. Support Proprietary Blend .....	500 mg
Maltodextrin, Aspartic Acid, Barberry Root, Ginger Root, Betaine HCl, Cinnamon (bark), Chamomile (flower), Garlic (bulb), Grapefruit (seed), Rosemary (leaf), Thyme (leaf), Goldenseal (root), Sodium Caprylate, L-Cystine/N-Acetyl L-Cysteine, L-Methionine, <i>Lactobacillus rhamnosus</i> , Potassium Sorbate, Glutamic Acid.	

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

**SUGGESTED USE**

Adults take 4 tablets daily with meals or as directed by a healthcare professional.

**SIDE EFFECTS**

No adverse side effects have been reported.

**STORAGE**

Store in a cool, dry place, away from direct light. Keep out of reach of children.

**REFERENCES**

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## Y.P.D. Support Formula™

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† These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.

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