



DOUGLAS LABORATORIES®  
**2016 BEST SELLERS**

Ronnie Kaufman/Larry Hirshowitz/Getty Images



PUSHING POTENTIAL.

Uncompromising operational practices at our state-of-the-art manufacturing facilities that surpass GMP standards and manufacturing regulations.



## OUR STORY

Nutritional supplement usage is commonplace, with millions of people taking one every day. Yet back in 1955, when the Douglas Laboratories® story began, supplements were not part of the mainstream. Company founder Sam Lioon was a nutritional pioneer. He saw an opportunity to help Americans improve their health, and began selling nutritional supplements directly to healthcare professionals. From that humble beginning, Douglas Laboratories has grown into a globally recognized leader in the development and manufacturing of innovative, science-based nutritional supplements, designed to help healthcare practitioners who are focused on the healthy aging and active lifestyles of their clients.†



**YOUR CLIENTS DON'T  
WANT TO JUST LIVE LONGER.  
THEY WANT TO LIVE LARGER.**

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# BEAUTY



Ultra HNS is the newest formula in the Beauty health category. Ultra HNS supplies high-dose biotin, methylfolate, vitamin C, zinc and Cynatine® HNS - a patented, solubilized keratin - for healthier hair, nails, and skin. Cynatine® HNS has demonstrated that it can improve the strength, brightness and appearance of hair, nails and skin, as well as reduce hair loss associated with washing.†

[ Formulated by Shelena Lalji, M.D. ]††

## Ultra HNS Hair, Nails, Skin Formula

Formula	Size
201345	90 Vegetarian Capsules
Suggested Usage: 3 Daily	

### SUPPLEMENT FACTS

Serving Size 3 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Vitamin C (as Ascorbic Acid) .....	250 mg 417%
Folate (as L-Methylfolate, Metafolin®) .....	200 mcg 50%
Biotin .....	6,000 mcg 2,000%
Zinc (Krebs†) .....	25 mg 167%
Cynatine® HNS (soluble keratin) .....	500 mg *
PABA (Para-Aminobenzoic Acid) .....	75 mg *
Lemon Bioflavonoid Complex .....	75 mg *

\*Daily Value not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), dicalcium phosphate, cellulose, vegetable stearate and silica.

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

Cynatine® HNS is a registered trademark of Roxlor, LLC.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

††Dr. Shelena Lalji has been retained as medical consultant in advising Douglas Laboratories. She is compensated for this service.

# BONE & JOINT

## Cal-6+Mg.™

Formula	Size
7015	90 Tablets 250 Tablets

Suggested Usage: 3 Daily

Cal-6+Mg.™ is a special chelate complex of six sources of calcium with magnesium and other ingredients to assist the body in maintaining healthy bone structure.† Calcium and magnesium are primary minerals for supporting healthy bones and teeth as we age.†

### SUPPLEMENT FACTS

Serving Size 3 Tablets

Amount Per Serving	%DV
Vitamin C (Ascorbic Acid) .....50 mg	83%
Vitamin D-3.....400 IU	100%
Calcium.....750 mg	75%
(from Calcium Citrate/Gluconate/Carbonate/Lactate/Ascorbate and Microcrystalline Hydroxyapatite)	
Magnesium .....375 mg	94%
(from Magnesium Chelate/Oxide/Carbonate complex)	
Boron (from Boron Aspartate/Citrate).....3 mg	*
Glutamic Acid (from 75 mg Glutamic Acid HCl) .....60 mg	*
L-Lysine (from 36 mg L-Lysine HCl) .....29 mg	*

\*Daily Value not established.

Other ingredients: Cellulose, croscarmellose sodium, stearic acid, vegetable stearate and silica.



Glucosamine + MSM Forte™ capsules contain 500 mg of pure glucosamine sulfate and 250 mg of methylsulfonylmethane (MSM). Ascorbic acid, proanthocyanidins and bromelain are also included to provide additional aid in maintaining the health of aging joints.† Individual results may vary.

## Glucosamine + MSM Forte™

Formula	Size
83909	60 Capsules 120 Capsules 250 Capsules

Suggested Usage: 1 Daily

### SUPPLEMENT FACTS

Serving Size 1 Capsule

Amount Per Serving	%DV
Vitamin C (Ascorbic Acid) .....50 mg	83%
Glucosamine Sulfate 2 KCl (from crab and shrimp).....500 mg	*
Methylsulfonylmethane (MSM) .....250 mg	*
Grape seed extract (containing proanthocyanidins) .....10 mg	*
Bromelain .....10 mg	*

\*Daily Value not established.

Other ingredients: Gelatin (capsule), cellulose, vegetable stearate and silica.

OptiMSM® (distilled methylsulfonylmethane) is a proprietary ingredient exceeding industry standards for optimal purity.

OptiMSM® is a registered trademark of Bergstrom Nutrition, Inc.

## Wobenzym® Plus

Formula	Size
201910	120 Tablets
	240 Tablets
	480 Tablets

**Suggested Usage:** 2, twice daily, 45 minutes before a meal

Clinically researched Wobenzym® Plus is the most potent Wobenzym formula yet. With its increased activity compared to Wobenzym® N and a convenient, 4-tablets-a-day dose, patients require fewer pills to consume than other Wobenzym® formulations. Wobenzym® Plus is offered in the form of enteric-coated tablets and provides a specific formulation of proteolytic enzymes to help maintain healthy joint function, offer temporary relief of everyday aches, pains and muscle soreness, and support fast recovery following exertion.† Wobenzym® has been made in Germany since the 1960s and has been clinically researched over the past 50+ years in over 200 clinical trials.

### SUPPLEMENT FACTS

Serving Size 2 Tablets

Amount Per Serving	%DV
Bromelain** (1350 FIP***-units)..... 270 mg (from pineapple ( <i>Ananas comosus var comosus</i> ) stem)	*
Trypsin (4320 FIP***-units)..... 144 mg (from porcine ( <i>Sus scrofa</i> ) or bovine ( <i>Bos taurus</i> ) pancreas)	*
Rutoside trihydrate (Rutin)..... 300 mg (from <i>Styphnolobium japonicum</i> flower bud)	*

\*Daily Value not established.

\*\* From dried purified aqueous extract.

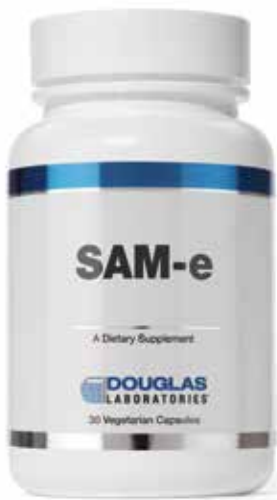
\*\*\* FIP is the measurement of enzyme activity according to the methods of the International Pharmaceutical Federation.

Other ingredients: Microcrystalline cellulose, calcium phosphate, hydroxypropyl cellulose, vegetable stearate, enteric coating (sodium alginate, medium chain triglycerides, ethylcellulose, stearic acid, oleic acid, purified water) and purified water.

## WOBENZYM® COMPARISONS

Ingredients	Wobenzym® Plus Dose per Serving	Wobenzym® PS Dose per Serving	Wobenzym® N Dose per Serving
Pancreatin	none	none	300 mg
Papain	none	none	180 mg
Bromelain	270 mg	270 mg	135 mg
Rutin	300 mg	300 mg	150 mg
Trypsin	144 mg	144 mg	72 mg
Chymotrypsin	none	none	3 mg
Pill Description	Round tablet slightly larger than PS/N	Small round tablet Size 6	Small round tablet Size 6
Daily Dose	4 tablets	6 tablets	6 tablets
Benefits†	Reduced dose vs. Wobenzym® PS	Enhanced enzymatic activity vs. Wobenzym® N	Classic formula

# COGNITIVE & MOOD



SAM-e vegetarian capsules deliver 200 mg of S-adenosyl-methionine in acid-resistant capsules that provide both protection and pH-targeted release in intestinal fluid. SAM-e is a methyl donor in the methylation reactions shown to form monoamine neurotransmitters such as dopamine, serotonin and norepinephrine. Human studies show SAM-e supports positive mood and healthy central nervous system function.<sup>†</sup>

## SAM-e

Formula	Size
202170	60 Vegetarian Capsules

Suggested Usage: 1-2 Daily

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
SAMe ..... 200 mg	*
(S-adenosylmethionine from S-adenosyl-L-methionine disulfate tosylate)	

\*Daily Value not established.

