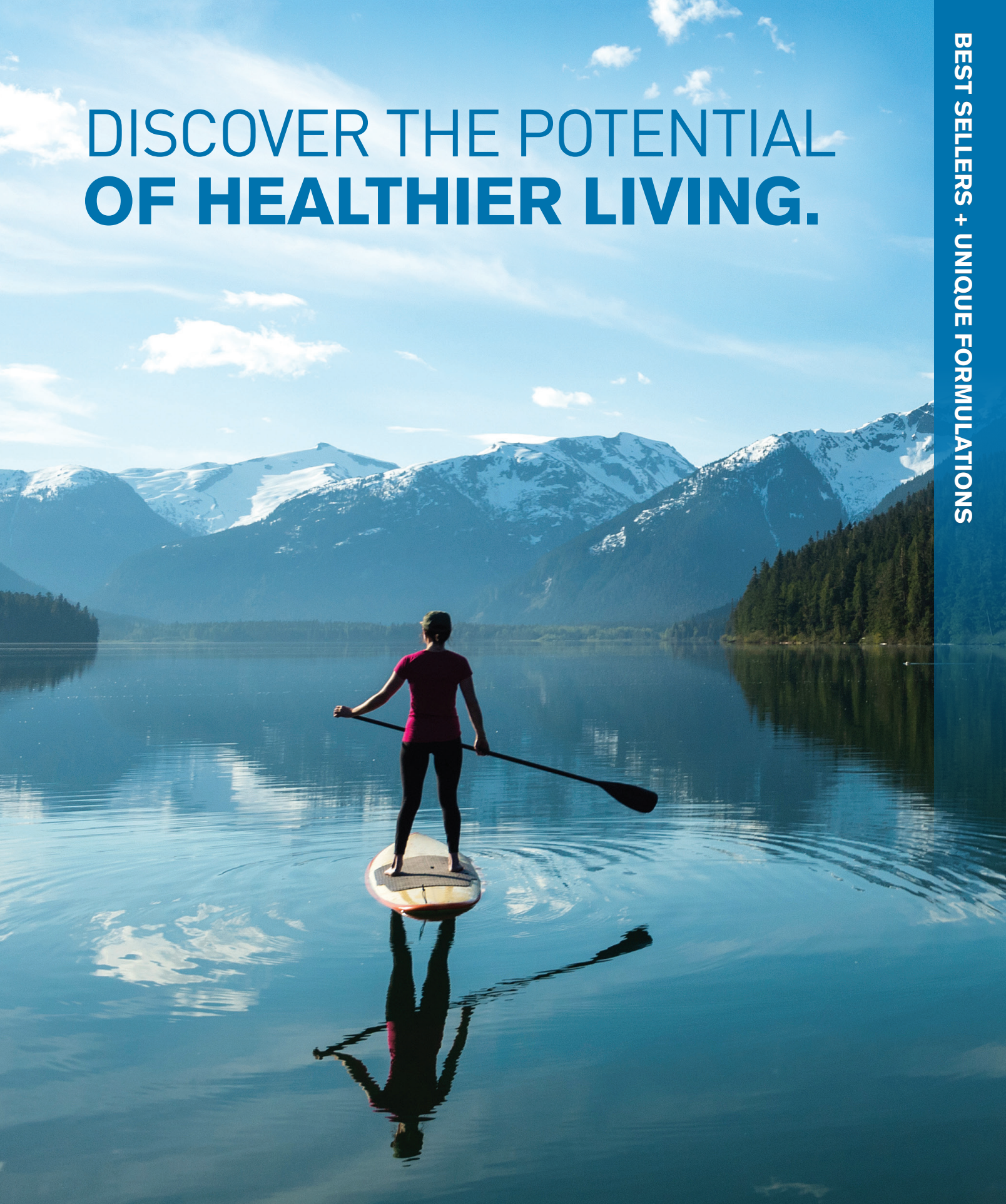


DISCOVER THE POTENTIAL OF HEALTHIER LIVING.

BEST SELLERS + UNIQUE FORMULATIONS



WELCOME TO DOUGLAS LABORATORIES®

For 65 years, Douglas Laboratories has been dedicated to meeting the needs of healthcare professionals and is recognized as a leader in the development of high-quality, science-based, innovative nutritional supplements across 12 health functions that support healthy lifestyles. As the industry leader and pioneer in private label solutions, Douglas Laboratories can also help you seamlessly create your own uniquely branded product portfolio to meet the needs of your practice. Discover how Douglas Laboratories can help your patients push their potential to live healthier, today and in the future.‡



OUR COMMITMENT TO YOU

Douglas Laboratories products are formulated with the understanding that every patient is different and each healthcare professional leverages their own philosophy and clinical experience when addressing patient care. We use only the highest-quality, research-based, clinically validated ingredients to create safe, effective nutritional products for you and your health-conscious patients.

With one of the most comprehensive portfolios in the industry, we offer over 400 products across 12 health functions ranging from hormone and detox to bone & joint and beauty, including 40 unique formulations you can find only at Douglas Laboratories. Our mission is to help our healthcare professionals deliver optimal patient outcomes through evidence-based nutrition. In collaboration with leading medical experts, we have developed a series of clinical protocols to simplify and optimize assessment and supplement decisions, in order to achieve specific health goals.

Our uncompromising operational practices at our state-of-the-art manufacturing facilities surpass GMP standards and manufacturing regulations. All of our products are GMO-free.

PRIVATE LABEL SOLUTIONS

Exclusively designed by you,
for your practice.

As the industry leader and pioneer in private label solutions, we offer over 230 private label-eligible products across our health functions. Our program allows you to seamlessly create a uniquely branded product portfolio under an exclusively designed label, with our experienced design team supporting you each step of the way.

(PL) Denotes private label-eligible formula

Visit: douglaslabs.com/privatelabels



EDUCATION

An integral part of our mission at Douglas Laboratories is to help healthcare professionals advance their understanding of personalized, evidence-based nutrition to achieve optimal patient outcomes. Through collaborations with leading medical experts, we communicate the scientific benefits of our products through live seminars and webinars, and develop protocols to guide and confirm supplement recommendations for your patients.

Our website houses product selection guides, clinical protocols and recorded webinars, for round-the-clock access to accommodate busy schedules. Events are also posted online and through social media, making it easy to stay informed.

Visit: douglaslabs.com/education

ENJOY **FREE SHIPPING** ON ORDERS OF \$100 OR MORE.**
USE COUPON CODE: **DL100** AT CHECKOUT

**Valid in USA and for online orders only. Cannot be combined with any other promotions.
Free standard shipping will apply to entire order and become available under Shipping Method.

BEST SELLERS

Our research-based formulas target 12 key health functions to push your patients' potential to live healthier. To assist you in becoming more familiar with Douglas Laboratories products, we would like to introduce you to some of our best sellers. Get to know the products healthcare practitioners like you are dispensing the most. Whether you find your patients needing support for bone & joint, digestive, hormone or more, we've got you covered.†

AdrenoMend™ Hormone Specific™ Formulation

Support for healthy adrenal function‡

[Co-Formulated by Joseph J. Collins,
R.N., N.D.]*

HORMONE

A Hormone Specific™ Formulation of 10 highly valued herbal extracts with adaptogenic properties, AdrenoMend™ supports healthy, balanced adrenal gland function. This formulation is designed to promote optimal function of the adrenal glands and related regulatory systems.‡

SUGGESTED USAGE: 2-4 DAILY

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

Amount Per Serving

A Phytocrine™ Proprietary Blend	1,020 mg	2,040 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 3% rosavins and 2% 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% forskohlin)		

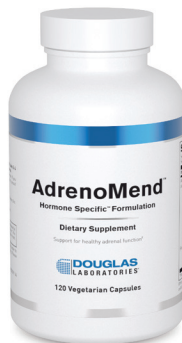
Sensoril® Ashwagandha Extract	125 mg	250 mg
(Withania somnifera, root and leaf extract, standardized to a minimum of 10% withanolide glycoside conjugates and 32% oligosaccharides)		

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

SENSORIL® ashwagandha extract is protected under U.S. Patent No. 7,318,938 and is a registered trademark of Natreon, Inc.

*Dr. Joseph J. Collins is a retained advisor to Douglas Laboratories.

