

Manufactured by:  
**Douglas Laboratories**  
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 Pittsburgh, PA 15205 USA  
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 1.800.245.4440

**Suggested Usage:** As a dietary supplement, adults take 1 pack daily with a meal or as directed by your healthcare professional.

This product contains NO yeast, gluten, soy protein, milk/dairy, corn, sodium, starch, artificial coloring, artificial preservatives or genetically modified organisms (GMOs).

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

\*\*pTeroPure™ is a trademark of ChromaDex, Inc.

KEEP OUT OF REACH OF CHILDREN.  
 For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

**eZ Easy Swallow**  
 Technology™

Formula #66359



# Essential Male Pack™

A Dietary Supplement

**DOUGLAS**  
 LABORATORIES®

30 Packs

## Supplement Facts

Serving Size 1 Pack  
 Each Pack contains 2 Tablets, 1 Softgel and 1 Capsule  
 Servings Per Container 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories from Fat .....	10	Omega-3 Supercritical CO2	
Total Fat .....	1.25 g 2%†	Triglyceride Concentrate .....	1,250 mg
Vitamin A .....	7,500 IU 150%	Providing:	
(as natural beta-carotene and vitamin A acetate)		EPA (Eicosapentaenoic Acid) .....	600 mg *
Vitamin C (as Ascorbic Acid) .....	120 mg 200%	DHA (Docosahexaenoic Acid) .....	400 mg *
Vitamin D-3 .....	2,000 IU 500%	Saw Palmetto .....	160 mg *
Vitamin E .....	130 IU 433%	(berry, standardized to 30% fatty acids)	
(as d-alpha tocopheryl succinate)		Pygeum (bark) .....	50 mg *
Thiamine (as Thiamine HCl) .....	25 mg 1,667%	Pygeum africanum	
Riboflavin (as Riboflavin-5-phosphate) .....	10 mg 588%	(standardized extract)	
Niacin/Niacinamide .....	30 mg 150%	Pumpkin Seed .....	100 mg *
Vitamin B-6 .....	35 mg 1,750%	powder	
(as Pyridoxine HCl/Pyridoxal-5-phosphate)		Glycine .....	50 mg *
Folate (as L-methylfolate, Metafolin®) .....	400 mcg 100%	L-Alanine .....	50 mg *
Vitamin B-12 (as methylcobalamin) .....	250 mcg 4,167%	L-Glutamic Acid .....	50 mg *
Biotin .....	300 mcg 100%	Grape Seed Extract .....	10 mg *
Pantothenic Acid .....	25 mg 250%	Choline (as Choline Bitartrate) .....	60 mg *
(d-calcium pantothenate)		Inositol .....	25 mg *
Calcium .....	50 mg 5%	Lutein .....	3 mg *
(as Calcium Citrate/Malate Complex)		Lycopene (natural) .....	3 mg *
Magnesium (as Magnesium Citrate) .....	25 mg 6%	Zeaxanthin .....	1 mg *
Iodine (from kelp) .....	150 mcg 100%	Astaxanthin .....	1 mg *
Zinc .....	30 mg 200%	Pterostilbene (PteroPure™) .....	10 mg *
(Zinc Picolinate/Oxide Complex)		Proprietary Blend .....	300 mg *
Selenium (as amino acid chelate) .....	100 mcg 143%	Wild Blueberry Extract (fruit, <i>Vaccinium angustifolium</i> , standardized to 4% polyphenols),	
Copper (as amino acid chelate) .....	1 mg 50%	Strawberry Extract (fruit, <i>Fragaria vesca</i> , standardized to 2% polyphenols), Spinach	
Chromium (as amino acid chelate) .....	120 mcg 100%	Extract (leaf, <i>Spinacia oleracea</i> , standardized to 1.5% polyphenols).	
Molybdenum (as amino acid chelate) .....	100 mcg 133%		
Potassium (as Potassium Aspartate) .....	30 mg <2%		

\*Daily Value not established  
 †Percent Daily value is based on a 2,000 Calorie diet.

Other Ingredients: Cellulose, gelatin (capsule, from bovine and fish [Tilapia]), vegetable stearate, silica, glycerin, water, natural-source mixed tocopherols, rosemary extract (leaf), titanium dioxide, dextrose, magnesium silicate, glycerin, caramel color, natural vanilla flavor.

This product contains fish oil (anchovies, sardines, mackerel).