Other ingredients: Capsule (hydroxypropyl methylcellulose, gellan gum, water), microcrystalline cellulose, calcium oxide, ascorbyl palmitate, calcium chloride.

[ Formulated by Penny Kendall-Reed, N.D. ]<sup>††</sup>

## Sereniten Plus

Formula	Size
201348	30 Vegetarian Capsules 60 Vegetarian Capsules

Suggested Usage: 1 Daily

Sereniten Plus is a combination of Lactium® casein decapeptide, L-Theanine and Vitamin D to support the Hypothalamic-Pituitary-Adrenal (HPA) axis and feedback loop for metabolic support, stress management and cortisol regulation.<sup>†</sup> Lactium® and L-Theanine have been shown to provide a calming effect and may support normal sleep that is affected by stress.<sup>†</sup>

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule

Amount Per Serving	%DV
Vitamin D3 ..... 100 IU	25%
Casein decapeptide (milk) (Lactium®) ..... 175 mg	*
L-Theanine (Suntheanine®) ..... 50 mg	*

\*Daily Value not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose and silica.

Lactium® is a registered trademark used under license.

Suntheanine® is a registered trademark of Taiyo International Inc.

<sup>††</sup>Dr. Penny Kendall-Reed has been retained as medical consultant in advising Douglas Laboratories. She is compensated for this service.

<sup>†</sup>These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

**Optimized Curcumin  
With Neurophenol™**

**Formula** **Size**

202028 60 Vegetarian Capsules

Suggested Usage: 2 Daily

Optimized Curcumin With Neurophenol™ is a unique formula containing two clinically supported and trademarked ingredients: Longvida® Optimized Curcumin with extended absorption and bioavailability, and Neurophenol™, a proprietary blend of standardized blueberry and grape extracts. Both ingredients support cognitive function in healthy aging adults.†

**SUPPLEMENT FACTS**

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
LONGVIDA® Optimized Curcumin Extract ..... 400 mg (from <i>Curcuma longa</i> root)	*
Proprietary Neurophenol™ blend ..... 300 mg Providing 85 mg of flavonoids (monomers, oligomers, flavonols, anthocyanidins, and phenolic acids) from: Grape Extract (fruit, <i>Vitis vinifera</i> ) and Wild Blueberry Extract (fruit, <i>Vaccinium angustifolium</i> )	*

\*Daily Value not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, phosphatidylcholine (from soy), stearic acid, maltodextrin, ascorbyl palmitate and silicon dioxide.

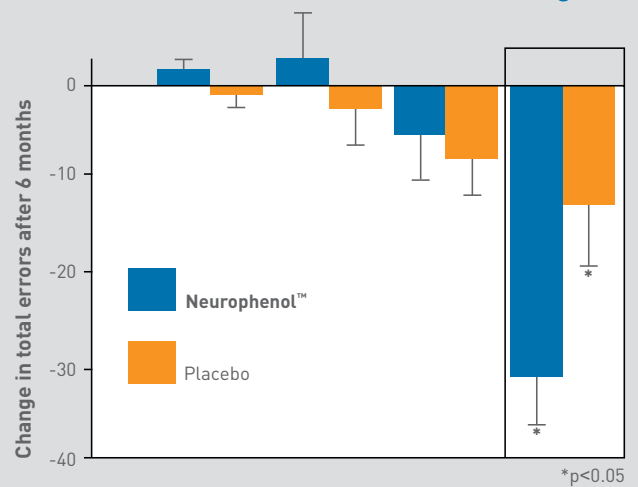
Longvida is patent protected by EP 1993365, other patents pending, and is a registered trademark of Verdure Sciences, Inc.



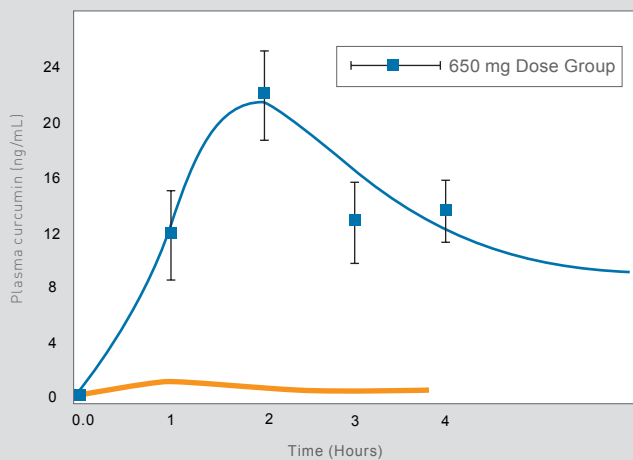
**Neurophenol™ promotes episodic and verbal memory in healthy older adults.†**

In a multi-national study of 200 older adults, Neurophenol™ provided significant support for cognitive performance and memory at a dose of 600 mg per day over a six-month period.† The supplement supported episodic memory (Paired Associate Learning, *top*), or the ability to remember a past event. Neurophenol™ also promoted the ability to encode and retrieve verbal information (Verbal Recognition Memory, *bottom*). For both outcomes, significant support was evident in the lowest quartiles of initial performance (*boxes below*). Optimized Curcumin provides 300 mg of Neurophenol™ per serving.

**Paired Associate Learning**

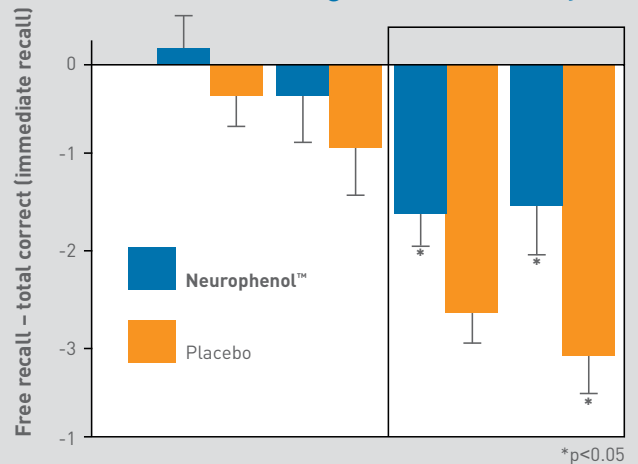


**Longvida® Optimized Curcumin**



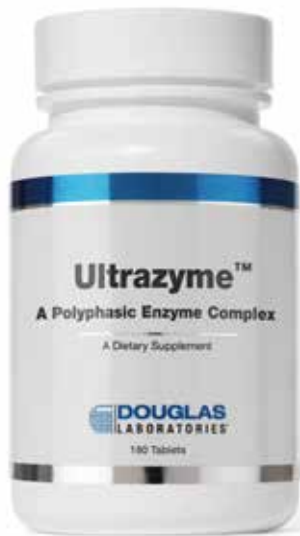
Longvida® (blue line) is 65 times more bioavailable than 95% curcuminoids (orange line). (Gota et al. 2010)

**Verbal Recognition Memory**





# DIGESTIVE



Ultrazyme™ is a dietary supplement specifically formulated with bile and active digestive enzymes from animals and plants. These act synergistically to assist in fat, protein, and carbohydrate digestion in the stomach and small intestine.†

## Ultrazyme™ A Polyphasic Enzyme Complex

Formula	Size
7022	60 Tablets 180 Tablets

Suggested Usage: 1 or 2 with meals

### SUPPLEMENT FACTS

Serving Size 2 Tablets

Amount Per Serving	%DV
Pancreatin (8X) USP.....	125 mg *
Supplying:	
Lipase.....	2,000 USP Units *
Amylase.....	25,000 USP Units *
Protease.....	25,000 USP Units *
Bromelain (proteolytic enzyme from the pineapple plant) .....	300 mcu *
Ox Bile Extract.....	100 mg *
Cellulase .....	.6 mg *
L-Lysine (from 100 mg L-Lysine Hydrochloride).....	.80 mg *
Pepsin 1:10,000 .....	.66 mg *

\*Daily Value not established.