Formula	Size
200529	120 Vegetarian Capsules



B-Complex ^{PL} with Metafolin® and Intrinsic Factor

Energy metabolism and neurological health‡

VITAMINS, MINERALS & AMINO ACIDS

B-Complex is a comprehensive formula including Metafolin®, Methylcobalamin Vitamin B₁₂, 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 B₁₂, 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 B₁₂ efficiently.‡

SUGGESTED USAGE: 1 DAILY

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving

Thiamine (vitamin B ₁ , as thiamine HCl)	50 mg
Riboflavin (vitamin B ₂ , as riboflavin-5-phosphate)	20 mg
Niacin (vitamin B ₃ , as niacinamide)	50 mg
Vitamin B ₆ (as pyridoxal-5-phosphate)	20 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin)	500 mcg
Biotin	300 mcg
Pantothenic Acid (vitamin B ₅ , as d-calcium pantothenate)	50 mg
Intrinsic Factor (from porcine)	20 mg

Other ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose (capsule) and vegetable stearate

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

Formula	Size
200765	60 Vegetarian Capsules

Berberine Balance [Ⓟ]

Cardiovascular health[‡]

HEART & METABOLIC

Berberine Balance supplies berberine combined with alpha lipoic acid and grape seed extract for healthy blood sugar and cardiovascular support. 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. Grape seed extract is a well-known antioxidant with heart health benefits, and alpha lipoic acid helps to support proper insulin function.[‡]

SUGGESTED USAGE: 1, TWICE DAILY

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

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

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

Formula	Size
201131	60 Vegetarian Capsules

Boswellia-Turmeric Complex [Ⓟ]

Musculoskeletal and joint health[‡]

BONE & JOINT

Boswellia-Turmeric Complex tablets contain a combination of three standardized botanical extracts: *Boswellia serrata*, turmeric root and devil's claw. This formula can help provide normal recovery support after exercise or activity of the joints and muscles.[‡]

SUGGESTED USAGE: 2 DAILY

Serving Size 2 Tablets • Servings Per Container 30

Amount Per Serving	
<i>Boswellia serrata</i> (gum resin exudate, standardized to 70% boswellic acids)	750 mg
Turmeric Extract (rhizome, standardized to 95% total curcuminoids)	750 mg
Devil's Claw Extract (secondary roots, standardized to 5% total iridoid glycosides expressed as harpagoside)	100 mg

Other ingredients: Microcrystalline cellulose, ethylcellulose, coating (sodium alginate, purified stearic acid, ethylcellulose), vegetable stearate, stearic acid and silica

Formula	Size
INF	60 Tablets



Citrus-Q₁₀[™] 100 [Ⓟ]

Energy metabolism and cardiovascular health[‡]

HEART & METABOLIC

Citrus-Q₁₀[™] 100 supplies naturally fermented coenzyme Q₁₀ in a great-tasting, natural citrus-flavored chewable tablet. Citrus-Q₁₀[™] 100 is sugar-free, contains no artificial colors or flavors, and is suitable for vegetarians.

SUGGESTED USAGE: 1-4 DAILY

Serving Size 1 Chewable Tablet • Servings Per Container 60

Amount Per Serving	
Natural Coenzyme Q ₁₀	100 mg
Other ingredients: Mannitol, hydroxypropyl cellulose, ascorbyl palmitate, citric acid, natural lemon-lime flavor, povidone, silica and natural orange flavor	

Formula	Size
200053	60 Chewable Tablets

Corvalen[®] [Ⓟ]

Cellular energy[‡]

HEART & METABOLIC

D-Ribose is a natural pentose sugar that is the backbone of the ATP molecular structure, which supports the body's natural energy production. D-ribose in ATP (adenosine triphosphate) is naturally present in every living cell in our body. D-ribose powder is highly soluble in either hot or cold solutions and tastes slightly sweet.[‡]

SUGGESTED USAGE: 1 SCOOP, 2 TIMES DAILY WITH MEALS

Serving Size 5 g (1 Scoop or 2 Teaspoons)

Servings Per Container Approx. 56

Amount Per Serving	
Calories	20
Total Carbohydrate	5 g
Total Sugars	5 g
D-Ribose	5 g

Formula	Size
57451P	9.9 oz (280 g Powder)

[‡]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 5 mg Micronized (Dissolvable Tablets)

Hormone support[‡]

HORMONE

DHEA 5 mg dissolvable tablets contain high purity micronized dehydroepiandrosterone (DHEA) produced under strict Good Manufacturing Practices (GMP). Tablets dissolve in mouth.

SUGGESTED USAGE: 1 DAILY

Serving Size 1 Tablet • Servings Per Container 100

Amount Per Serving	
DHEA (dehydroepiandrosterone, micronized)	5 mg
Other ingredients: Mannitol, microcrystalline 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.

Formula	Size
83025	100 Tablets



DHEA 10 mg Micronized (Vegetarian Capsules)

Hormone support[‡]

HORMONE

DHEA capsules contain high purity micronized dehydroepiandrosterone (DHEA) produced under strict Good Manufacturing Practice (GMP) standards.

SUGGESTED USAGE: 1 DAILY

Serving Size 1 Vegetarian Capsule • Servings Per Container 100

Amount Per Serving	
DHEA (dehydroepiandrosterone)	10 mg
Other ingredients: Microcrystalline cellulose and hydroxypropyl methylcellulose (capsule)	

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.

Formula	Size
DHEA1	100 Vegetarian Capsules

DIM[®] Enhanced ^{PL} With Curcumin, Green Tea and Wasabia

Hormonal health[‡]

HORMONE

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

SUGGESTED USAGE: 1, 1-2 TIMES DAILY

Serving Size 1 Vegetarian Capsule

Amount Per Serving	
Green Tea Extract (<i>Camellia sinensis</i> , leaf, standardized to 98% polyphenols and 45% EGCG)	200 mg
BioResponse DIM [®] Diindolylmethane Complex (complex of starch, diindolylmethane, d-alpha tocopheryl succinate, phosphatidylcholine (from sunflower) and silica, standardized to contain 25% diindolylmethane)	125 mg
Meriva [®] Curcumin Phytosome (<i>Curcuma longa</i> extract, rhizome, phosphatidylcholine (soy) complex)	125 mg
Wasabia <i>japonica</i> (rhizome, containing at least 600 mcg of isothiocyanates as allyl ITC, 3-butenyl ITC and 4-pentyl ITC)	50 mg

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

Contains: Soy

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

Meriva[®] is a registered trademark of Indena S.p.A, Milano.

Formula	Size
202364	30 Vegetarian Capsules 60 Vegetarian Capsules

Livdetox™ (PL)

Support for liver function and detoxification†

DETOX

Livdetox™ tablets contain several lipotropic nutrients and herbal ingredients to help maintain liver structure and function, and support the liver's metabolism of fat.†

SUGGESTED USAGE: 3 DAILY

Serving Size 3 Tablets • Servings Per Container 40

Amount Per Serving	
Niacin	10 mg
Choline (from 1,500 mg choline bitartrate)	705 mg
Inositol	150 mg
Lecithin granulars (from soy)	75 mg
Betaine (from 75 mg betaine HCl)	57 mg
Dandelion (<i>Taraxacum officinale</i> , leaves)	50 mg
Turmeric (<i>Curcuma longa</i> , roots)	50 mg
Milk Thistle (<i>Silybum marianum</i> , seed)	50 mg
Globe Artichoke Extract (<i>Cynara scolymus</i> , leaves)	50 mg
L-Methionine	15 mg

Other ingredients: Microcrystalline cellulose, stearic acid, magnesium silicate, tablet coating (hypromellose, glycerin), vegetable stearate, croscarmellose sodium and silica

Contains: Soy

Formula	Size
7600	120 Tablets

Macu-Support (PL)

Eye health†

[Co-Formulated by Stuart Richer, O.D., Ph.D., FAAO]†

VISION

Macu-Support supplies a well-balanced spectrum of key nutrients that are important in maintaining normal retina and macula function in the eyes. Macu-Support contains important antioxidant nutrients including vitamin C, vitamin E, zinc, lutein and zeaxanthin, and is free of beta-carotene. These important nutrients have shown positive results for vision health in the AREDS 2 trial conducted by the National Eye Institute.†

SUGGESTED USAGE: 3 DAILY

Serving Size 3 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	
Vitamin C (as ascorbic acid)	500 mg
Vitamin E (as vitamin E succinate)	268 mg
Zinc (as zinc monomethionine*)	25 mg
Lutein (from marigold (<i>Tagetes erecta</i>) flower)**	10 mg
Zeaxanthin	2 mg



Other ingredients: Capsule (hydroxypropyl methylcellulose, titanium dioxide), microcrystalline cellulose, silica and vegetable stearate

*OptiZinc® is a trademark of InterHealth Company.

**FloraGLO® is a registered trademark of Kemin Industries, Inc., USA.

†Dr. Stuart Richer is a retained advisor to Douglas Laboratories.

Formula	Size
202023	90 Vegetarian Capsules

Melatonin 3 mg (Vegetarian Capsules)

Support for restful sleep†

SLEEP & RELAXATION

Melatonin 3 mg capsules contain 3 mg of high purity melatonin produced under strict Good Manufacturing Practices (GMP) standards.

SUGGESTED USAGE: 1 DAILY

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	
Melatonin	3 mg
Other ingredients: Microcrystalline cellulose and hydroxypropyl methylcellulose (capsule)	

Formula	Size
202274	60 Vegetarian Capsules

Melatonin P.R. (Tablets) (PL)

3 mg Prolonged-Release

Support for restful sleep†

SLEEP & RELAXATION

Melatonin P.R. contains 3 mg of high purity melatonin in a prolonged-release tablet, formulated to slowly break down and release in the small intestine.

SUGGESTED USAGE: 1 TABLET, 1 HOUR BEFORE BEDTIME

Serving Size 1 Tablet

Amount Per Serving	
Melatonin	3 mg
Other ingredients: Dicalcium phosphate, microcrystalline cellulose, ethylcellulose, stearic acid, vegetable stearate, coating (hypromellose, glycerin) and silica	

Formula	Size
83199	60 Tablets
	180 Tablets

Methyl B₁₂ Plus PL

VITAMINS, MINERALS & AMINO ACIDS

Methyl B₁₂ Plus provides Metafolin® L-methylfolate and vitamin B₁₂ methylcobalamin in a great-tasting lozenge designed to be rapidly dissolved in the mouth and swallowed. Methylfolate and methylcobalamin are the predominant forms of folate and vitamin B₁₂ found in the body. Methyl B₁₂ Plus lozenges are sweetened naturally with xylitol and mannitol, and flavored with natural black cherry and vanilla.

