

Essential Female Pack

DESCRIPTION

Essential Female Pack, provided by Douglas Laboratories, has been specially designed to help meet the daily nutritional needs for females of all ages. This convenience pack includes essential vitamins and minerals with important antioxidants, bone supporting nutrients and multi-strain probiotics for a healthy gut and immune system.† Each pack includes Ultra Preventive 2-A-Day, QÜELL Fish Oil EPA/DHA+D, Cal-6+Mg., Multi-Probiotic 4000.

FUNCTIONS

Essential Female Pack includes the Ultra Preventive® 2-A-Day multivitamin/mineral. This formula contains Metafolin® L-methylfolate (5-MTHF), 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. Ultra Preventive® 2-A-Day also includes important phytonutrients in a proprietary blend of wild blueberry, strawberry and spinach extracts to supply active polyphenols for protection against free radical damage. Lutein, lycopene, zeaxanthin, and astaxanthin are carotenoid antioxidants for ocular health and beyond. Astaxanthin, the most powerful carotenoid sourced from algae, is increasingly popular due to its' numerous health benefits studied such as cardiovascular, immune, and inflammatory support. † Pterostilbene, a methylated form of resveratrol is considered the *next generation of resveratrol*. Pterostilbene has advantages over resveratrol: superior biological activity, better oral bioavailability, and slower metabolism in the body. As another potent antioxidant, pterostilbene has been clinically studied for cardiovascular, blood sugar, cognitive and longevity support.

The essential nutrients for bone health are provided in this pack as a special chelate complex of 6 sources of calcium with magnesium and other important ingredients like boron. Among other factors, such as regular exercise, gender and race, calcium supplementation during childhood and adolescence appears to be a prerequisite for maintaining adequate bone density later in life. Calcium is particularly important for women of child bearing age and especially needed to support bone structure in postmenopausal women when the loss of estrogen production at menopause leaves bones much less protected.†

The benefits of omega-3 fatty acids continue to emerge and numerous health organizations around the world recommend adequate daily intake of EPA and DHA. Data continues to accumulate that supports EPA and DHA in cardiovascular health as well as many other areas, including neurological health, vision health, and joint health.† The omega-3 fatty acid EPA is the direct precursor for the prostaglandins, which are involved in helping to maintain the body's normal inflammatory processes.† DHA plays a major role in the structural integrity of neuronal membranes. DHA is essential for neurological and visual development and is vital throughout pregnancy to support fetal brain growth and formation of the retina and visual cortex.† As the most abundant fatty acid in the brain, adequate amounts of DHA are needed throughout infancy and adulthood for ongoing optimal function.

Vitamin D, also known as the "sunshine vitamin" is an essential vitamin that plays many important roles in the proper functioning of the body. Vitamin D is thought to play a role in cardiovascular disease by affecting inflammatory mediators. † Vitamin D is fat-soluble, meaning it needs a fat source to be absorbed properly. Therefore, combining Vitamin D with omega-3 fatty acids may help facilitate adequate vitamin D3 absorption into the body.

Probiotics have been shown to exert a beneficial support through modification of the immune system host via the gut environment. Clinical trials also suggest that the exposure to microbes through the gastrointestinal tract powerfully shapes immune function. *Lactobacillus rhamnosus* is one of the most widely studied probiotics, noted and valued for its ability to survive in the harsh conditions of the digestive and urinary tracts. Studies have shown that, taken regularly, *L. rhamnosus* can be an effective supplement in promoting and maintaining digestive tract health. Prebiotics are carbohydrates that have short molecular chains. They function as non-digestible ingredients that can positively affect selected groups of beneficial intestinal microflora, such as *Lactobacillus*. While probiotics merely add beneficial microflora, prebiotics affect the intestinal environment so that beneficial colonies of microflora can flourish. By aiding the beneficial microflora's survival, pathogenic

Essential Female Pack

microflora can have a decreased chance of survival.

INDICATIONS

Essential Female Pack is indicated for women of all ages who wish to consume the essential healthy nutrients and support immune, bone, gastrointestinal, and vaginal health.