Other ingredients: Dicalcium phosphate, cellulose, carboxymethylcellulose, stearic acid, vegetable stearate and silica.

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

**Multi-Probiotic® 40 Billion**

Formula	Size
202115	60 Vegetarian Capsules
Suggested Usage: 2 Daily	

Multi-Probiotic® 40 Billion contains 16 potent strains of Lactobacillus, Bifidobacterium and Streptococcus cultures, including the clinically researched Bifidobacterium lactis HN019, which supports enhanced gastrointestinal and immune function.† Also included in the synbiotic blend is scFOS® prebiotic fiber, which is well tolerated and works synergistically with probiotics to flourish in the intestinal tract.† These probiotics are resistant to both acid and bile, and undergo a patented cyroprotectant stabilization process for shelf stability.

**SUPPLEMENT FACTS**

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Proprietary Blend (yielding 40 Billion CFU) .....	560 mg *

Short Chain Fructooligosaccharide (NutraFlora® scFOS®), *Bifidobacterium bifidum*, *Bifidobacterium breve*, *Bifidobacterium lactis (infantis)*, *Bifidobacterium lactis HN019*, *Bifidobacterium longum*, *Lactobacillus acidophilus*, *Lactobacillus brevis*, *Lactobacillus bulgaricus*, *Lactobacillus casei*, *Lactobacillus gasseri*, *Lactobacillus paracasei*, *Lactobacillus plantarum*, *Lactobacillus rhamnosus*, *Lactobacillus salivarius*, *Lactococcus lactis*, *Streptococcus thermophilus*

\*Daily value not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), vegetable stearate, and silica.

NutraFlora® and scFOS® are registered trademarks of GTC Nutrition.

Multi-Probiotic® is a registered mark of Nutri-Health Supplements, LLC, used with permission.



Each Multi-Probiotic® 4000 capsule contains over four billion beneficial organisms, including representatives of both the lactobacillus and bifidobacterium genera, mixed in a base of prebiotic fructooligosaccharide.†

**Multi-Probiotic® 4000**

Formula	Size
7497	100 Capsules
Suggested Usage: 1 Daily	

**SUPPLEMENT FACTS**

Serving Size 1 Capsule • Servings Per Container 100

Amount Per Serving	%DV
Multi-Strain Probiotic Blend .....	4 Billion CFU
Containing:	
<i>Lactobacillus acidophilus</i> (La-14) .....	1.150 Billion CFU *
<i>Lactobacillus rhamnosus</i> (Lr-32) .....	1.150 Billion CFU *
<i>Lactobacillus rhamnosus</i> (HA-114) .....	775 Million CFU *
<i>Lactococcus lactis</i> (HA-136) .....	275 Million CFU *
<i>Bifidobacterium longum</i> (BI-05) .....	275 Million CFU *
<i>Bifidobacterium bifidum/lactis</i> (Bb-02) .....	275 Million CFU *
<i>Streptococcus thermophilus</i> (St-21) .....	150 Million CFU *
Digestive and Prebiotic Blend .....	210 mg *
FOS (fructooligosaccharides) and <i>Ulmus fulva</i> (inner bark)	

\*Daily Value not established.

Other ingredients: Gelatin (capsule), cellulose, silica and vegetable stearate.

Multi-Probiotic® is a registered mark of Nutri-Health Supplements, LLC, used with permission.

# FOUNDATION



Ultra Preventive® X is Douglas Laboratories' signature formula and the most comprehensive multivitamin and mineral supplement, combined with a special organic fruit and vegetable blend. This unique formula provides an antioxidant equivalent of 4-5 servings of fruits and vegetables, along with bioavailable forms of vitamins, minerals, trace elements and beneficial nutrients.†

## Ultra Preventive® X

Formula	Size
200569	120 Tablets
	240 Tablets

Suggested Usage: 8 Daily

### SUPPLEMENT FACTS

Serving Size 8 Tablets

Amount Per Serving	%DV
Vitamin A (33% as Vitamin A Palmitate [5,000 IU]/67% [10,000 IU] as Natural Beta-Carotene) from D. Salina with full spectrum carotenoids**	15,000 IU 300%
Vitamin C (as Ascorbic Acid/Ascorbyl Palmitate/Calcium and Magnesium Ascorbate complex)	1,400 mg 2,333%
Vitamin D-3	1,000 IU 250%
Vitamin E (natural, as d-alpha tocopheryl plus mixed tocopherols)	400 IU 1,333%
Thiamine	100 mg 6,667%
Riboflavin	50 mg 2,941%
Niacin/Niacinamide	190 mg 950%
Vitamin B-6 (as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	100 mg 5,000%
Folate (as L-Methylfolate, Metafolin®)	800 mcg 200%
Vitamin B-12 (methylcobalamin)	250 mcg 4,167%
Biotin	300 mcg 100%
Pantothenic Acid (as d-Calcium Pantothenate)	500 mg 5,000%
Calcium (as Calcium Citrate/Ascorbate/Carbonate Complex)	500 mg 50%
Iodine (from Kelp)	200 mcg 133%
Magnesium (as Magnesium Aspartate/Ascorbate/Oxide Complex)	500 mg 125%
Zinc (as Zinc Amino Acid Chelate)	25 mg 167%
Selenium (as Selenium Krebs†/Kelp complex)	200 mcg 286%
Copper (as Copper Amino Acid Chelate)	2 mg 100%
Manganese (as Manganese Aspartate/Sulfate Complex)	10 mg 500%
Chromium (Organically bound with GTF activity-low allergenicity)	200 mcg 167%
Molybdenum (as Molybdenum Krebs†)	100 mcg 133%
Potassium (as Potassium Aspartate/Chloride Complex)	99 mg 2%
Lutein (natural)	6 mg *
Lycopene (natural)	6 mg *

Zeaxanthin	1 mg	*
Other Minerals, Nutrients and Trace Elements		
Inositol	100 mg	*
Trace Elements (from Sea Vegetation)	approx. 100 mcg	*
Choline (from 150 mg Choline Citrate/Bitartrate)	60 mg	*
PABA (para-aminobenzoic acid)	50 mg	*
Boron (as Boron Aspartate/Citrate complex)	1.5 mg	*
Vanadium (as Vanadium Krebs†)	50 mcg	*
Amino Acids and Enzymes		
L-Cysteine/N-Acetyl L-Cysteine	150 mg	*
Betaine (from 150 mg Betaine HCl)	114 mg	*
Bromelain (2,000 GDU/g)	50 mg	*
Glutamic Acid (from 25 mg Glutamic Acid HCl)	20 mg	*
L-Methionine	12.5 mg	*
Bioflavonoids and Proanthocyanidins		
Rose Hips	100 mg	*
Lemon Bioflavonoids	100 mg	*
Red Wine Proanthocyanidins/Pine Bark Extract	50 mg	*
Hesperidin	35 mg	*
Rutin	25 mg	*
Vegetables Fruits and Herbs		
Proprietary Organic Fruit and Vegetable Blend	700 mg	*
Organic beet powder (root), Organic carrot powder (root), Organic black currant powder (fruit), Organic blueberry powder (fruit), Organic broccoli powder (whole plant), Organic Concord grape powder (fruit), Organic green cabbage powder (whole plant), Organic collard greens powder (leaf), Organic mountain cranberry powder (fruit), Organic kale powder (whole plant), Organic Parsley powder (whole plant), Organic pomegranate powder (fruit), Organic raspberry powder (fruit), Organic spinach powder (whole plant).		
Garlic (bulb)	100 mg	*
Cauliflower (entire plant)	100 mg	*
Spirulina	100 mg	*
Chlorella (broken cell wall)	100 mg	*
Green Papaya Extract (fruit)	100 mg	*
Blackberry (fruit)	80 mg	*
Celery powder (leaf)	70 mg	*
Black radish powder (root)	70 mg	*
Apricot powder (fruit)	70 mg	*
Green Tea Extract (leaf)	50 mg	*
Apple Pectin (fruit)	50 mg	*

\*Daily Value not established.

