WEEKS TWO & THREE: DETOX†

8 9 10 11 12 13 **14** 15 16 17 18 19 20 **21**

Supplement Facts

Serving Size 1 Pack
Each Pack contains 4 capsules and 1 tablet
Servings Per Container 14

	Amount Per Serving	%DV
Thiamine (Vitamin B1 as Thiamine HCl)	457 mg	1,088%
Riboflavin (Vitamin B2 as Riboflavin), Phosphate(Riboflavin 5'-)	57 mg	1,729%
Vitamin B6 (as Pyridoxine 5'-Phosphate)	57 mg	1,129%
Vitamin B12 (as Methylcobalamin)	1,000 mcg	16,667%
Biotin	400 mcg	1,333%
Pantothenic Acid	57 mg	1,140%
Choline (from Citicoline, Choline Bitartrate)	38 mg	*
Inositol	38 mg	*
Milk Thistle Extract (Silybum marianum) (seed)	250 mg	*
Alpha Lipoic Acid	100 mg	*
Artichoke Extract (Cynara scolymus) (leaf)	100 mg	*
Turmeric Extract (Curcuma longa) (rhizome)	100 mg	*
Dandelion Extract (Taraxacum officinale) (root)	100 mg	*
Beet Root Extract (Beta vulgaris) (root)	100 mg	*
Parsley Seed Extract (Petroselinum crispum) (seed)	50 mg	*
Choline Bitartrate	38 mg	*
Grapefruit Powder (Citrus paradisi) (fruit)	25 mg	*
Proprietary Blend (Lipoic Acid)	25 mg	*

* Daily Value (DV) not established.

Supplement Facts

Serving Size 1 Pack
Each Pack contains 4 capsules and 1 tablet
Servings Per Container 14

	Amount Per Serving	%DV
Vitamin D (Ecocalciferol) (D2)	125 mcg	1,111%
Folate	1,360 mcg DFE	340%
Riboflavin	5 mg	385%
Selenium	200 mcg	364%
Molybdenum	50 mcg	111%
Proprietary Blend		*
Methylated L-Lysine	500 mg	*
Methylsulfonylmethane (MSM)	250 mg	*
Boron	3 mg	*
Taurine	125 mg	*
L-Glutathione (reduced)	100 mg	*
Alpha Lipoic Acid	100 mg	*
Milk Thistle Extract (Silybum marianum) (seed)	70 mg	*
Artichoke Extract (Cynara scolymus) (leaf)	67.5 mg	*
Turmeric Extract (Curcuma longa) (rhizome)	67.5 mg	*
Dandelion Extract (Taraxacum officinale) (root)	50 mg	*
Beet Root Extract (Beta vulgaris) (root)	50 mg	*
Parsley Seed Extract (Petroselinum crispum) (seed)	25 mg	*

* Daily Value (DV) not established.

Supplement Facts

Serving Size 1 Pack
Each Pack contains 4 capsules and 1 tablet
Servings Per Container 14

	Amount Per Serving	%DV
Calcium (from Calcium Ketoisocaproate, Calcium Beta-Hydroxy-Beta-Methylbutyrate)	150 mg	12%
Magnesium (from Magnesium Ketoisocaproate, Magnesium Beta-Hydroxy-Beta-Methylbutyrate)	100 mg	24%
Zinc (from Zinc Ketoisocaproate)	15 mg	136%
Selenium (from Selenium Yeast *)	44.7 mcg	64%
Chromium (from Chromium Ketoisocaproate)	50 mcg	42%
Molybdenum (from Molybdenum Yeast *)	16.7 mcg	33%
Proprietary Amino Acid Proprietary Blend	500 mg	*
L-Arginine, L-Histidine, L-Alanine, L-Aspartic Acid, L-Leucine, L-Glutamic Acid, L-Glycine, L-Methionine, L-Serine, L-Proline, L-Cystine, L-Phenylalanine, L-Threonine, L-Tyrosine, N-Acetyl L-Cysteine		
Milk Thistle Extract (Silybum marianum) (seed)	100 mg	*
Bilberry Extract (Vaccinium myrtillus) (fruit) Standardized to provide 36% anthocyanidins	100 mg	*
Artichoke Extract (Cynara scolymus) (leaf) Standardized to provide 30% cynarin	67.5 mg	*
Turmeric Extract (Curcuma longa) (rhizome) Standardized to 2% curcuminoid	67.5 mg	*
Dandelion Extract (Taraxacum officinale) (root) Standardized to 4% sesquiterpene lactones	50 mg	*
Beet Root Extract (Beta vulgaris) (root)	50 mg	*
Parsley Seed Extract (Petroselinum crispum) (seed) Providing 300 mcg of naftopidilphenyl	25 mg	*

* Daily Value (DV) not established.