SUGGESTED USAGE: 1 DAILY

Serving Size 1 Lozenge • Servings Per Container 90

Amount Per Serving	
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin)	1,000 mcg

Other ingredients: Xylitol, mannitol, natural cherry, berry and vanilla flavors, croscarmellose sodium, hydroxypropyl cellulose, ascorbyl palmitate and malic acid

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

Formula	Size
202273	90 Lozenges

Methyl Folate PL 1,000 mcg Metafolin®

VITAMINS, MINERALS & AMINO ACIDS

Methyl Folate provides 1,000 mcg of Metafolin®, a patented form of (6S) 5-methyltetrahydrofolate (5-MTHF). 5-MTHF is the naturally occurring, predominant form of folate commonly found in cells and is essential for overall health, as it participates as a cofactor in a reaction that involves the remethylation of homocysteine to methionine. Metafolin® is directly usable by the body and has been shown to be the only form of folate to cross the blood-brain barrier.†

SUGGESTED USAGE: 1 DAILY

Serving Size 1 Tablet • Servings Per Container 60

Amount Per Serving	
Folate (as Metafolin® L-5-MTHF)	1,667 mcg DFE (1,000 mcg L-5-MTHF)

Other ingredients: Microcrystalline cellulose, dicalcium phosphate, croscarmellose sodium, vegetable stearate and silica

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

Formula	Size
201181	60 Tablets



improved formula

Multi-Probiotic® 4 Billion PL

Formerly Multi-Probiotic® 4000

Gastrointestinal and immune health†

DIGESTIVE

Each Multi-Probiotic® 4 Billion acid-resistant capsule contains 4 billion beneficial organisms, including representatives of both the Lactobacillus and Bifidobacterium genera, mixed in a base of prebiotic fructooligosaccharides.

SUGGESTED USAGE: 1 DAILY

Serving Size 1 Vegetarian Acid-Resistant Capsule
Servings Per Container 100

Amount Per Serving	
Multi-Strain Probiotic Blend	4 Billion CFU
Containing:	
Lactobacillus acidophilus (La-14)	1.15 Billion CFU
Lactobacillus rhamnosus (Lr-32)	1.15 Billion CFU
Bifidobacterium lactis (HN019)	500 Million CFU
Lactococcus lactis (Ll-23)	275 Million CFU
Bifidobacterium longum (Bl-05)	275 Million CFU
Bifidobacterium bifidum (Bb-02)	275 Million CFU
Lactobacillus gasseri (Lg-36)	275 Million CFU
Streptococcus thermophilus (St-21)	150 Million CFU
Digestive and Prebiotic Blend	210 mg
FOS (fructooligosaccharides) and Slippery Elm Bark (Ulmus fulva)	

Other ingredients: Microcrystalline cellulose, capsule (hydroxypropyl methylcellulose, pectin, glycerol, purified water)

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

Formula	Size
202449	100 Vegetarian Acid-Resistant Capsules

improved formula

Multi-Probiotic® 15 Billion PL

Gastrointestinal and immune health†

DIGESTIVE

Each Multi-Probiotic® 15 Billion acid-resistant capsule contains beneficial organisms from Lactobacillus and Bifidobacterium genera with additional benefits of prebiotic fructooligosaccharides.

SUGGESTED USAGE: 1 DAILY

Serving Size 1 Vegetarian Acid-Resistant Capsule
Servings Per Container 60

Multi-Strain Probiotic Blend	15 Billion CFU
Containing:	
<i>Lactobacillus acidophilus</i> (La-14)	4.3 Billion CFU
<i>Lactobacillus rhamnosus</i> (Lr-32)	4.3 Billion CFU
<i>Bifidobacterium lactis</i> (HN019)	1.9 Billion CFU
<i>Lactococcus lactis</i> (LI-23)	1.0 Billion CFU
<i>Bifidobacterium longum</i> (BI-05)	1.0 Billion CFU
<i>Bifidobacterium bifidum</i> (Bb-02)	1.0 Billion CFU
<i>Lactobacillus gasseri</i> (Lg-36)	1.0 Billion CFU
<i>Streptococcus thermophilus</i> (St-21)	0.5 Billion CFU
Digestive and Prebiotic Blend	210 mg
FOS (fructooligosaccharides) and Slippery Elm Bark (<i>Ulmus fulva</i>)	

Other ingredients: Microcrystalline cellulose and capsule (hydroxypropyl methylcellulose, pectin, glycerol, purified water)

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

Formula	Size
202516	60 Vegetarian Acid-Resistant Capsules

Multi-Probiotic® 40 Billion PL

Gastrointestinal and immune health[‡]

DIGESTIVE

Multi-Probiotic® 40 Billion capsules contain 16 beneficial strains of *Lactobacillus*, *Bifidobacterium* and *Streptococcus* cultures, including the clinically researched *Bifidobacterium lactis* HN019 that supports 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 cryoprotectant stabilization process for shelf stability. Also available in powder format.[‡]

SUGGESTED USAGE: 2 DAILY

Serving Size 2 Capsules • Servings Per Container 30

Amount Per Serving	
Proprietary Blend	560 mg
Yielding 40 Billion CFU:	
Short Chain Fructooligosaccharide (NutraFlora® scFOS®), <i>Lactobacillus acidophilus</i> , <i>Lactobacillus plantarum</i> , <i>Lactococcus lactis</i> , <i>Lactobacillus paracasei</i> , <i>Bifidobacterium lactis</i> HN019, <i>Bifidobacterium breve</i> , <i>Streptococcus thermophilus</i> , <i>Bifidobacterium lactis</i> (infantis), <i>Bifidobacterium bifidum</i> , <i>Lactobacillus salivarius</i> , <i>Lactobacillus casei</i> , <i>Lactobacillus brevis</i> , <i>Bifidobacterium longum</i> , <i>Lactobacillus gasseri</i> , <i>Lactobacillus bulgaricus</i> , <i>Lactobacillus rhamnosus</i>	

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.

Formula	Size
202115	60 Vegetarian Capsules

now soy-free

Optimized Curcumin with Neurophenol® PL

Support for healthy cognitive performance[‡]

COGNITIVE & MOOD

This unique formula contains 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.

SUGGESTED USAGE: 2-4 DAILY

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	
Longvida® Optimized Curcumin Extract (from <i>Curcuma longa</i> , rhizomes)	400 mg
Proprietary Neurophenol® Blend	300 mg
Providing 85 mg of flavonoids (flavan-3-ols, phenolic acids, flavonols, anthocyanins, resveratrol) from:	
Grape Extract (<i>Vitis vinifera</i> , fruit) and Wild Blueberry Extract (<i>Vaccinium angustifolium</i> , fruit)	

Other ingredients: Hydroxypropyl methylcellulose (capsule), microcrystalline cellulose, sunflower lecithin, stearic acid, maltodextrin, ascorbyl palmitate and silicon dioxide

Longvida® extract is patented under US 9192644 & EP 1993365 (other patents pending) and Longvida® is a registered trademark of Verdure Sciences Inc.

Neurophenol® is a registered trademark used with permission.

Formula	Size
202524	60 Vegetarian Capsules

Pregnenolone (25 mg)

Hormone support[‡]

HORMONE

Pregnenolone 25 mg contains high purity pregnenolone and is produced under strict Good Manufacturing Practices (GMP) standards. Tablets can be dissolved in mouth or swallowed whole.

SUGGESTED USAGE: 1 DAILY

Serving Size 1 Dissolvable Tablet
Servings Per Container 60

Amount Per Serving	
Pregnenolone	25 mg
Other ingredients: Mannitol, microcrystalline cellulose, stearic acid, vegetable stearate and silica	

Formula	Size
83088	60 Dissolvable Tablets



QÜELL® Fish Oil EPA/DHA Plus D (PL)

Daily wellness, cardiovascular and immune health†

FOUNDATION

QÜELL® Fish Oil offers supercritical CO₂ extracted oils in triglyceride form. Manufactured exclusively for Douglas Laboratories®, QÜELL® is unique among other fish oils due to its supercritical extraction, purity, bioavailability and concentration. Supercritical CO₂ extraction technology ensures that omega-3 fatty acids are extracted without high temperatures, oxygen or traditional chemical solvents. The result is a fish oil of exceptional purity that can deliver concentrated amounts of EPA and DHA in one serving. QÜELL® Fish Oil EPA/DHA Plus D provides a 3:2 ratio of EPA to DHA plus 25 mcg (1,000 IU) of Vitamin D₃ per softgel.

SUGGESTED USAGE: 1 DAILY

Serving Size 1 Softgel

Amount Per Serving	
Calories	10
Total Fat	1.3 g
Vitamin D ₃ (as cholecalciferol)	25 mcg (1,000 IU)
Omega-3 Supercritical CO ₂ Triglyceride Concentrate	1,250 mg
Providing:	
EPA (eicosapentaenoic acid)	600 mg
DHA (docosahexaenoic acid)	400 mg

Other ingredients: Gelatin (capsule, from fish (Tilapia)), glycerin, water, natural-source mixed tocopherols and rosemary extract (leaf)

Contains: Fish Oil (anchovies, sardines, mackerel)

Formula	Size
200981	30 Softgels 60 Softgels

Ultra HNS (PL)

Hair, Nails, Skin Formula

Improves the strength and appearance of hair, nails and skin†

[Co-Formulated by Shelena Lalji, M.D.]*

BEAUTY

Ultra HNS supplies high-dose biotin, methylfolate, vitamin C, zinc and Cynatine® HNS, a patented, solubilized keratin for the health of 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.†

SUGGESTED USAGE: 3 DAILY

Serving Size 3 Vegetarian Capsules • Servings Per Container 30



Amount Per Serving

Vitamin C (as ascorbic acid)	250 mg
Folate (as Metafolin®, L-5-MTHF)	333 mcg DFE (200 mcg L-5-MTHF)
Biotin	6,000 mcg
Zinc (as zinc krebs††)	25 mg
Cynatine® HNS (soluble keratin)	500 mg
PABA (para-aminobenzoic acid)	75 mg
Citrus Bioflavonoids Complex	75 mg

Other ingredients: Hydroxypropyl methylcellulose (capsule), dicalcium phosphate, vegetable stearate, microcrystalline cellulose 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 is a retained advisor to Douglas Laboratories.