Other ingredients: Cellulose, stearic acid and silica.

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

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

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.



Douglas Laboratories® award winning Ultra Preventive® X is a comprehensive multivitamin and mineral formula that has repeatedly received the NutriSearch GOLD Medal of Achievement™ by NutriSearch Comparative Guide to Nutritional Supplements™. In addition to providing a balanced source of well-absorbed vitamins and minerals, this formula offers unique ingredients, including a blend of organic fruits and vegetables, and Metafolin®, a patented form of (6S) 5-methyltetrahydrofolate [5-MTHF]. Unlike folic acid, 5-MTHF is the naturally occurring, predominant form of folate commonly found in food and in our bodies' cells.

\* (By the independent NutriSearch Comparative Guide to Nutritional Supplements™. Over 500 nutritional products from hundreds of manufacturers tested.)

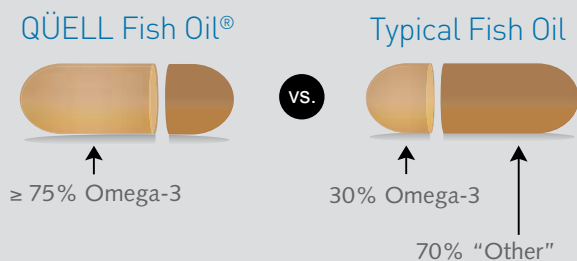
# QÜELL | FISH OIL.

Douglas Laboratories offers QÜELL, a suite of ultra-pure supercritical CO<sub>2</sub> extracted omega-3 fish oils that provides a concentrated triglyceride form of EPA and DHA in a fish gelatin capsule. A growing body of scientific evidence supports the triglyceride (or re-esterified triglyceride) form of these fatty acids as exhibiting greater absorption (compared to the ethyl ester form), significantly increasing the index of EPA and DHA in the blood. Supercritical CO<sub>2</sub> extraction technology ensures that omega-3 fatty acids are extracted without high temperatures, oxygen or traditional chemical solvents, yielding oil that is protected from oxidation, microbiological contamination, solvent residues and isomer formation.

## The QÜELL Fish Oil® Difference

### Comparison of Supercritical Fluid Extraction to Molecular Distillation

	Supercritical CO <sub>2</sub> Technology	Molecular Distillation
Use of chemical solvents	NO	YES
Exposure of oil to high temperatures	NO (<-50°C)	YES (160-200°C)
Risk of isomer formation	NO	YES
The ability to produce extremely concentrated EPA and DHA	YES	NO
Environmental Impact	LOW	MODERATE



## QÜELL Fish Oil® EPA/DHA Plus D

Formula	Size
200981	30 Softgels 60 Softgels

Suggested Usage: 1 Daily

QÜELL Fish Oil® offers supercritical CO<sub>2</sub> extracted oils in triglyceride form, manufactured in Germany exclusively for Douglas Laboratories. QÜELL Fish Oil® is unique among other fish oils for its supercritical extraction, purity, bioavailability and concentrations. It is offered in fish gelatin softgels, and the taste and smell of fish is significantly reduced due to the supercritical extraction. EPA/DHA Plus D contains a 3:2 ratio of EPA to DHA plus 1,000 IU of vitamin D<sub>3</sub> per one softgel.

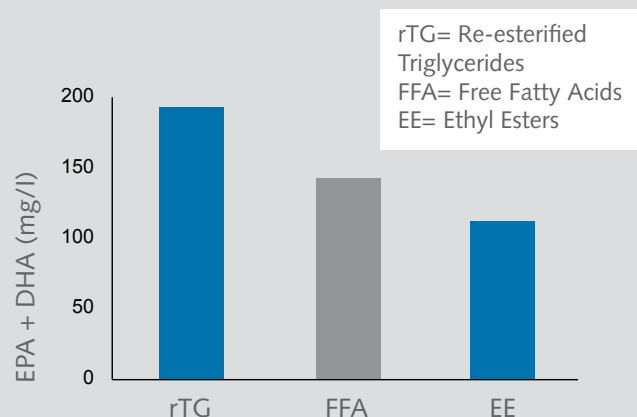
### SUPPLEMENT FACTS

Serving Size 1 Softgel

Approximate Amount Per Serving	%DV
Calories from Fat.....10	
Total Fat.....1.25 g	2%
Vitamin D3.....1000 IU	250%
Omega-3 Supercritical CO <sub>2</sub> Triglyceride Concentrate.....1,250 mg	
Providing:	
EPA (Eicosapentaenoic Acid).....600 mg	*
DHA (Docosahexaenoic Acid).....400 mg	*

\*Daily Value not established

Other ingredients: Gelatin (capsule, from fish [Tilapia]), glycerin, water, natural-source mixed tocopherols, rosemary extract (leaf). This product contains fish oil (anchovies, sardines, mackerel).



Data represent the change from baseline in cholesterol ester, phospholipid and triglyceride fractions. Data do not represent the QÜELL product specifically.<sup>1</sup>

<sup>1</sup>Adapted from Dyerberg J. Bioavailability of marine n-3 fatty acid formulations. Prostaglandins Leukot Essent Fatty Acids. 2010 Sep;83(3):137-41.



Ultra Protein Green™ is a plant-based protein powder that contains five sources of protein from pea, chia, brown rice, flaxseed, and chlorella. Additional organic greens, soluble fiber, inulin, probiotics, enzymes, and vitamins and minerals combine with a phytonutrient blend to make this formula a

nutritionally satisfying, great-tasting vanilla shake. The Spectra™ Phytonutrient proprietary blend of powdered fruits and vegetables contributes to antioxidant activity, and has been clinically shown to support healthy levels of oxidative stress markers and cellular metabolic activity.<sup>†</sup> This formula is vegan, gluten-free, soy-free, and sweetened with Stevia.

**Ultra Protein Green™**  
Plant-Based Protein with Phytonutrients

● new product

**Formula**

57658P

**Size**

619 Grams

Suggested Usage: 1 scoop daily

**SUPPLEMENT FACTS**

Serving Size 1 scoop (approx. 30.9 g) • Servings Per Container approx. 20

Amount Per Serving	%DV
Calories.....	115
Calories from Fat.....	20
Total Fat.....	2 g 3% <sup>^</sup>
Total Carbohydrates.....	7 g 2% <sup>^</sup>
Dietary Fiber.....	2 g 10% <sup>^</sup>
Protein.....	17 g 34% <sup>^</sup>
Vitamin A (as Vitamin A Palmitate).....	1,100 IU 22%
Vitamin C (as Sodium Ascorbate).....	20 mg 33%
Vitamin D-3 (as Cholecalciferol from lichen).....	65 IU 16%
Vitamin E (as D-Alpha Tocopheryl Acetate).....	5 IU 17%
Vitamin K-1 (as Phytonadione).....	25 mcg 31%
Thiamine (as Thiamine Mononitrate).....	0.4 mg 27%
Riboflavin.....	0.5 mg 29%
Niacin (as Niacinamide).....	7.5 mg 38%
Vitamin B-6 (as Pyridoxine HCl).....	0.6 mg 30%
Folate (as L-Methylfolate, Metafolin®).....	200 mcg 50%
Vitamin B-12 (as Methylcobalamin).....	0.6 mcg 10%
Biotin.....	10 mcg 3%
Pantothenic Acid (Calcium Pantothenate).....	2 mg 20%
Calcium (Calcium Carbonate).....	365 mg 37%

Phosphorus (as Potassium Phosphate).....	39 mg	4%
Iodine (as Potassium Iodide).....	50 mcg	33%
Magnesium (as Magnesium Citrate).....	100 mg	25%
Zinc (as Zinc Citrate).....	3 mg	20%
Selenium (as L-Selenomethionine).....	16 mcg	23%
Copper (as Copper Citrate).....	0.6 mg	30%
Manganese (as Manganese Citrate).....	0.6 mg	30%
Chromium (as Chromium Citrate).....	100 mcg	83%
Molybdenum (as Molybdenum Citrate).....	25 mcg	33%
Sodium.....	335 mg	14%
Potassium (as Potassium Phosphate).....	98 mg	3%

