

Essential-4 Nutrition Pack

Multivitamin, Essential Fatty Acids, Antioxidants, and Probiotics

DESCRIPTION

Essential-4 Nutrition Pack, provided by Douglas Laboratories, combines 4 of the most important products to help support optimal health and provides them in a convenient pack. – 1) A multivitamin 2) An essential fatty acid, 3) An antioxidant, and 4) A probiotic.

FUNCTIONS

Opti-DHA: These enteric-coated softgels contain a novel ratio of essential omega-3 fatty acids, derived from marine lipid concentrate. Processed by molecular distillation, Opti-DHA is an excellent source of these fatty acids, providing 450 mg of docosahexaenoic acid(DHA) and 150 mg eicosapentaenoic acid(EPA) per serving. As the most abundant fatty acid in the brain, adequate amounts of DHA are needed throughout infancy and adulthood for ongoing optimal function. Low levels of DHA may adversely influence behavior and mental performance, and have been correlated with changes in disposition, memory loss, and visual and other neurological conditions. Studies have shown that DHA, along with EPA may play an important role in cardiovascular health. Opti-DHA is enteric-coated, significantly reducing the “fishy” taste sometimes associated with marine lipid supplements.

Ultra Preventive X: Ultra Preventive® X is a comprehensive, highly concentrated vitamin-mineral-trace element daily supplement containing more than 50 nutritional ingredients, all in a special herbal green food base. Its formula is carefully balanced to provide the essential nutrients for optimal health. Ultra Preventive® X is also a potent antioxidant formula that includes natural beta-carotene, vitamin C, vitamin E, selenium, L-cysteine/N-acetyl-L-cysteine, lutein, lycopene, red wine proanthocyanidins and select extracts and powders from over 25 fruits, vegetables and herbs.

Multi-Probiotic 4000: Oral supplements of live, beneficial intestinal micro-organisms for nutritional health and well-being are known as probiotics. Probiotic dietary lactobacilli colonize the intestinal tract, depending on the specific bacterium-to-host affinity. Bacteria are continually in competition for colonization space. The original bacterial colonies have an advantage over transient bacteria. Nevertheless, the composition of the intestinal

microflora is dynamic and constantly changing. If harmful microorganisms proliferate, the equilibrium is disturbed, and it becomes difficult even for indigenous bacteria to maintain their necessary territory to colonize the intestine. Antibiotics tend to kill off both beneficial and harmful bacteria, and thus may also disturb the normal, healthy balance of intestinal microorganisms.

CoQmelt: CoQmelt™ supplies 100 mg of coenzyme Q10 in a natural orange flavored, fast-melting tablet. CoQmelt’s patented delivery system – a tablet that melts on the tongue virtually in seconds – has been shown to absorb faster than other coenzyme Q10 products currently available. Best of all, CoQmelt™ contains no sugar, artificial colors or flavors and is suitable for vegetarians. Numerous studies indicate coenzyme Q10 plays an important role in the maintenance of the entire cardiovascular system. Coenzyme Q10 is also important for the maintenance of blood vessels and heart muscle function. In addition, people taking statin drugs can develop deficiencies in coenzyme Q10 and may require supplementation.

INDICATIONS

Essential-4 Nutrition Pack may be a useful dietary supplement for individuals wishing to supplement their diet with essential nutrients for health.

FORMULA (#63056)

4 Tablets, 1 Capsule, 2 Softgels and 1 Fast-Melt Tablet Contain:

Vitamin A	2,500	I.U.
(Palmitate, Water Dispersible)		
Beta-Carotene (Vitamin A Activity)	5,000	I.U.
As natural carotenes (alpha, beta, cryptoxanthin, & zeaxanthin) from <i>D. salina</i>)		
Lutein (elemental, all natural)	3	mg
Lycopene (elemental, all natural)	3	mg
Zeaxanthin (elemental)	0.5	mg
Vitamin D-3	200	I.U.
Vitamin E	203	I.U.
(as d-alpha tocopheryl, natural plus mixed tocopherols)		
Vitamin C (as Ascorbic Acid, Corn Free,	700	mg
buffered ascorbates and ascorbyl palmitate)		
Vitamin B-1 (Thiamin HCl)	50	mg
Vitamin B-2 (Riboflavin)	25	mg
Niacin	20	mg
Niacinamide	75	mg
Pantothenic Acid	250	mg