Formula	Size
201345	90 Vegetarian Capsules

Ultra Preventive® 2 Daily eZ Easy Swallow (PL)

Comprehensive multivitamin/mineral with phytonutrients for daily wellness†

FOUNDATION

Ultra Preventive® 2 Daily provides important vitamins and minerals plus antioxidant support from a proprietary phytonutrient blend of standardized spinach, blueberry and strawberry extracts, carotenoids, and methylated resveratrol in just 2 easy-to-swallow tablets daily. Astaxanthin is included as a carotenoid antioxidant for healthy aging. Activated forms of B vitamins in Ultra Preventive® 2 Daily ensure proper utilization of vitamins.†

SUGGESTED USAGE: 2 DAILY

Serving Size 2 Tablets • Servings Per Container 30

Amount Per Serving

Vitamin A (as natural beta-carotene)	1,500 mcg
Vitamin C (as ascorbic acid)	120 mg
Vitamin D ₃ (as cholecalciferol)	25 mcg (1,000 IU)
Vitamin E (as d-alpha tocopheryl succinate)	67 mg
Thiamine (as thiamine HCl)	25 mg
Riboflavin (as riboflavin-5-phosphate)	10 mg
Niacin/Niacinamide	30 mg
Vitamin B ₆ (as pyridoxal-5-phosphate)	10 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin)	250 mcg
Biotin	300 mcg
Pantothenic Acid (as d-calcium pantothenate)	25 mg
Choline (from choline bitartrate)	60 mg
Calcium (as calcium citrate/malate complex)	50 mg
Iodine (from kelp)	150 mcg
Magnesium (as magnesium citrate)	25 mg
Zinc (as OptiZinc®, monomethionine)	15 mg
Selenium (as selenium amino acid chelate)	100 mcg
Copper (as copper amino acid chelate)	1 mg

Chromium (as chromium amino acid chelate)	120 mcg
Molybdenum (as molybdenum amino acid chelate)	100 mcg
Potassium (as potassium aspartate)	30 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)	

Other ingredients: Microcrystalline cellulose, tablet coating (cellulose gum, dextrose, titanium dioxide, cellulose, magnesium silicate, caramel, glycerin, natural vanilla flavor), croscarmellose sodium, stearic acid, hydroxypropyl cellulose and silica

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

OptiZinc® is a trademark of InterHealth N.I.

pTeroPure® is a trademark of ChromaDex, Inc.

Formula	Size
201344	60 Tablets

Ultra Preventive® X

(Tablets)

Signature multivitamin/mineral with fruits and vegetables for daily wellness†

FOUNDATION

Ultra Preventive® X, Douglas Laboratories' signature formula, includes vitamin K₂ for bone and vascular health, bioflavonoids from quercetin, and alpha lipoic acid for healthy blood sugar metabolism. In addition, Ultra Preventive® X contains an organic phytonutrient blend with polyphenols, increased choline content for methylation and liver support, increased lutein and zeaxanthin for vision health, three types of vitamin B₁₂, and preferred mineral forms for bioavailability.‡

SUGGESTED USAGE: 4-8 DAILY

Serving Size:	4 Tablets	8 Tablets
Servings Per Container:	30/60	15/30

Amount Per Serving		
Vitamin A (as 67% natural beta-carotene and 33% vitamin A palmitate)	2,250 mcg	4,500 mcg
Vitamin C (as ascorbic acid)	500 mg	1,000 mg
Vitamin D ₃ (as cholecalciferol)	12.5 mcg (500 IU)	25 mcg (1,000 IU)
Vitamin E (as natural d-alpha tocopheryl succinate plus mixed tocopherols)	67 mg	134 mg
Thiamine (as thiamine HCl)	50 mg	100 mg
Riboflavin (as riboflavin/riboflavin-5-phosphate)	25 mg	50 mg
Niacin/Niacinamide	95 mg	594/190 mg
Vitamin B ₆ (as pyridoxine HCl/pyridoxal-5-phosphate)	50 mg	100 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE	1,333 mcg DFE
	(400 mcg L-5-MTHF)	(800 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin/	250 mcg	500 mcg

adenosylcobalamin/hydroxocobalamin)		
Biotin	150 mcg	300 mcg
Pantothenic Acid (as d-calcium panthothenate)	50 mg	100 mg
Choline (from choline bitartrate)	137.5 mg	275 mg
Calcium (as calcium citrate/malate/chelate complex)	210 mg	420 mg
Iodine (from kelp)	100 mcg	200 mcg
Magnesium (as magnesium citrate/chelate complex)	210 mg	420 mg
Zinc (as OptiZinc®, monomethionine)	12.5 mg	25 mg
Selenium (as selenomethionine)	100 mcg	200 mcg
Copper (as copper chelate)	1 mg	2 mg
Manganese (as manganese sulfate)	4.5 mg	9 mg
Chromium (as chromium polynicotinate)	100 mcg	200 mcg
Molybdenum (as molybdenum krebs ^{††})	50 mcg	100 mcg
Potassium (as potassium chloride)	50 mg	100 mg
N-Acetyl-L-Cysteine	75 mg	150 mg
Betaine HCl	75 mg	150 mg
Inositol	50 mg	100 mg
Quercetin (as dihydrate)	50 mg	100 mg
Lemon Bioflavonoids	50 mg	100 mg
Papain (from <i>Carica papaya</i> , fruit)	50 mg	100 mg
Bromelain (from <i>Anana comosus</i> , pineapple stem)	25 mg	50 mg
Grape Seed Extract	25 mg	50 mg
(standardized to 95% polyphenols)		
Alpha Lipoic Acid	25 mg	50 mg
Rutin (from <i>Sophora japonica</i> , flower)	12.5 mg	25 mg
Boron (as boron glycinate)	1.5 mg	3 mg
Vanadium (as vanadium krebs ^{††})	25 mcg	50 mcg
Vitamin K ₂ (as menaquinone-7)	22.5 mcg	45 mcg
Proprietary Organic Fruit and Vegetable Blend	350 mg	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 Collard Greens Powder (leaf), Organic Pomegranate Powder (fruit), Organic Green Cabbage Powder (whole plant), Organic Cranberry Powder (fruit), Organic Kale Powder (whole plant), Organic Parsley Powder (whole plant), Organic Raspberry Powder (fruit), Organic Spinach Powder (whole plant)		
Organic Phytonutrient Blend		
Organic Spirulina (whole plant)	50 mg	100 mg
Organic Chlorella (whole plant, broken cell wall)	50 mg	100 mg
Organic Green Tea Leaf Extract	25 mg	50 mg
(standardized to 50% polyphenols, 20% EGCG)		
Carotenoids		
Lutein (from marigold flower (<i>Tagetes erecta</i>) extract)	5 mg	10 mg
Lycopene (from tomatoes)	3 mg	6 mg
Zeaxanthin Isomers	1 mg	2 mg
(from marigold (<i>Tagetes erecta</i>) flower extract)		

Other ingredients: Microcrystalline cellulose, hydroxypropyl cellulose, croscarmellose sodium, ascorbyl palmitate, silica, coating (purified water, hypromellose and glycerin)

^{††}Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex

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

OptiZinc® is a trademark of InterHealth N.I.

Formula	Size
202331	120 Tablets
	240 Tablets

Ultrazyme™ (PL)
Polyphasic Enzyme Complex
Digestive health†

DIGESTIVE

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

SUGGESTED USAGE: 2 TABLETS AT MEALTIME

Serving Size 2 Tablets

Amount Per Serving	
Pancreatin (8X) USP	125 mg
Supplying:	
Amylase	25,000 USP Units
Protease	25,000 USP Units
Lipase	2,000 USP Units
Ox Bile Powder	100 mg
L-Lysine (as L-lysine HCl)	80 mg
Pepsin 1:10,000	66 mg
Bromelain (<i>Ananas comosus</i> , stem)	50 mg
Cellulase	6 mg

Other ingredients: Dicalcium phosphate, microcrystalline cellulose, coating (hypromellose, glycerin), croscarmellose sodium, stearic acid and silica

Formula	Size
7022	60 Tablets
	180 Tablets



Wobenzym® N
Broad-spectrum systemic enzyme support for healthy joints, immune balance and healthy aging‡

BONE & JOINT

The authentic German formula of enzymes, this well-known, classic enzyme preparation is designed to promote healthy joints and muscles, as well as systemic processes that contribute to the healthy aging process.‡

**SUGGESTED USAGE: 3, TWICE DAILY,
45 MINUTES BEFORE A MEAL**

Serving Size 3 Tablets

Amount Per Serving	
Pancreatin** 56,000 USP Units Protease (pancreas) <i>Sus scrofa</i>	300 mg
Papain** 492 FIP-Units*** <i>Carica papaya</i>	180 mg
Rutoside Trihydrate** (rutin) <i>Sophora japonica</i>	150 mg
Bromelain** 675 FIP-Units <i>Ananas comosus</i>	135 mg
Trypsin** 2,160 FIP-Units (pancreas) <i>Sus scrofa</i> and/or <i>Bos taurus</i>	72 mg
Chymotrypsin** 900 FIP-Units (pancreas) <i>Bos taurus</i>	3 mg

Other ingredients: Cellulose, vegetable-based enteric coating, vegetable stearate, natural vanilla flavor and purified water

**From dried purified aqueous extracts.

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

Formula	Size
201213	100 Tablets
	200 Tablets
	400 Tablets
	800 Tablets

Vitamin D 125 mcg (5,000 IU) (PL)

VITAMINS, MINERALS & AMINO ACIDS

Vitamin D contains 125 mcg (5,000 IU) of vitamin D₃ per tablet.