Apple Pectin.....	1,000 mg	*
Organic Alfalfa grass.....	400 mg	*
Organic Spinach (Spinacia oleracea, leaf).....	50 mg	*
Organic Kale (Brassica oleracea, leaf).....	50 mg	*
Organic Spirulina.....	200 mg	*
Bacillus coagulans.....	1 Billion CFU	*
Protease.....	10,000 HUT	*
Hemicellulase.....	800 HCU	*
Fiber Blend (Inulin, pea fiber).....	1,100 mg	*

Spectra™ Phytonutrient Blend.....	100 mg	*
Coffea arabica Extract (coffee cherry), Broccoli sprout concentrate (seed), Green Tea Extract (leaf), Onion Extract (bulb), Apple Extract (skin), Acerola Extract (fruit), Camu Camu Concentrate (fruit), Quercetin (flower), Tomato concentrate (fruit), Broccoli concentrate (floret and stems), Acai concentrate (fruit), Turmeric concentrate (root), Garlic concentrate (dove), Basil concentrate (leaf), Oregano concentrate (leaf), Cinnamon concentrate (bark and stem), Elderberry concentrate (fruit), Carrot concentrate (root), Mangosteen concentrate (fruit), Blackcurrant Extract (fruit), Blueberry Extract (fruit), Sweet Cherry concentrate (fruit), Blackberry concentrate (fruit), Chokeberry concentrate (fruit), Raspberry concentrate (fruit), Spinach concentrate (leaf), Kale concentrate (leaf), Bilberry Extract (fruit), Brussels sprout concentrate (edible head).		

\*Daily Value not established

<sup>^</sup>Percent Daily Values are based on a 2,000 calorie diet.

Other ingredients: Plant-based protein blend (pea protein, organic chia seed, brown rice protein, flax seed and organic chlorella protein), natural french vanilla flavor and other natural flavors, and purified stevia extract.

Vitashine D3™ is a registered trademark of Health Specialties Manufacturing Inc.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

Spectra™ is a trademark of VDF FutureCeuticals, Inc., used under license.

<sup>†</sup>These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

**Ultra Protein Plus (Pea Protein)**

**Formula Size**

57053 908 g. Powder (Chocolate Almond Flavor)  
 57054 908 g. Powder (Vanilla Flavor)

**Suggested Usage:** 1 to 2 servings daily, mixed with 8-10 ounces of water or other liquid. Blend well.

Ultra Protein Plus is a delicious, flavored, nutritionally comprehensive protein powder that contains all the indispensable amino acids essential to health, as well as 25% of the nutrition provided by Douglas Laboratories' Ultra Preventive® III, a multivitamin/mineral dietary supplement.† Ultra Protein Plus's source of protein is from yellow peas, a low allergenic protein source that contains no genetically modified plant tissue and is pesticide-free. This formula also provides a significant amount of the prebiotic fructooligosaccharide (FOS). Ultra Protein Plus can easily be added to water or other liquid to create a ready-to-drink protein shake.

**SUPPLEMENT FACTS**

Each Serving Contains 1 heaping scoop (approx. 31.6 grams)  
 Servings Per Container 30

Amount Per Serving	%DV
Calories.....	90
Total Carbohydrates.....	6 g 2%‡
Soluble Fiber.....	1 g *
Sugars (as Fructose).....	5 g *
Protein.....	16 g 32%‡

Each Serving also provides approximately:

Vitamin A.....	6,105 IU	122%
(as 39% Vitamin A palmitate and 61% beta carotene)		
Vitamin C (Ascorbic Acid).....	260 mg	433%
Vitamin D-3 (Cholecalciferol).....	25 IU	6%
Vitamin E (as d-alpha tocopheryl acetate).....	100 IU	333%
Vitamin B-1 (Thiamine HCl).....	24 mg	1,600%
Vitamin B-2 (Riboflavin).....	12 mg	706%
Niacin/Niacinamide.....	43 mg	215%
Vitamin B-6 (Pyridoxine HCl/Pyridoxal-5-Phosphate Complex).....	24 mg	1,200%
Folic Acid.....	200 mcg	50%
Vitamin B-12 (as cyanocobalamin).....	25 mcg	417%
Biotin.....	75 mcg	25%
Pantothenic Acid (d-Calcium Pantothenate).....	125 mg	1,250%
Calcium (Citrate/Ascorbate/Carbonate Complex).....	112 mg	11%
Phosphorus (from pea protein).....	176 mg	18%
Iodine (Kelp).....	45 mcg	30%
Magnesium (Aspartate/Ascorbate/Oxide Complex).....	115 mg	29%
Zinc (Amino Acid Chelate).....	5 mg	33%
Selenium (Krebs <sup>†</sup> ).....	45 mcg	64%
Manganese (Aspartate/Sulfate Complex).....	4.5 mg	225%
Chromium GTF.....	45 mcg	38%
(Organically Bound with GTF activity-Low Allergenicity)		
Molybdenum (Krebs <sup>†</sup> ).....	23 mcg	31%
Sodium (from pea protein).....	240 mg	10%
Potassium (Aspartate/Chloride Complex).....	22 mg	<1%
Choline (Citrate/Bitartrate).....	34 mg	*
Inositol.....	23 mg	*

Citrus Bioflavonoid Complex.....	23 mg	*
PABA (para-Aminobenzoic Acid).....	11 mg	*
Vanadium (Krebs <sup>†</sup> ).....	11 mcg	*
Boron (Aspartate/Citrate Complex).....	0.3 mg	*
Trace Elements (from Sea Vegetation).....	20 mcg	*
L-Cysteine/N-Acetyl-L-Cysteine.....	45 mg	*
Betaine HCl.....	34 mg	*

\*Daily Value not established.

‡ Percent Daily Value is based on a 2,000 Calorie diet.

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

Chocolate Almond Flavor - Other ingredients: Yellow pea protein, fructose, Dutch cocoa, BeFlora™ soluble fiber, cellulose, vegetable stearate, silica, stearic acid, and natural almond flavor.

Vanilla Flavor - Other ingredients: Yellow pea protein, fructose, natural vanilla flavor (contains milk), maltodextrin, BeFlora™ soluble fiber, cellulose, vegetable stearate, silica and stearic acid.

The yellow pea protein will yield naturally occurring amino acids with a typical profile such as this:

Glutamic Acid.....	2672 mg
Aspartic Acid.....	1840 mg
Arginine.....	1392 mg
Lysine.....	1136 mg
Leucine.....	1312 mg
Phenylalanine.....	880 mg
Serine.....	816 mg
Valine.....	800 mg
Alanine.....	688 mg
Glycine.....	640 mg
Isoleucine.....	752 mg
Proline.....	688 mg
Threonine.....	608 mg
Tyrosine.....	608 mg
Histidine.....	400 mg
Cystine.....	160 mg
Methionine.....	176 mg
Tryptophan.....	160 mg

# HEART & METABOLIC



Berberine Balance supplies high-potency berberine combined with alpha lipoic acid and grape seed extract for blood sugar and cardiovascular support.<sup>†</sup> Recent studies indicate that berberine, a naturally occurring alkaloid found in a number of plants, is an effective supplement for helping to maintain cardiometabolic health.<sup>†</sup> Grape seed extract is a well-known antioxidant with heart health benefits, and alpha lipoic acid helps to support proper insulin function.<sup>†</sup>

## Berberine Balance

Formula	Size
201131	60 Vegetarian Capsules

Suggested Usage: 2 Daily

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Approximate Amount Per Serving	%DV
Berberine HCl (from <i>Berberis aristata</i> extract, root).....	500 mg *
Alpha Lipoic Acid.....	50 mg *
Grape Seed Extract.....	50 mg *

\*Daily Value not established

Other ingredients: Cellulose, dicalcium phosphate, vegetable stearate and silica.