(continued on reverse)

(d-Calcium Pantothenate)	
Vitamin B-6	50 mg
(as Pyridoxine HCl/ Pyridoxal-5-Phosphate Complex)	
Vitamin B-12	125 mcg
(as cyanocobalamin and methylcobalamin)	
Folic Acid	400 mcg
Biotin	150 mcg
Choline Citrate/Bitartrate	75 mg
Inositol	50 mg
PABA (Para-Aminobenzoic Acid)	25 mg
Calcium (Citrate/Ascorbate Complex)	250 mg
Magnesium	250 mg
(Aspartate/Ascorbate Complex)	
Potassium (Aspartate Complex)	50 mg
Zinc (Amino Acid Chelate)	12.5 mg
Manganese (Aspartate Complex)	5 mg
Iodine (Kelp)	100 mcg
Chromium GTF	100 mcg
(Organically bound with GTF activity- low allergenicity)	
Selenium	100 mcg
(Organic Selenium in Krebs [†] Cycle and Kelp)	
Copper (Amino Acid Chelate)	1 mg
Molybdenum (Krebs [†])	50 mcg
Vanadium (Krebs [†])	25 mcg
Boron (Aspartate/Citrate Complex)	0.75 mg
Trace Elements	approx. 50 mcg
(from Sea Vegetation)	
L-Cysteine/N-Acetyl-L-Cysteine	75 mg
L-Methionine	6 mg
Glutamic Acid HCl	12.5 mg
Betaine HCl	75 mg

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

Plus:

Over 2000 mg of our Special Ultra Preventive[®] Vegetable, Fruit, Herb and Green Food Base supplying:

Red Wine Proanthocyanidins and OPC	25 mg
Pine Bark Extract	
Blueberry (fruit)	50 mg
Garlic (Pure-Gar [®] , Odorless)	50 mg
Green Tea Extract	25 mg
Sprouted Barley Juice (dry)	25 mg
Wheat Grass Juice (dry)	25 mg
Broccoli (freeze-dried)	50 mg
Cauliflower (freeze-dried)	50 mg
Spirulina	50 mg
Chlorella (broken cell wall)	50 mg
Green Papaya Extract (dry)	50 mg
Beet Extract (dry)	25 mg
Apple Pectin	25 mg
Bromelain (Pineapple 2,000 GDU/gm)	25 mg
Rose Hips	50 mg
Lemon Bioflavonoids	50 mg
Rutin	12.5 mg
Hesperidin	17.5 mg
With over 350 mg of additional proprietary Vegetable and Fruit base of:	

Kale, Spinach, Carrot, Radish, Celery, Apricot, Blackberry, Cranberry, Grape and Pineapple.

Marine Lipid Concentrate 1,000 mg
Yielding:

Docosahexaenoic acid (DHA)	450 mg
Eicosapentaenoic acid (EPA)	150 mg
Natural Coenzyme Q10	100 mg
<i>Lactobacillus acidophilus</i> (DDS-1 [™])	1.15 Billion
<i>L. Rhamnosus</i>	1.15 Billion
<i>L. Rhamnosus</i> (Type B, Bifidus)	775 Million
<i>Bifidobacterium lactis</i>	275 Million
<i>Bifidobacterium longum</i>	275 Million
<i>B. Bifidum</i>	275 Million
<i>Streptococcus thermophilus</i>	150 Million
In a base of FOS (fructooligosaccharides), special carbohydrates, enzymes and ulmus fulva	

SUGGESTED USE

Adults take 1 pack daily with a meal or as directed by physician.

SIDE EFFECTS

No adverse side effects reported.

STORAGE

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

REFERENCES

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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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