SUGGESTED USAGE: 1 DAILY

Serving Size 1 Tablet • Servings Per Container 100

Amount Per Serving	
Vitamin D ₃ (as cholecalciferol)	125 mcg (5,000 IU)

Other ingredients: Microcrystalline cellulose, calcium carbonate, croscarmellose sodium, stearic acid, coating (hypromellose, glycerin), silica and vegetable stearate

Formula	Size
200562	100 Tablets

Wobenzym® Plus

Helps to maintain healthy joints, mobility and flexibility; offers temporary relief from everyday aches, pains and muscle soreness; aids speedy recovery following exertion †

BONE & JOINT

Wobenzym® Plus helps to maintain healthy joints, mobility and flexibility, and provides temporary relief from everyday aches, pains, and muscle soreness. This formulation also aids a speedy recovery following exertion.†

SUGGESTED USAGE: 2, TWICE DAILY, 45 MINUTES BEFORE A MEAL

Serving Size 2 Tablets

Amount Per Serving

Bromelain** (1,350 FIP***-units) (from pineapple (<i>Ananas comosus</i> var <i>comosus</i>) stem)	270 mg
Trypsin (4,320 FIP***-units) (from porcine (<i>Sus scrofa</i>) or bovine (<i>Bos taurus</i>) pancreas)	144 mg
Rutoside Trihydrate (rutin) (from <i>Styphnolobium japonicum</i> flower bud)	300 mg

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

**From dried purified aqueous extract.

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

Formula

201910

Size

120 Tablets
240 Tablets
480 Tablets

Zinc Picolinate (Capsules) (PL)

VITAMINS, MINERALS & AMINO ACIDS

Zinc Picolinate capsules supply 50 mg of zinc from zinc picolinate complex.

SUGGESTED USAGE: 1 DAILY

Serving Size 1 Capsule • Servings Per Container 100

Amount Per Serving

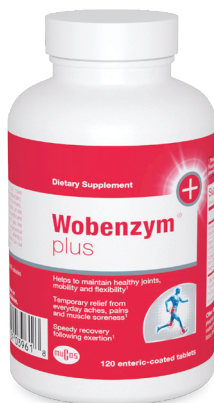
Zinc (as zinc picolinate)	50 mg
Other ingredients: Microcrystalline cellulose, gelatin (capsule) and vegetable stearate	

Formula

7440

Size

100 Capsules



UNIQUE FORMULATIONS

We are committed to pioneering new products to help patients achieve and maintain better health. Working alongside our clinical advisors allows us to ensure we are creating products that are not only backed by science, but also practical and clinically relevant. Douglas Laboratories is proud to offer the following uniquely formulated products including exclusive ingredients and co-formulations you won't find anywhere else.

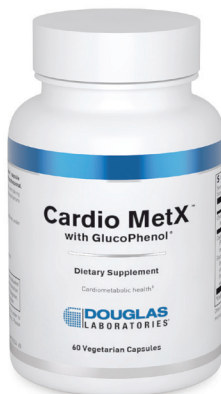
Cardio MetX™ with Glucophenol® Cardiometabolic health†

HEART & METABOLIC

Cardio MetX™ with Glucophenol® is a unique formula of three branded ingredients that show clinical support for lipid metabolism, glucose metabolism, and insulin response. Glucophenol® is a concentrated combination of strawberry and cranberry extracts selected for their high polyphenol content, studied in partnership with Atrium Innovations and Laval University.‡

SUGGESTED USAGE: 1, TWICE DAILY

Serving Size 1 Vegetarian Capsule • Servings Per Container 60



Amount Per Serving	
Chromium (as chromium dinicotinate)†	200 mcg
Capros® Amla Fruit Extract (<i>Phyllanthus emblica</i> , berry, standardized to 60% low molecular weight hydrolysable tannins)	250 mg
Glucophenol® Proprietary Blend (providing 25 mg of polyphenols from Orléans strawberry (<i>Fragaria X ananassa</i>) extract (fruit) and cranberry (<i>Vaccinium macrocarpon</i>) extract (fruit))	150 mg

Other ingredients: Hydroxypropyl methylcellulose (capsule) and microcrystalline cellulose

Capros® is a registered trademark of Natreon, Inc.

Glucophenol® is a trademark used by Douglas Laboratories under license.

†Zychrome® brand Chromium Dinicotinate.

Zychrome® is a trademark of InterHealth N.I.

Formula	Size
202234	60 Vegetarian Capsules

C8 Max (PL) MCT Powder

*Supports cognitive function,
ketone production and
weight management††*

COGNITIVE & MOOD

A novel medium-chain triglyceride (MCT) powder, C8 Max MCT Powder delivers 10 g of MCT with 95% caprylic acid (C8) triglycerides.

SUGGESTED USAGE: 1 SCOOP DAILY

Serving Size 1 Scoop (Approx. 14.5 g)

Servings Per Container Approx. 20



Amount Per Serving

Calories	109
Total Fat	10 g
Saturated Fat	10 g
Total Carbohydrate	3 g
Dietary Fiber	1 g
Protein	1 g
Medium Chain Triglycerides (C8Vantage™) (Supplying 95% caprylic acid triglycerides (C8))	10 g

Other ingredients: Pea protein and tapioca fiber

†Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

C8Vantage™ is a trademark of NNB Nutrition.

Formula	Size
57743P	290 g Powder

Endocrine Complete™ Hormone Specific™ Formulation

*Foundational support for hormonal health for men
and women†*

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

HORMONE

A Hormone Specific™ Formulation that provides complete support of endogenous hormone production by the endocrine system, Endocrine Complete™ can be used as a foundation of hormone health with any of the Hormone Specific™ Formulations.‡

SUGGESTED USAGE: 4 DAILY

Serving Size 4 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving

Vitamin A (as 80% beta carotene/20% vitamin A palmitate)	1,500 mcg
Vitamin C (as ascorbic acid)	500 mg
Vitamin D ₃ (as cholecalciferol)	25 mcg (1,000 IU)
Vitamin E (as d-alpha tocopheryl succinate plus mixed tocopherols)	67 mg
Thiamine (as thiamine HCl)	25 mg

Riboflavin (as riboflavin-5-phosphate)	10 mg
Niacin/Niacinamide	30 mg
Vitamin B ₆ (as pyridoxal-5-phosphate)	20 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin)	250 mcg
Biotin	300 mcg
Pantothenic acid (as calcium pantothenate)	25 mg
Calcium (as calcium citrate malate)	50 mg
Iodine (from kelp)	150 mcg
Magnesium (as magnesium citrate)	50 mg
Zinc (as zinc monomethionine, OptiZinc®)	15 mg
Selenium (as L-Selenomethionine)	100 mcg
Copper (as copper amino acid chelate)	0.25 mg
Manganese (as manganese amino acid chelate)	2 mg
Chromium (as chromium amino acid chelate)	120 mcg
Molybdenum (as molybdenum amino acid chelate)	100 mcg
Vitamin K ₂ (as Menaquinone-7)	40 mcg
Inositol	25 mg
Boron (as boron citrate)	2 mg
Benfotiamine	25 mg
A Phytocrine™ Proprietary Blend	500 mg

Bupleurum falcatum root extract, *Rehmannia glutinosa* root extract, *Rhodiola rosea* root extract (standardized to 3% rosavins), Ashwagandha root and leaf extract (*Withania somnifera*, standardized to a minimum of 10% withanolide glycoside conjugates and 32% oligosaccharides), *Coleus forskohlii* extract (root, standardized to 10% forskolin), *Gymnema sylvestre* extract (leaf, standardized to 25% gymnemic acids), *Panax ginseng* extract (root, standardized to 3% ginsenosides)

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

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

OptiZinc® is a trademark of InterHealth N.I.

*Dr. Joseph J. Collins is a retained advisor to Douglas Laboratories.

Formula	Size
202133	120 Vegetarian Capsules

EstroMend™ Hormone Specific™ Formulation Healthy estrogen metabolism and function†

[Co-Formulated by Joseph J. Collins,
R.N., N.D.]*

HORMONE

EstroMend™ is a Hormone Specific™ Formulation of synergistic herbs that supports important functions associated with optimal estrogen health.†

SUGGESTED USAGE: 2-4 DAILY

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

Amount Per Serving

A Phytocrine™ Proprietary Blend	1,390 mg	2,780 mg
Pueraria Root Extract (<i>Pueraria lobata</i> , root, standardized to 40% isoflavones), Red Clover Extract (<i>Trifolium pratense</i> , aerial parts, standardized to 8% isoflavones), Bacopa Extract (<i>Bacopa monnieri</i> , aerial parts, standardized to 20% bacosides), Gotu Kola Extract (<i>Centella asiatica</i> , leaf, standardized to 10% asiaticosides), Hops Extract (<i>Humulus lupulus</i> , flower, standardized to 5% flavones), Dong Quai Root Extract (<i>Angelica sinensis</i> , standardized to 1% ligustilides), Schisandra Fruit Extract (<i>Schisandra chinensis</i> , standardized to 9% schisandrins), Sage Leaf (<i>Salvia officinalis</i>)		

Black Cohosh Extract (<i>Cimicifuga racemosa</i> , rhizome, standardized to 8% triterpene glycosides)	50 mg	100 mg
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Other ingredients: Hydroxypropyl methylcellulose (capsule), vegetable stearate, silica and microcrystalline cellulose

*Dr. Joseph J. Collins is a retained advisor to Douglas Laboratories.