<sup>†</sup>These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Cardio-Edge® continues Douglas Laboratories tradition of providing unique, exclusive and scientifically substantiated products to health professionals. Cardio-Edge® supplies Sytrinol™ (a clinically studied proprietary blend of polymethoxylated flavones from citrus fruit and tocotrienols from palm), plant sterols, and standardized pomegranate extract to help support cardiovascular health and normal cholesterol metabolism.†

**Cardio-Edge®**

Formula	Size
99134	120 Vegetarian Capsules

Suggested Usage: 2, twice daily with meals

**SUPPLEMENT FACTS**

Serving Size 2 Vegetarian Capsules • Servings Per Container 60

Amount Per Serving	%DV
Plant Sterols (Phytosterols) (from soy) .....	400 mg *
Sytrinol™ .....	150 mg *
(Proprietary extract of polymethoxylated flavones and tocotrienols from citrus and palm fruits)	
Standardized Pomegranate Extract (fruit) .....	50 mg *
(Standardized to 40% ellagic acid)	

\*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.

**Citrus-Q10® 100**

Formula	Size
200053	60 Chewable Tablets

Suggested Usage: 1 to 4 Daily

Citrus-Q10® 100 supplies naturally fermented coenzyme Q<sub>10</sub> in a great-tasting, natural citrus-flavored chewable tablet. Citrus-Q10® 100 contains no sugar, no artificial colors or flavors, and is suitable for vegetarians.

**SUPPLEMENT FACTS**

Serving Size 1 Tablet • Servings Per Container: 60

Amount Per Serving	%DV
Natural Coenzyme Q10 .....	100 mg *

\*Daily Value not established.

Other ingredients: Mannitol, cellulose, citric acid, natural lemon-lime flavor, povidone, silica, natural orange flavor and sorbitol.



## Ubiquinol-QH

With **VESISORB<sup>®</sup>** Technology

Formula	Size
201899	30 Softgels 60 Softgels

Suggested Usage: 1 Daily

Ubiquinol-QH is a softgel containing 100 mg of natural ubiquinol in a patented, naturally self-assembling nano-colloid system called VESISorb<sup>®</sup> technology for enhanced absorption.<sup>†</sup> Ubiquinol is the biologically reduced form of ubiquinone, also known as coenzyme Q<sub>10</sub>. Ubiquinol may be of special importance for older adults looking to support healthy aging and cardiovascular function.<sup>†</sup>

### SUPPLEMENT FACTS

Serving Size 1 Softgel • Servings Per Container 30

Amount Per Serving	%DV
Vitamin E.....10 IU (as d-alpha-tocopheryl)	33%
Ubiquinol..... 100 mg (Kaneka QH™ - reduced form of CoQ <sub>10</sub> )	*

\*Daily Value not established.

†Percent Daily Values are based on a 2,000 calorie diet.

Other ingredients: Gelatin (capsule), medium chain triglycerides, polysorbate 80, polyglycerol fatty acid esters, glycerin and caramel color.

**VESISORB<sup>®</sup>** is a registered trademark of Vesifact AG.



Kaneka QH™ is a trademark of Kaneka Corporation.

## Enhanced-Absorption Patented VESISorb<sup>®</sup> Delivery System

- Developed by Vesifact, a Switzerland-based company dedicated to innovative technology and research
- Patented lipid-based delivery system increases bioavailability of a bioactive that is fat soluble or that has poor water solubility<sup>†</sup>
- Self-assembling colloidal system forms evenly dispersed fluid droplets upon contact with water in the G.I. tract, each with a mean diameter of less than 100 nanometers and with the bioactive at its core
- Nanosized water-soluble droplets or micelles allow the bioactive to cross the water layer of the G.I. tract for absorption<sup>†</sup>
- Provides extended release of the bioactive over time<sup>†</sup>

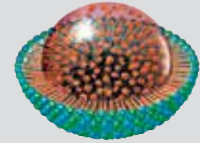
The VESISorb<sup>®</sup> technology is broken down into three steps:

### Step 1

Formation of the colloidal delivery system

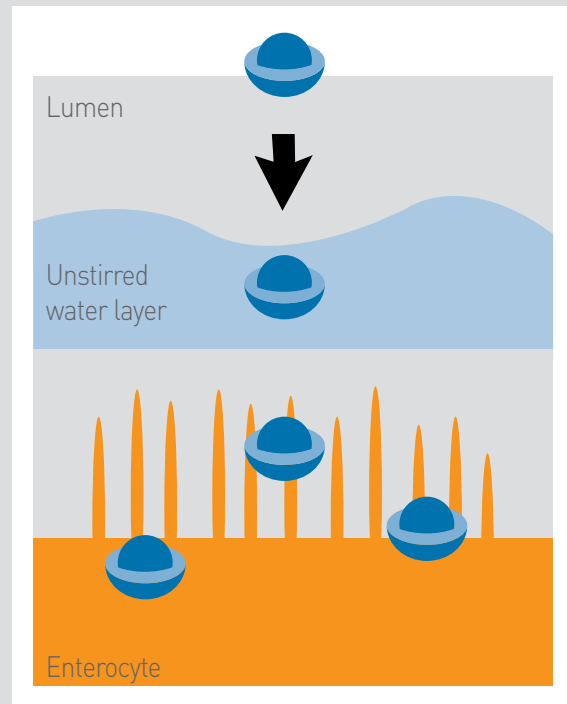
### Step 2

Diffusion across the unstirred water layer



### Step 3

Transfer to the absorptive surface of the G.I. epithelium



<sup>†</sup>These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Metabolic Lean® is a novel weight management formula<sup>1</sup> that includes three branded and clinically studied ingredients – Meratrim® plant extract, Capsimax™ capsicum extract, and Zychrome® chromium complex. This special combination of ingredients may improve lipolysis, thermogenic activity and insulin function for overall metabolic support.<sup>†</sup> The ingredients in Metabolic Lean® also help to increase adiponectin levels which facilitate proper fat metabolism and glucose regulation.<sup>†</sup>

<sup>†</sup>Provides weight management support as part of a healthy lifestyle with a reduced calorie diet and regular exercise.

## Metabolic Lean®

### Formula

201350

### Size

60 Vegetarian Capsules

Suggested Usage: 2 Daily

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Chromium (as Chromium Dinicocysteinate)**	100 mcg 83%
Meratrim® Proprietary Blend	400 mg *
<i>(Sphaerantus indicus [flower heads] extract, Garcinia mangostana [fruit rind] extract)</i>	
Capsaicinoids	0.5 mg *
<i>(from Capsimax™, providing capsaicin, dihydrocapsaicin, nordihydrocapsaicin)</i>	

\*Daily Value not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), dicalcium phosphate, cellulose, vegetable stearate, pharmaceutical glaze and silica

\*\*Zychrome® is a trademark of InterHealth N.I.

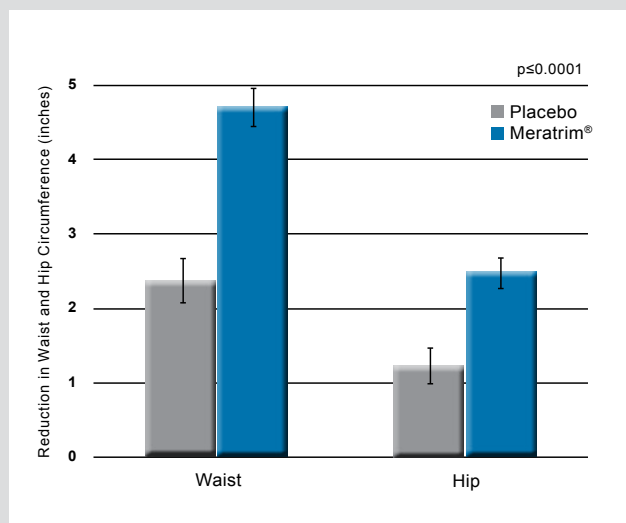
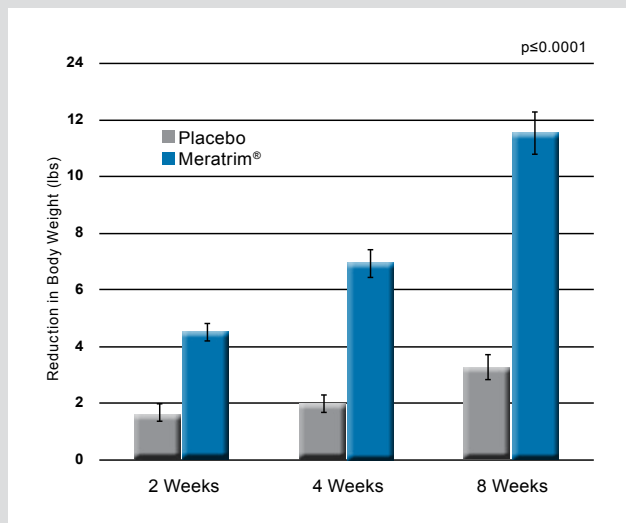
Meratrim® brand proprietary blend of two natural plant extracts.