FORMULA (#66360-30X)

1 Pack Contains: 2 Ultra Preventive 2-A-Day EZ Swallow tablets, 1 QÜELL Fish Oil softgel, 3 Cal-6+Mg tablets, 1 Multi-Probiotic 4000 capsule

Calories from Fat	10
Total Fat	1.25 g
Vitamin A (as natural beta-carotene).....	5,000 IU
Vitamin C (as Ascorbic Acid)	170 mg
Vitamin D-3.....	2,400 IU
Vitamin E	100 IU
(as d-alpha tocopheryl succinate)	
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 L-methylfolate, Metafolin®)	400 mcg
Vitamin B-12 (as methylcobalamin).....	250 mcg
Biotin	300 mcg
Pantothenic Acid.....	25 mg
(d-calcium pantothenate)	
Calcium.....	800 mg
(from Calcium Citrate/Malate/Gluconate/Carbonate/ Lactate/Ascorbate and Microcrystalline Hydroxyapatite)	
Magnesium.....	400 mg
(as Magnesium Citrate/Chelate)	
Iodine (from kelp).....	150 mcg
Zinc (as Opti-Zinc, monomethionine)	15 mg
Selenium (as amino acid chelate)	100 mcg
Copper (as amino acid chelate).....	1 mg
Chromium (as amino acid chelate).....	120 mcg
Molybdenum (as amino acid chelate).....	100 mcg
Potassium (as Potassium Aspartate).....	30 mg
Omega-3 Supercritical CO₂	
Triglyceride Concentrate*	1,250 mg
Providing:	
EPA (Eicosapentaenoic Acid)	600 mg
DHA (Docosahexaenoic Acid)	400 mg
Choline (as Choline Bitartrate)	60 mg
Inositol	25 mg
Lutein.....	3 mg
Lycopene (natural).....	3 mg
Boron (from Boron Aspartate/Citrate).....	3 mg
Glutamic Acid.....	60 mg
(from 75 mg Glutamic Acid HCl)	
L-Lysine (from 36 mg L-Lysine HCl)	29 mg
Zeaxanthin.....	1 mg

Essential Female Pack

Astaxanthin..... 1 mg
 Pterostilbene (PteroPure™**) 10 mg
 Proprietary Blend..... 300 mg
 Wild Blueberry Extract (fruit, *Vaccinium angustifolium*, standardized to 4% polyphenols), Strawberry Extract (fruit, *Fragaria vesca*, standardized to 2% polyphenols), Spinach Extract (leaf, *Spinacia oleracea*, standardized to 1.5% polyphenols).

Multi-Strain Probiotic Blend 4 Billion CFU
containing:

L. Acidophilus (DDS-1) 1.150 Billion CFU
 L. Rhamnosus..... 1.150 Billion CFU
 L. Rhamnosus (Type B, Bifidus) 775 Million CFU
 S. Lactis275 Million CFU
 Bifidobacterium Longum.....275 Million CFU
 B. Bifidum275 Million CFU
 S. Thermophilus.....150 Million CFU
 Proprietary Blend..... 215 mg
 FOS (fructooligosaccharides) and ulmus fulva (inner bark)

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, natural caramel color, natural vanilla flavor.

*This product contains fish from anchovies, sardines, and mackerel.

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

SUGGESTED USE

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

SIDE EFFECTS

No adverse side effects have been reported.

STORAGE

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

REFERENCES

Gillespie WJ, Henry DA, O'Connell DL, Robertson J. Vitamin D and vitamin D analogues for preventing fractures associated with involutional and post-menopausal osteoporosis. Cochrane Database Syst Rev. 2000;(2):CD000227.

Giovannucci E, Stampfer MJ, Colditz GA, et al. Multivitamin use, folate, and colon cancer in women in the Nurses' Health Study [see comments]. Ann Intern Med 1998;129:517-24.

Holick MF, Siris ES, Binkley N, et al. Prevalence of Vitamin D inadequacy among postmenopausal North American women receiving osteoporosis therapy. J Clin Endocrinol Metab 2005;90:3215-24.

12997 Hollis BW. Circulating 25-hydroxyvitamin D levels indicative of vitamin D sufficiency: implications for establishing a new effective dietary intake recommendation for vitamin D. J Nutr 2005;135:317-22.

Johnson K, Klighman EW. Preventive nutrition: an 'optimal' diet for older adults. Geriatrics 1992;47:56-60.

For more information on Women's Health Pack visit douglaslabs.com

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

Manufactured by
 Douglas Laboratories
 600 Boyce Road
 Pittsburgh, PA 15205
 800-245-4440
douglaslabs.com



**You trust Douglas Laboratories.
 Your patients trust you.**