Formula	Size
201353	120 Vegetarian Capsules



EstroQuench™
Hormone Specific™
Formulation

Support for healthy estrogen balance‡

[Co-Formulated by Joseph J. Collins,
R.N., N.D.]*

HORMONE

EstroQuench™ is a Hormone Specific™ Formulation of ingredients designed to quench excessive production of estrogens while supporting optimal function of androgens by maintaining the health of androgen-producing glands.‡

SUGGESTED USAGE: 2-4 DAILY

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

Amount Per Serving

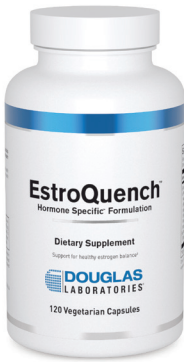
A Phytocrine™ Proprietary Blend	1,150 mg	2,300 mg
Maca Root Extract (<i>Lepidium meyenii</i>), Damiana Leaf Extract (<i>Turnera diffusa</i>), Hesperidin (<i>Citrus sinensis</i>), <i>Agaricus bisporus</i> Extract (fruit body), <i>Brassaiopsis glomerulata</i> Leaf Extract, <i>Eurycoma longifolia</i> Root Extract, Mangosteen Hull Extract (<i>Garcinia mangostana</i>), Pomegranate Pericarp Extract (<i>Punica granatum</i> L. standardized to 40% ellagic acid), Naringenin (<i>Citrus grandis</i> , fruit), Chrysin		
BioPerine®	2.5 mg	5 mg
(<i>Piper nigrum</i> , black pepper fruit extract)		

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

BioPerine® is a registered trademark of Sabinsa Corporation.

*Dr. Joseph J. Collins is a retained advisor to Douglas Laboratories.

Formula	Size
202060	120 Vegetarian Capsules



Eye Moisture Support **PL**

Support for eye health and comfort‡

[Co-Formulated by Stuart Richer, O.D., Ph.D., FAAO]*

VISION

This formula pairs omega-3 fatty acids from the QÜELL® Fish Oil Supercritical CO₂ extraction with GLA, plus antioxidants for healthy tear production, ocular moisture retention, and retinal health.‡

SUGGESTED USAGE: 2 DAILY

Serving Size 2 Softgels • Servings Per Container 30

Amount Per Serving

Calories	10
Total Fat	0.9 g
Vitamin A (as retinyl palmitate)	150 mcg
Vitamin C (as ascorbic acid)	50 mg
Vitamin D ₃ (as cholecalciferol)	25 mcg (1,000 IU)
Vitamin B ₆ (as pyridoxine HCl)	25 mg
Magnesium (as magnesium amino acid chelate)	100 mg
Omega-3 Supercritical CO ₂ Triglyceride Concentrate	750 mg
Providing:	
EPA (eicosapentaenoic acid)	340 mg
DHA (docosahexaenoic acid)	220 mg
GLA (from organic borage seed oil)	100 mg
Astaxanthin	1.5 mg

Other ingredients: Sunflower lecithin, beeswax and capsule (gelatin from fish [tilapia], glycerin, purified water, carob)

Contains: Fish Oil (anchovies, sardines, mackerel)

*Dr. Stuart Richer is a retained advisor to Douglas Laboratories.

Formula	Size
202026	60 Softgels



Female X Booster ^{PL}

Women's sexual health and well-being[†]

[Co-Formulated by Shelena Lalji, M.D. & Joseph J. Collins, R.N.,N.D.]*

HORMONE

Female X Booster is a unique formula that supports many of the physiological mechanisms involved in maintaining female sexual health.[‡]

SUGGESTED USAGE: 2-4 DAILY

Serving Size: 2 Vegetarian Capsules 4 Vegetarian Capsules

Servings Per Container: 60 30

Amount Per Serving

Proprietary Blend	674 mg	1,348 mg
Maca Root (<i>Lepidium meyenii</i>), Dong Quai Root Extract (<i>Angelica sinensis</i> , standardized to 1% ligustilides), Muira Puama Bark (<i>Ptychopetalum olacoides</i>), Velvet Bean Seed Extract (<i>Mucuna pruriens</i> , standardized to 15% L-dopa), Hops Flower Extract (<i>Humulus lupulus</i> , standardized to 5% flavones), Horny Goat Weed Extract (<i>Epimedium brevicornum</i> , stem and leaf, standardized to 10% icariin), Gokhru Fruit Extract (<i>Tribulus terrestris</i> , standardized to 45% saponins), <i>Eleutherococcus senticosus</i> Root Extract (standardized to 0.8% eleutherosides), <i>Panax ginseng</i> Root Extract (standardized to 3% ginsenosides), Ashwagandha Root and Leaf Extract (<i>Withania somnifera</i> , standardized to 10% withanolide glycoside conjugates and 32% oligosaccharides), Black Cohosh Rhizome Extract (<i>Cimicifuga racemosa</i> , standardized to 8% triterpene glycosides)		
L-Arginine	250 mg	500 mg
L-Citrulline	230 mg	460 mg

Other ingredients: Hydroxypropyl methylcellulose (capsule), ascorbyl palmitate and silica

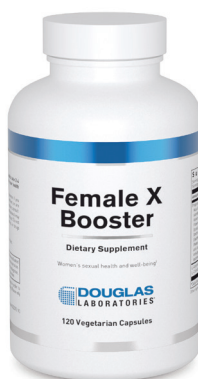
*Dr. Joseph J. Collins and Dr. Shelena Lalji are retained advisors to Douglas Laboratories.

Formula

202275

Size

120 Vegetarian Capsules



Gluten-Dairy Ultra Enzyme ^{PL}

Natural Berry Flavor

Supports gluten and dairy digestion[‡]

DIGESTIVE

Gluten-Dairy Ultra Enzyme includes clinically researched enzymes Tolerase[®] G and BioCore Dairy[®] to support the digestion of gluten and lactose, in a natural berry-flavored chewable tablet.[‡]

SUGGESTED USAGE: ADULTS AND CHILDREN AGE 3+ CHEW 1 TABLET WITH EACH MEAL, UP TO 3 TIMES DAILY

Serving Size 1 Chewable Tablet • Servings Per Container 60

Amount Per Serving

Total Carbohydrate	0 g
Sugar Alcohol	1 g
Tolerase [®] G prolyl endopeptidase (from <i>Aspergillus niger</i>)	144 mg
Supplying prolyl endopeptidase activity	83,520 PPI
BioCore Dairy [®] -I	105 mg
Supplying:	
Protease (from <i>Aspergillus niger</i>)	399 BLGU
Protease (from <i>Aspergillus oryzae</i>)	231 BLGU
Lactase (from <i>Aspergillus oryzae</i>)	1,000 ALU

Other ingredients: Mannitol, xylitol, sunflower lecithin, natural mixed berry and dark cherry flavors, organic acacia gum

Tolerase[®] G is a trademark of DSM.

Tolerase[®] G is not intended to replace a gluten-free diet.

Tolerase[®] G is not intended to treat or prevent Celiac disease.

BioCore Dairy[®]-I is a trademark of National Enzyme Company.

Formula

202467

Size

60 Chewable Tablets



Hemp Max with VESISORB® PL

Broad-spectrum hemp extract
with enhanced bioavailability

FOUNDATION

A broad-spectrum formula that includes 25 mg of cannabidiol (CBD), 10 mg of beta-caryophyllene (BCP), and other terpenes, Hemp Max with VESIsorb® offers pure hemp oil specially formulated with the VESIsorb® colloidal delivery system to provide enhanced absorption of its fat-soluble constituents.

SUGGESTED USAGE: 1 DAILY

Serving Size 1 Softgel • Servings Per Container 30

Amount Per Serving	
VESIsorb® Hemp Oil Extract (<i>Cannabis sativa</i> , seed, stalk, stem)	334 mg
Providing 35 mg of phytocannabinoids and terpenes, including beta-caryophyllene	

Other ingredients: Medium chain triglycerides, vitamin E (tocophersolan), mono- and diglycerides, fatty acids, natural flavor, capsule shell (bovine gelatin, glycerin, carob and water)

Hemp Max contains CO₂ extracted, U.S. sourced agricultural hemp

VESIsorb® is a registered trademark of SourceOne Global Partners.

Formula	Size
202523	30 Softgels



Hydrolyzed Collagen Plus PL with Hyaluronic acid

Healthy skin and joint support†

BEAUTY

A unique formulation of collagen peptides with hyaluronic acid for skin and joint health, Hydrolyzed Collagen Plus promotes the production of collagen and enhances the absorption of moisture in the skin.†

SUGGESTED USAGE: 1 SCOOP, TWICE DAILY

Serving Size 1 Scoop (Approx. 1.4 grams)

Servings Per Container Approx. 60

Amount Per Serving	
Vitamin C (as ascorbic acid)	50 mg
Zinc (from zinc gluconate)	0.8 mg
Copper (from copper gluconate)	0.1 mg
Hydrolyzed collagen (from bovine)	1.25 g
Hyaluronic acid (as sodium hyaluronate)	50 mg

Formula	Size
57717P	84 g Powder

Joint, Tendon, Ligament I

Support for joint mobility and
ligaments†

[Co-Formulated by Martin P. Gallagher,
M.D., D.C.]*

BONE & JOINT

Joint, Tendon, Ligament I contains unique ingredients to support joint function and ligament structure. Cynatine® FLX is a solubilized keratin. AprèsFlex® is the next-generation *Boswellia serrata* extract providing enhanced absorption of AKBA for healthy joints.†

SUGGESTED USAGE: 3 DAILY

Serving Size 3 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	
Manganese (as manganese amino acid chelate)	2 mg
Cynatine® FLX (soluble keratin)	500 mg
MSM (methylsulfonylmethane)	400 mg
L-Arginine	400 mg
L-Proline	250 mg
Glycine	250 mg
AprèsFlex® <i>Boswellia serrata</i> Extract (gum, standardized to 20% 3-O-acetyl-11-keto-B-boswellic acid)	100 mg
Strawberry Fruit Extract (<i>Fragaria Xananassa</i> , standardized to 2% polyphenols)	25 mg
Spinach Leaf Extract (<i>Spinacia oleracea</i> , standardized to 1.5% polyphenols)	25 mg
Silicon (as silicon amino acid chelate)	15 mg
Enzogenol® Pine Bark Extract (<i>Pinus radiata</i> , standardized to 80% proanthocyanidins)	10 mg
Hyaluronic Acid (as sodium hyaluronate)	5 mg

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

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

AprèsFlex® is a registered trademark of Laila Nutraceuticals exclusively licensed to PL Thomas – Laila Nutra LLC. U.S. Patent #8,551,496 and other patents pending.