Meratrim® is exclusively distributed by InterHealth N.I.

Capsimax™ is a trademark of OmniActive Health Technologies.

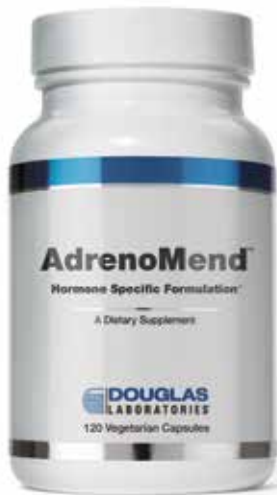
## Metabolic Lean® With Meratrim®

Meratrim® is a proprietary plant extract blend for weight management derived from two plants, *Sphaeranthus indicus* and *Garcinia mangostana*, traditionally used in Southeast Asian culture. Meratrim® has been shown in two independent, randomized, double-blind, placebo-controlled clinical studies to significantly reduce body weight, BMI and waist circumference within eight weeks when used in combination with a 2000-calorie diet and moderate exercise plan.<sup>†</sup> Meratrim® significantly reduced body weight by 11.5 lbs after eight weeks, 3.5-fold better than placebo ( $p \leq 0.0001$ ), and significantly reduced waist circumference and hip circumference by 4.7 inches ( $p \leq 0.0001$ ) and 2.5 inches ( $p \leq 0.0001$ ), respectively.



Stern JS, et al. Obesity (Silver Spring). 2013 May;21(5):921-7

# HORMONE



AdrenoMend™ is a Hormone Specific™ Formulation of 10 highly valued herbal extracts with adaptogenic properties designed to support healthy, balanced adrenal gland function.† This formulation is designed to promote optimal function of the various homeostasis regulatory systems that work with the adrenal glands to maintain physiological function during both acute and chronic stress.†

[ Formulated by Joseph J. Collins, R.N., N.D. ]††

## AdrenoMend™

Formula	Size
200529	120 Vegetarian Capsules
Suggested Usage: 2-4 Daily	

### SUPPLEMENT FACTS

Serving Size:	2 Vegetarian Capsules	4 Vegetarian Capsules
Servings Per Container:	60	30

Amount Per Serving	%DV	%DV
A Phytocrine™ Proprietary Blend.....	955 mg *	1,910 mg *
Proprietary Blend containing no less than 200 mg per 4 capsules for each of the following: <i>Schisandra chinensis</i> (fruit, standardized to 2% schisandrins), <i>Bacopa monnieri</i> (aerial parts, standardized to 20% bacosides), <i>Rhodiola rosea</i> (root, standardized to 5% rosavins and 1% salidosides), <i>Eleutherococcus senticosus</i> (root, standardized to 0.8% eleutherosides), <i>Magnolia officinalis</i> (bark, standardized to 5% honokiol), <i>Rehmannia glutinosa</i> (root), <i>Bupleurum falcatum</i> (root), <i>Panax ginseng</i> (root, standardized to 3% ginsenosides), <i>Coleus forskohlii</i> (root, standardized to 1% forskolin)		
Sensoril® Ashwagandha Extract.....	125 mg *	250 mg *
(Withania somnifera, root and leaf extract, standardized to a minimum of 10% withanolide glycoside conjugates and 32% oligosaccharides)		

\*Daily Value not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, dicalcium phosphate, vegetable stearate and silica.

Sensoril® is protected under US Patent 6,713,092 and is a trademark of Natreon, Inc.

††Dr. Joseph Collins has been retained as medical consultant in advising Douglas Laboratories. He is compensated for this service.

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



DHEA 25 mg Micronized dissolvable tablets contain the highest-purity micronized dehydroepiandrosterone (DHEA) produced under strict Good Manufacturing Practices (GMP). Tablets dissolve in mouth.

### DHEA 25 mg Micronized (Tablets)

Formula	Size
83050	60 Tablets 120 Tablets

Suggested Usage: 1/2 to 1 Daily

#### SUPPLEMENT FACTS

Serving Size 1 Bisect Tablet

Amount Per Serving	%DV
DHEA (dehydroepiandrosterone) ..... 25 mg	*

\*Daily Value not established.

Other ingredients: Mannitol, cellulose, silica and vegetable stearate.

Caution: Athletes- DHEA is classified as a prohibited substance by certain sports organizations, as well as the World Anti-Doping Association (WADA). Please consult the rules of your specific organization to determine if DHEA is prohibited.

### Melatonin (3 mg) (Capsules)

Formula	Size
MEL	60 Capsules

Suggested Usage: 1 Daily

Melatonin capsules contain 3 mg of the highest-purity melatonin produced under strict Good Manufacturing Practices (GMP).

#### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 60

Amount Per Serving	%DV
Melatonin .....3 mg	*

\*Daily Value not established.

Other ingredients: Gelatin (capsule), cellulose, magnesium stearate.

Visit [www.douglaslabs.com/hormone.html](http://www.douglaslabs.com/hormone.html) for  
**ADDITIONAL**  
**DHEA / MELATONIN PRODUCTS:**

Name	Formula
DHEA (5 mg) (Tablets) .....	83025-100X
DHEA (10 mg) (Capsules).....	DHEA1-100X
DHEA (25 mg) (Capsules).....	DHEA-100X
DHEA (50 mg) (Capsules).....	DHEA5-100X
Melatonin Prolonged Release .....	83199-60X
Melatonin Prolonged Release .....	83199-180X

**DIM® Enhanced  
With Curcumin, Green Tea and Wasabia**

Formula	Size
201208	30 Vegetarian Capsules 60 Vegetarian Capsules

Suggested Usage: 1, one to two times daily

DIM® Enhanced is a microencapsulated form of diindolylmethane with curcumin, green tea and wasabia, designed to support healthy estrogen hormone balance and immune health.† Microencapsulated DIM by BioResponse® is a patented, absorption-enhancing formulation to ensure proper assimilation by the body.

**SUPPLEMENT FACTS**

Serving Size 1 Vegetarian Capsule

Amount Per Serving	%DV
Green Tea Extract (leaf) ..... 200 mg (standardized to 95% polyphenols and 45% EGCG)	*
BioResponse DIM® diindolylmethane complex ..... 125 mg (complex of starch, diindolylmethane, d-alpha tocopheryl succinate, phosphatidylcholine [soy] and silica), (standardized to contain 25% diindolylmethane)	*
MERIVA® Curcumin Phytosome ..... 125 mg ( <i>Curcuma longa</i> extract, rhizome)/Phosphatidylcholine (soy) complex)	*
Sawa™ Wasabia japonica (rhizome) ..... 50 mg (Containing at least 600 mcg of isothiocyanates as allyl ITC, 3-butenyl ITC and 4-pentyl ITC)	*

\*Daily Value not established

Other ingredients: Cellulose, dicalcium phosphate, vegetable stearate and silica.



BIOAVAILABLE CURCUMIN is a registered trademark of Indena S.p.A, Milano.

Sawa™ is a trademark of New Zealand Wasabi, Ltd.

BioResponse DIM® is a trademark of BioResponse, L.L.C., Boulder, CO. U.S. Patent 6,086,915.



