# **Vitality Support Formula**

Support for Individuals affected by fatigue†

#### **DESCRIPTION**

Vitality Support Formula provided by Douglas Laboratories®, is a unique and comprehensive combination of vitamins, minerals, herbals, and other nutrients, carefully formulated and specifically designed to support and boost the function of the body's defenses against the stresses imposed by occasional fatigue. †

#### **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, hormonal and neuromuscular systems. †The Vitality Support Formula has been carefully developed to contain the right proportions of vitamins, minerals, trace elements, and other nutrients to serve as a foundation to general health and wellness.† 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 support, energy production and the maintenance of healthy blood cells, hormonal balance, and more. †

Vitality Support Formula contains not only essential vitamins and minerals that offer intensive support for the healthy functioning of the body in general, but also a blend of herbs and additional nutrients specifically formulated to support symptoms of occasional fatigue. †

Research suggests that immune enhancing herbs, such as Echinacea, Shiitake mushroom, and Astragalus, as well as those that support adrenal function, such as licorice, may support the body's immune function that can often be compromised when fatigued. Chamomile may help to reduce the mental stress experienced during periods of decreased immune function. †

#### **INDICATIONS**

Vitality Support Formula tablets may be a useful dietary supplement for those who wish to boost their vitality and energy.

## **FORMULA (#4546)**

4 Tablets Contain	
Vitamin A (17% as Vitamin A	30,000 IU
Acetate/83% [25,000 IU]	
as Beta-Carotene)	
Vitamin C (Ascorbic Acid/Ascorbate)	1000 mg
Vitamin D-3	50 IU
Vitamin E (as Vitamin E Succinate)	
Thiamine (as Thiamine mononitrate)	50 mg
Riboflavin	25 mg
Niacin/Niacinamide	120 mg
Vitamin B-6 (as Pyridoxine HCI/	25 mg
Pyridoxal-5-Phosphate Complex)	
Folic Acid	800 mcg
Vitamin B-12 (cyanocobalamin)	100 mcg
Biotin	300 mcg
Pantothenic Acid	150 mg
(as d-Calcium Pantothenate)	· ·
Calcium (from Calcium	300 mg
·	· ·

# **Vitality Support Formula**

## Support for Individuals affected by fatigue†

capport for marriadale affected by fatigue.	
Citrate/Ascorbate/Carbonate Complex)	
Magnesium (from Magnesium300 mg	
Aspartate/Ascorbate/Oxide Complex)	
Zinc (from Zinc Krebs/Aspartate/Oxide Complex)	
Selenium (Organic Selenium from	
Krebs† Cycle and Kelp)	
Copper (from Krebs)	
Manganese (from Manganese15 mg	
Aspartate/Sulfate Complex)	
Chromium (Organically bound with	
GTF activity-low allergenicity)	
Molybdenum50 mcg	
(from Molybdenum Krebs†)	
Potassium (from Potassium75 mg	
Aspartate/Chloride Complex)	
Choline (from Choline Citrate/Bitartrate)	
Inositol	
Citrus Bioflavonoid Complex	
PABA (para-Aminobenzoic Acid)50 mg	
Vanadium (from Vanadium Krebs†)25 mcg	
Boron (from Boron 1 mg	
Aspartate/Citrate Complex)	
Trace Elements (from Sea Vegetation)	
Vitality Support Proprietary Blend500 mg	
Golden Seal (root), Echinacea angustifolia (root), Echinacea purpurea (root), Shiitake mus	
(Lentinus edodes), Chamomile (flower) (German), Burdock (root) (Arctium lappa), Licorice	e (root) (

Golden Seal (root), Echinacea angustifolia (root), Echinacea purpurea (root), Shiitake mushroom (mycelium) (Lentinus edodes), Chamomile (flower) (German), Burdock (root) (Arctium lappa), Licorice (root) (Glycyrrhiza glabra), Betaine HCI, Ligusticum porteri (root), Radix astragalus (root), Lomatium dissectum (root), Malic Acid, Magnesium Hydroxide, Raw Adrenal Concentrate (bovine), Raw Thymus Concentrate (bovine), N-Acetyl-L-Cysteine/L-Cysteine HCI, L-Methionine, and Glutamic Acid HCI

## 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.

# **Vitality Support Formula**

#### Support for Individuals affected by fatiguet

#### REFERENCES

Heim C, Ehlert U, Hellhammer DH. Psychoneuroendocrinology 2000;25:1-35.

Jeffcoate WJ. Lancet 1999;353:424-5.

Johnson SK, DeLuca J, Natelson BH. Ann Behav Med 1999;21:258-71.

Quintner JL, Cohen ML. Lancet 1999;353:1092-4.

Reid S, Chalder T, Cleare A, et al. Bmj 2000;320:292-6.

See DM, Broumand N, Sahl L, et al. Immunopharmacology 1997;35:229-35.

Werbach MR. Altern Med Rev 2000;5:93-108.

Wessely S, Hotopf M. Baillieres Best Pract Res Clin Rheumatol 1999;13:427-36.

White KP, Speechley M, Harth M, et al. Scand J Rheumatol 2000;29:44-51.

Wilke WS, Fouad-Tarazi FM, Cash JM, et al. Cleve Clin J Med 1998;65:261-6.

Ward E. Nutr J. 2014 Jul 15:13:72. doi: 10.1186/1475-2891-13-72.

Wang YP, Wei JY, Yang JJ, et al. Physiol Res. 2014;63(3):341-50.

Prietl B, Treiber G, Pieber TR, Amrein K. Nutrients. 2013 Jul 5;5(7):2502-21. doi: 10.3390/nu5072502.

Gartner R, Gasnier BC, Dietrich JW, et al. J Clin Endocrinol Metab 2002;87:1687-91.

Abuelsaad AS. Microb Pathog. 2014 Jan 21;66C:48-56.

Das UN. Nutrition. 2015 Feb;31(2):283-291. doi: 10.1016/j.nut.2014.08.011. Epub 2014 Sep 4.

Bazzichi L, Giannaccini G, Lucacchini A, et al. Clinical Biochemistry [serial online]. September 2008;41(13):1084-1090.

Al-Qarawi A, Abdel-Rahman H, Ali B, El Mougy S. Food And Chemical Toxicology: An International Journal Published For The British Industrial Biological Research Association [serial online]. October 2002;40(10):1525-1527.

Amsterdam JD, Li Y, Soeller I, Rockwell K, Mao JJ, Shults J. J Clin Psychopharmacol. 2009 Aug;29(4):378-82. doi: 10.1097/JCP.0b013e3181ac935c.

Gaullier J, Sleboda J, Gudmundsen O, et al. International Journal Of Medicinal Mushrooms [serial online]. 2011;13(4):319-326.

## For more information on Vitality Support Formula douglaslabs.com

† 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.

Manufactured by Douglas Laboratories 112 Technology Drive Pittsburgh, PA 15275 800-245-4440 douglaslabs.com



© 2016 Douglas Laboratories. All Rights Reserved.

DL4546-0516

3