Enzogenol® is a registered trademark of Enzo Nutraceuticals.

*Dr. Martin Gallagher is a retained advisor to Douglas Laboratories.

Formula	Size
201691	90 Vegetarian Capsules



Joint, Tendon, Ligament II

Support for healthy stem cell activity[†]

[Co-Formulated by Martin P. Gallagher, M.D., D.C.][†]

BONE & JOINT

This formula is designed to support healthy stem cell function that can contribute to healthy joints and tissues. Joint, Tendon, Ligament I and II can be taken together for optimal results.[†]

SUGGESTED USAGE: 3 DAILY

Serving Size 3 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	
Vitamin C [as ascorbic acid]	1,000 mg
Vitamin D ₃ [as cholecalciferol]	25 mcg [1,000 IU]
Folate [as Metafolin®, L-5-MTHF]	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B ₁₂ [as methylcobalamin]	500 mcg
L-Carnosine	250 mg
Green Tea Leaf Extract (<i>Camellia sinensis</i> , standardized to 98% polyphenols, 75% catechins, 45% EGCG, decaffeinated)	250 mg
Wild Blueberry Fruit Extract (<i>Vaccinium angustifolium</i> , standardized to 4% polyphenols)	250 mg
Pterostilbene (methylated resveratrol, pTeroPure®)	50 mg
Vitamin K ₂ [as menaquinone-7]	45 mcg

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

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

pTeroPure® is a trademark of ChromaDex, Inc.

[†]Dr. Martin Gallagher is a retained advisor to Douglas Laboratories.

Formula	Size
201690	90 Vegetarian Capsules

MCT/Butyrate Liquid PL

Supports cognitive function and ketone production[†]

COGNITIVE & MOOD

This formula provides highly concentrated caprylic acid and butyric acid in a pleasant, lemon vanilla-flavored liquid featuring SunButyrate™, a novel ingredient that supports cognitive function and ketone production.[†]

SUGGESTED USAGE: 1 TABLESPOON, 1-3 TIMES DAILY WITH MEALS

Serving Size 1 Tablespoon (15 ml) • Servings Per Container 30

Calories	130
Total Fat	14 g
Saturated Fat	10 g
Medium-Chain Triglycerides Providing 8 g caprylic acid (C8)	8.6 g



SunButyrate™ Butyrate Triglyceride Providing 965 mg butyric acid	5 g
---	-----

Other ingredients: Natural vanilla flavor, lemon oil, mixed tocopherols (from sunflower) and rosemary extract

SunButyrate™ is a trademark used under license.

Formula	Size
57689	460 ml (15.6 fl oz) Liquid

Melatonin 3 mg PL

Support for restful sleep[†]

SLEEP & RELAXATION

Melatonin 3 mg contains 3 mg of pure melatonin, in a convenient and great-tasting dissolvable tablet.

SUGGESTED USAGE: 1 DAILY

Serving Size 1 Tablet • Servings Per Container 60

Amount Per Serving	
Melatonin	3 mg
Other ingredients: Microcrystalline cellulose, fructose, dicalcium phosphate and vegetable stearate	

Formula	Size
81322	60 Tablets

Microbiome Fiber PL

Prebiotic soluble fiber for gastrointestinal health and regularity[†]

DIGESTIVE

Microbiome Fiber delivers an excellent source of natural dietary fiber that supports bowel regularity and provides prebiotic benefits for gastrointestinal health. This soluble and low fermentable fiber is a partially hydrolyzed guar gum that is well tolerated and suitable for a low-FODMAP diet. It is also tasteless and colorless, allowing for versatile use.[†]

SUGGESTED USAGE: 1 SCOOP DAILY

Serving Size 1 scoop (Approx. 6.6 g)

Servings Per Container Approx. 30

Amount Per Serving	
Calories	13
Total Carbohydrate	6 g
Dietary Fiber	5.6 g

Other ingredients: Sunfiber® (partially hydrolyzed guar gum)

Sunfiber® is a registered trademark of Taiyo International, Inc.

Monash University Low FODMAP Certified™

Formula	Size
57732P	198 g Powder

Microbiome Protect™ (PL)

IgY Max® immunoglobulins, prebiotic and probiotic for intestinal health‡

DIGESTIVE

A combination of clinically studied IgY Max® immunoglobulins, LactoSpore® probiotic and α-gluco-oligosaccharide prebiotic, Microbiome Protect™ supports the microbiome of the gastrointestinal tract, in a convenient powder form.‡

SUGGESTED USAGE: 1-2 SCOOPS IN 4-8 OZ. OF WATER OR COLD BEVERAGE

Serving Size 1 scoop (4 g) • Servings Per Container 30

Amount Per Serving	
Calories	15
Total fat	1 g
Saturated fat	0.25 g
Cholesterol	37.5 mg
Protein	1 g
IgY Max® (hyperimmunized egg powder)	2.25 g
BioEcolians® (α-gluco-oligosaccharide (GOSa))	1 g
LactoSpore® (Bacillus coagulans)	1 Billion CFU

Other ingredients: Natural French vanilla flavor, monk fruit extract (Siraitia grosvenorii)

Contains: Egg

IgY Max® is a registered trademark of IgY Nutrition, LLC.

BioEcolians® is a registered trademark of Solabia.

LactoSpore® is a registered trademark of Sabinsa Corporation.

Formula	Size
57733P	120 g Powder



Muscle Protect™ with HMB (PL) Supports lean muscle mass and muscle function‡

BONE & JOINT

Muscle Protect™ with HMB provides a great-tasting, leucine-rich blend of essential amino acids combined with HMB®, vitamin D₃, and glutamine for muscle maintenance. It also supports lean muscle mass and muscle function.‡

SUGGESTED USAGE: 1 SCOOP, 1-2 TIMES DAILY

Serving Size 1 Scoop (9.15 g) • Servings Per Container 30

Amount Per Serving	
Calories	20
Total Carbohydrate	<1 g
Vitamin D ₃ (as cholecalciferol)	12.5 mcg (500 IU)
Calcium	210 mg
L- Glutamine	2 g
myHMB® Calcium β-Hydroxy-β-methylbutyrate monohydrate (HMB)	1.5 g
Amino9™ Amino Blend	3.35 g
L-Leucine, L-Lysine, L-Threonine, L-Isoleucine, L-Valine, L-Phenylalanine, L-Methionine, L-Histidine, L-Tryptophan	

Other ingredients: Natural orange flavor, natural vanilla and other natural flavors, citric acid, stevia leaf extract, monk fruit extract (Siraitia grosvenorii), turmeric (for color)

Amino9™ is a registered trademark of Compound Solutions Inc.

myHMB® Nutritional uses of Calcium β-Hydroxy-β-Methylbutyrate Monohydrate (HMB) and Vitamin D are licensed to Douglas Laboratories under U.S. Patent #8,815,280, #9,259,430, #9,539,224 and #9,707,241.

Formula	Size
57737P	275 g (9.7 oz) Powder

QÜELL® Fish Oil Platform

FOUNDATION

QÜELL® Fish Oil, a suite of ultra-pure omega-3 fish oils, provides a concentrated triglyceride form of EPA and DHA in a fish gelatin softgel or soft chew.

Formula	Size
202248	60 Softgels
202403	60 Softgels
202519	36 Soft Chews
202260	60 Softgels
200981	30 Softgels
	60 Softgels
201398	60 Softgels
200980	60 Softgels
200979	60 Softgels

Rest Reset™ (PL)

Advanced formula to promote restful sleep†

[Co-Formulated by Penny Kendall-Reed, N.D.]*

SLEEP & RELAXATION

Rest Reset™ promotes a restful sleep with a unique combination of Lactium® casein decapeptide, passionflower, and melatonin.‡

SUGGESTED USAGE: 1 DAILY, 30-60 MINUTES BEFORE BEDTIME

Serving Size 1 Vegetarian Capsule • Servings Per Container 30

Amount Per Serving	
Passion Flower Extract (<i>Passiflora incarnate</i> , aerial parts)	425 mg
Casein Decapeptide (Lactium®, milk)	175 mg
Melatonin	3 mg

Other ingredients: Hydroxypropyl methylcellulose (capsule), microcrystalline cellulose, silica, ascorbyl palmitate and hydroxypropyl cellulose

Contains: Milk

Lactium® is a registered trademark used under license.

*Dr. Penny Kendall-Reed is a retained advisor to Douglas Laboratories.