TestoGain™ is a Hormone Specific™ Formulation of phytoandrogens, androgenic adaptogens, androgen agonists and androgen mimetics designed to help promote testosterone production and function by maintaining the health of testosterone-producing glands in both men and women, and by supporting the healthy functions of testosterone-responsive tissues.†

[ Formulated by Joseph J. Collins, R.N., N.D. ]††

**TestoGain™**

Formula	Size
201397	120 Vegetarian Capsules

Suggested Usage: 2-4 Daily

**SUPPLEMENT FACTS**

Serving Size:	2 Vegetarian Capsules	4 Vegetarian Capsules
Servings Per Container:	60	30

Amount Per Serving	%DV	%DV
TestoGain™		
A Phytocrine™ Proprietary Blend ..... 1,310 mg * ..... 2,620 mg *		
Horny Goat Weed Extract ( <i>Epimedium sagittatum</i> , aerial parts, standardized to 10% icariin), Velvet bean Extract ( <i>Mucuna pruriens</i> , seed, standardized to 15% l-dopa), Gokhru fruit Extract ( <i>Tribulus terrestris</i> , standardized to 45% saponins), Maca root ( <i>Lepidium meyenii</i> ), Damiana leaf ( <i>Tournefortia diffusa</i> ), Muira Puama bark ( <i>Ptychopetalum olacoides</i> ), <i>Eleutherococcus senticosus</i> root Extract (standardized to 0.8% eleutherosides), Tongkat Ali 100:1 Extract ( <i>Eurycoma longifolia</i> , root bark), <i>Panax ginseng</i> root Extract (standardized to 3% ginsenosides), Ashwagandha root Extract ( <i>Withania somnifera</i> , standardized to 7% withanolides, 1% alkaloids, and 0.25% withaferine-A).		

\*Daily Value not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), dicalcium phosphate, vegetable stearate, silica.

††Dr. Joseph Collins has been retained as medical consultant in advising Douglas Laboratories. He is compensated for this service.

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

# KLEAN ATHLETE®



Klean Multivitamin™ is specially formulated for the unique needs of athletes. It has been carefully developed to contain the right proportions of vitamins, minerals, trace elements and other nutrients. The unique fruit and vegetable blend, along with ingredients such as lutein, lycopene, zeaxanthin,

astaxanthin and pterostilbene are not typically found in other multivitamins. Your patients' optimal health and performance starts with Klean Multivitamin™.†

## Klean Multivitamin™

Formula	Size
KA201344	60 Tablets

Suggested Usage: 2 Daily

### SUPPLEMENT FACTS

Serving Size 2 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A (as natural beta-carotene).....	5,000 IU 100%
Vitamin C (as Ascorbic Acid).....	120 mg 200%
Vitamin D-3.....	1,000 IU 250%
Vitamin E (as d-alpha tocopheryl succinate).....	100 IU 333%
Thiamine (as Thiamine HCl).....	25 mg 1,667%
Riboflavin (as Riboflavin-5-phosphate).....	10 mg 588%
Niacin/Niacinamide.....	30 mg 150%
Vitamin B-6 (as Pyridoxal-5-phosphate).....	10 mg 500%
Folate (as L-Methylfolate, Metafolin®).....	400 mcg 100%
Vitamin B-12 (as methylcobalamin).....	250 mcg 4,167%
Biotin.....	300 mcg 100%

Pantothenic Acid (d-calcium pantothenate).....	25 mg 250%
Calcium (as Calcium Citrate/Malate Complex).....	50 mg 5%
Magnesium (as Magnesium Citrate).....	25 mg 6%
Iodine (from kelp).....	150 mcg 100%
Zinc (as Opti-Zinc, monomethionine).....	15 mg 100%
Selenium (as amino acid chelate).....	100 mcg 143%
Copper (as amino acid chelate).....	1 mg 50%
Chromium (as amino acid chelate).....	120 mcg 100%
Molybdenum (as amino acid chelate).....	100 mcg 133%
Potassium (as Potassium Aspartate).....	30 mg <2%

Choline (as Choline Bitartrate).....	60 mg *
Inositol.....	25 mg *
Lutein.....	3 mg *
Lycopene (natural).....	3 mg *
Zeaxanthin.....	1 mg *
Astaxanthin.....	1 mg *
Pterostilbene (PteroPure™)**.....	10 mg *
Proprietary Blend.....	300 mg *
Wild Blueberry Extract (fruit, <i>Vaccinium angustifolium</i> , standardized to 4% polyphenols), Strawberry Extract (fruit, <i>Fragaria vesca</i> , standardized to 2% polyphenols), Spinach Extract (leaf, <i>Spinacia oleracea</i> , standardized to 1.5% polyphenols).	

\*Daily Value not established

Other ingredients: Cellulose, silica, titanium dioxide, dextrose, magnesium silicate, glycerin, natural caramel color, natural vanilla flavor.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

\*\* PteroPure is a trademark of ChromaDex, Inc.



# THE CLEAN CHOICE FOR COMPLETE NUTRITION

Klean Athlete® is a line of NSF Certified for Sport® nutritional supplements certified free from banned substances and contaminants. Our suite of targeted products promotes peak performance by fueling and fortifying with a solid nutritional base to support an athlete's training and overall well-being.†

A healthy athlete is a more effective athlete, plain and simple.



Certified for Sport™

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

# VITAMINS



Methyl B12 Plus provides Metafolin® L-methylfolate and vitamin B<sub>12</sub> methylcobalamin in a great-tasting tablet that dissolves in the mouth. Methylfolate and methylcobalamin are the predominant forms of B vitamins commonly found in cells that do not require additional conversion in the body. Methyl B12 Plus dissolvable tablets are sweetened naturally with Xylitol and flavored with natural black cherry and vanilla.

## Methyl B12 Plus

Formula	Size
201659	90 Tablets
Suggested Usage: 1 Daily	

### SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 90

Amount Per Serving	%DV
Folate (as L-methylfolate, Metafolin®).....	400 mcg 100%
Vitamin B12 (as methylcobalamin).....	1,000 mcg 16,667%

\*Daily Value not established.

Other ingredients: Xylitol, hydroxypropyl cellulose, natural black cherry and vanilla flavor (milk), vegetable stearate.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.



## B-Complex with Metafolin® and Intrinsic Factor

Formula	Size
200765	60 Vegetarian Capsules

Suggested Usage: 1 Daily

B-Complex is unique, including Metafolin®, Methylcobalamin Vitamin B<sub>12</sub>, and intrinsic factor in its formulation. Metafolin® contains only the S isomer of 5-MTHF and has been shown to be the only form of folate to be able to cross the blood-brain barrier. Studies indicate that methylcobalamin, a coenzyme form of B<sub>12</sub>, may be better utilized and better retained in the body. Intrinsic factor is a protein produced by cells in the stomach lining and is needed for the intestines to absorb vitamin B<sub>12</sub> efficiently.†

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Thiamine (Vitamin B-1, as Thiamine HCl).....50 mg	3,333%
Riboflavin (Vitamin B-2, Riboflavin-5-Phosphate).....20 mg	1,176%
Niacin (Vitamin B-3, as Niacinamide).....50 mg	250%
Vitamin B-6 (as Pyridoxal-5-Phosphate).....20 mg	1,000%
Folate (as L-methylfolate, Metafolin®).....400 mcg	100%
Vitamin B-12 (as methylcobalamin).....500 mcg	8,333%
Biotin.....300 mcg	100%
Pantothenic Acid (Vitamin B-5, as d-calcium pantothenate).....50 mg	500%
Intrinsic Factor (from porcine).....20 mg	*

\*Daily Value not established.

Other ingredients: Cellulose and vegetable stearate.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

## Vitamin D 5000 IU

Formula	Size
200562	100 Tablets

Suggested Usage: 1 Daily

Vitamin D contains 5000 IU of vitamin D<sub>3</sub> per tablet.

### SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 100

Amount Per Serving	%DV
Vitamin D-3 (cholecalciferol).....5,000 IU	1,250%

\*Daily Value not established.

Other ingredients: cellulose, croscarmellose sodium, calcium carbonate, silica and vegetable stearate

## Vitamin K2

Formula	Size
200913	60 Vegetarian Capsules

Suggested Usage: 1 Daily

Vitamin K2 supplies a significant amount of biologically active vitamin K<sub>2</sub> in the form of menaquinone-7 (MK-7). This product is soy free and derived from plant-based geraniol and farnesol.

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Vitamin K2.....90 mcg (as menaquinone-7)	113%

\*Daily value not established.

Other ingredients: Cellulose, vegetable stearate, calcium citrate and silica

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