Formula

Size

202401

30 Vegetarian Capsules

Sereniten Plus (PL)

Stress management and metabolic support†

[Co-Formulated by
Penny Kendall-Reed, N.D.]*

SLEEP & RELAXATION

A combination of Lactium® casein decapeptide, L-Theanine and Vitamin D, Sereniten Plus supports the Hypothalamic Pituitary-Adrenal (HPA) axis and feedback loop for metabolic support, stress management and cortisol regulation.‡

SUGGESTED USAGE: 1 DAILY

Serving Size 1 Vegetarian Capsule

Amount Per Serving	
Vitamin D ₃ (as cholecalciferol)	2.5 mcg (100 IU)
Casein Decapeptide (milk, Lactium®)	175 mg
L-Theanine (Suntheanine®)	50 mg

Other ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose (capsule) and silica

Contains: Milk

Lactium® is a registered trademark used under license.

Suntheanine® is a registered trademark of Taiyo International Inc.

*Dr. Penny Kendall-Reed is a retained advisor to Douglas Laboratories.

Formula

Size

201348

30 Vegetarian Capsules

60 Vegetarian Capsules

TestoGain™

Hormone Specific™ Formulation

Healthy testosterone production
and function†

[Co-Formulated by Joseph J. Collins,
R.N., N.D.]*

HORMONE

TestoGain™ is a Hormone Specific™ Formulation of adaptogens and phytochemicals designed to help support the health of testosterone-producing glands and testosterone-responsive tissues.‡

SUGGESTED USAGE: 2-4 DAILY

Serving Size: 2 Vegetarian Capsules 4 Vegetarian Capsules

Servings Per Container: 60 30

Amount Per Serving		
A Phytocrine™ Proprietary Blend	1,310 mg	2,620 mg

Horny Goat Weed Extract (*Epimedium brevicornum*, stem and leaf, standardized to 10% icariin), Velvet Bean Extract (*Mucuna pruriens*, seed, standardized to 15% L-dopa), Gokhru Extract (*Tribulus terrestris*, fruit, standardized to 45% saponins), Maca (*Lepidium meyenii*, root), Damiana (*Turnera diffusa*, leaf), Muira Puama (*Ptychopetalum olacoides*, bark), *Eleutherococcus senticosus* Root Extract (standardized to 0.8% eleutherosides), Tongkat Ali Extract (*Eurycoma longifolia*, root), *Panax ginseng* Root Extract (standardized to 3% ginsenosides), Ashwagandha Extract (*Withania somnifera*, root, standardized to 7% withanolides, 1% alkaloids, and 0.25% withaferine-A)

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

*Dr. Joseph Collins is a retained advisor to Douglas Laboratories.

Formula

Size

201397

120 Vegetarian Capsules



Thyro-Essentials™ (PL)

Nutrients for thyroid health†

[Co-Formulated by Angela Mazza, D.O.]*

HORMONE

An iodine-free combination of vitamins, minerals and herbs, Thyro-Essentials™ provides essential nutrients required for optimal thyroid gland function.‡

SUGGESTED USAGE: 2 DAILY

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	
Vitamin A (as retinyl palmitate)	750 mcg
Vitamin D ₃ (as cholecalciferol)	25 mcg (1,000 IU)
Riboflavin (as riboflavin-5-phosphate)	10 mg
Vitamin B ₁₂ (as methylcobalamin/hydroxycobalamin complex)	250 mcg
Magnesium (as magnesium amino acid chelate)	100 mg
Zinc (as OptiZinc® monomethionine)	25 mg
Selenium (as selenomethionine)	200 mcg
Manganese (as manganese bisglycinate chelate)	2 mg
Ashwaghandha Root Extract (<i>Withania somnifera</i> , standardized to 5% withanolides)	250 mg
L-Tyrosine	250 mg

Other ingredients: Hydroxypropyl methylcellulose (capsule), microcrystalline cellulose, silica and sunflower lecithin

OptiZinc® is a trademark of InterHealth N.I.

*Dr. Angela Mazza is a retained advisor to Douglas Laboratories.

Formula	Size
202425	60 Vegetarian Capsules

Tri-Metabolic Control™ (PL)

Supports metabolic hormones leptin, ghrelin, and adiponectin†

[Co-Formulated by Penny Kendall-Reed, N.D.]*

HEART & METABOLIC

Tri-Metabolic Control™ contains clinically supported ingredients to support three metabolic hormones: adiponectin, leptin, and ghrelin, to support a healthy weight management program.‡†

SUGGESTED USAGE: 2, 3 TIMES DAILY

Serving Size 2 Vegetarian Capsules • Servings Per Container 60

Amount Per Serving	
LOWAT® Proprietary Blend	
300 mg	(<i>Dolichos biflorus</i> (seed) extract, Piper betle (leaf) extract)
Acetyl-L-Carnitine (as acetyl-L-carnitine HCl)	
300 mg	
Other ingredients: Hydroxypropyl methylcellulose (capsule), microcrystalline cellulose, ascorbyl palmitate and silica	

LOWAT® is exclusively distributed by InterHealth N.I. brand botanical blend derived from Ayurvedic plants.

*Dr. Penny Kendall-Reed is a retained advisor to Douglas Laboratories.

†Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

Formula	Size
202230	120 Vegetarian Capsules

Ultra Osteo-Guard® (PL)

plus bonolive®
Bone and joint health†

BONE & JOINT

A unique combination of KoAct® calcium-hydrolyzed collagen chelate, vitamin D₃, vitamin K₂, magnesium, and Bonolive® olive leaf extract, Ultra Osteo-Guard® supports bone strength, bone mineralization and joint comfort throughout the lifespan.‡

SUGGESTED USAGE: 2, 2 TIMES DAILY

Serving Size 2 Tablets

Amount Per Serving	
Vitamin D ₃ (as cholecalciferol)	25 mcg (1,000 IU)
Calcium	300 mg
(from microcrystalline hydroxyapatite and KoACT® calcium collagen)	
Phosphorus (from microcrystalline hydroxyapatite)	85 mg
Magnesium (as magnesium glycinate/amino acid chelate)	100 mg
KoACT® Calcium Collagen Chelate	1,000 mg
(supplying 650 mg bovine collagen peptides)	
Bonolive® Olive Leaf Extract (standardized to 40% oleuropein)	125 mg
Boron (as boron amino acid chelate)	3 mg
Vitamin K ₂ (as menaquinone-7)	45 mcg

Other ingredients: Microcrystalline cellulose, d-hydroxypropyl cellulose, carboxymethylcellulose sodium, sunflower lecithin, tablet coating (hypromellose, glycerin)

KoACT® is a registered trademark of AIDP, Inc.

Bonolive® is a trademark of BIOACTOR B.V.

Formula	Size
202461	60 Tablets
	120 Tablets



Ultra Liver Support ^{PL}

Healthy liver function
and detoxification[‡]

[Co-Formulated by Julie Chen, M.D.]⁺

DETOX

Ultra Liver Support offers a blend of herbs and cruciferous vegetables to support phase II activity as well as activation of Nrf2 for detoxification and support of a healthy liver.[‡]

SUGGESTED USAGE: 2, 1-2 TIMES DAILY

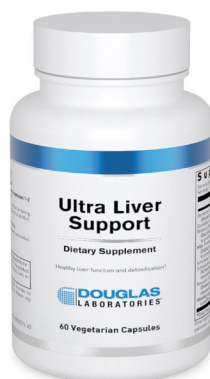
Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	
Barberry Extract (<i>Berberis vulgaris</i> , root)	250 mg
Dandelion (<i>Taraxacum officinale</i> , root)	250 mg
Bilberry Extract (<i>Vaccinium myrtillus</i> , berry, standardized to provide 25% anthocyanidins)	200 mg
Milk Thistle Extract (<i>Silybum marianum</i> , fruit, standardized to provide 80% silymarin)	175 mg
Artichoke Extract (<i>Cynara scolymus</i> , leaves)	150 mg
Schisandra Extract (<i>Schisandra chinensis</i> , fruit, standardized to 2% schizandrins)	150 mg
Broccoli Extract (<i>Brassica oleracea</i> L., sprout, providing 600 mcg of isothiocyanates)	125 mg
<i>Wasabia japonica</i> (rhizome, providing 600 mcg of isothiocyanates)	50 mg

Other ingredients: Hydroxypropyl methylcellulose (capsule), ascorbyl palmitate, silica and microcrystalline cellulose

⁺Dr. Julie Chen is a retained advisor to Douglas Laboratories.

Formula	Size
202315	60 Vegetarian Capsules



Wobenzym® PS

Professional strength systemic enzyme support for healthy joints; temporary relief from everyday aches and pains; and speedy recovery following exertion[‡]

BONE & JOINT

This clinically supported formulation of specific systemic enzymes helps maintain healthy joints, mobility and flexibility. Wobenzym® PS contains the authentic German Phlogenzym formula used by health professionals in Europe.[‡]

SUGGESTED USAGE: 3, TWICE DAILY, 45 MINUTES BEFORE A MEAL

Serving Size 3 Tablets

Amount Per Serving	
Bromelain** 1,350 FIP-Units*** <i>Ananas comosus</i>	270 mg
Rutoside Trihydrate (rutin) <i>Sophora japonica</i>	300 mg
Trypsin** 4,320 FIP-Units*** (pancreas) <i>Sus scrofa/Bos taurus</i>	144 mg

Other ingredients: Microcrystalline cellulose, calcium phosphate, hydroxypropyl cellulose, vegetable-based enteric-coating, vegetable stearate, silica and natural vanilla flavor

**From dried purified aqueous extract.

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

Formula	Size
200870	100 Tablets
	180 Tablets

GET STARTED

1. Visit douglaslabs.com and click “Register” at the top of the homepage.
2. Enter your information in the fields provided and click “Apply for Account”.
3. You will receive an email immediately after registering to complete your account activation.

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