Other ingredients: Cellulose, hydroxypropyl methylcellulose (capsule), bovine gelatin (capsule), silica, stearic acid, vegetable stearate, rice hull, ascorbyl palmitate, magnesium silicate and croscarmellose sodium.

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

Gluten-free, Non-GMO

WEEK FOUR: RENEW†

22 23 24 25 26 27 **28**

Supplement Facts

Serving Size 1 Pack
Each Pack contains 1 tablet, 1 softgel and 2 capsules
Servings Per Container 14

	Amount Per Serving	%DV
Calories	5	
Total Fat	0 g	0%
Vitamin A (as natural beta carotene)	750 mcg	83%
Vitamin C (as Ascorbic Acid)	60 mg	67%
Vitamin D-3	12.5 mcg (500 IU)	63%
Vitamin E (as d-alpha tocopheryl succinate)	34 mg	227%
Thiamine (as Thiamine HCl)	15 mg	1,042%
Riboflavin (as Riboflavin 5'-phosphate)	5 mg	385%
Niacin/Niacinamide	13 mg	76%
Vitamin B-6 (as Pyridoxal 5'-phosphate)	10 mg	588%
Folate (as L-methylfolate, Metafolin® [200 mcg])	333 mcg DFE	83%
Vitamin B-12 (as methylcobalamin)	125 mcg	5,208%
Biotin	100 mcg	333%
Pantothenic Acid	12.5 mg	250%
Choline (from Choline Bitartrate)	30 mg	5%
Iodine (from kelp)	75 mcg	50%
Magnesium (from Magnesium Citrate)	75 mg	18%
Zinc (as Zinc Bisglycinate Chelate)	7.5 mg	68%
Selenium (as amino acid chelate)	50 mcg	91%
Copper (as amino acid chelate)	1 mg	111%
Chromium (as amino acid chelate)	40 mcg	114%
Molybdenum (as amino acid chelate)	50 mcg	111%
Potassium (as Potassium Aspartate)	99 mg	3%
L-Glutamine	500 mg	*
Docosahexaenoic acid	100 mg	*
Docosahexaenoic acid	178 mg	*
Probiotic Proprietary Blend: Spanning 20 Billion CFU‡	280 mg	*
CognoCrine™ Fractooligosaccharide (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 helveticus, Lactobacillus paracasei, Lactobacillus plantarum, Lactobacillus rhamnosus, Lactobacillus salivarius, Lactococcus lactis, Streptococcus thermophilus		
Fruit Blend (Vaccinium angustifolium, standardized to 4% polyphenols), Strawberry Extract (fruit, Fragaria vesca, standardized to 10% polyphenols), Spinach Extract (leaf, Spinacia oleracea, standardized to 1.75% polyphenols)	150 mg	*
Inositol	12.5 mg	*
Phosphatidylserine (PhenoPure™)	1.5 mg	*
Lycium (natural)	1.5 mg	*
Lycopene (natural)	1.5 mg	*
Lutein	0.5 mg	*
Astaxanthin	0.5 mg	*

‡Percent Daily Values are based on a 2000 calorie diet.
*Daily Value (DV) not established.

Other ingredients: Cellulose, ultra refined fish oil concentrate (from anchovy and mackerel), gelatin (capsule), hydroxypropyl methylcellulose (capsule), croscarmellose sodium, stearic acid, vegetable stearate, silica, vegetable glycerin, natural flavors, rice bran, ascorbyl palmitate, magnesium stearate, glycerin, water, rosemary extract, ascorbyl palmitate, mixed tocopherols, ethylcellulose, coconut oil, ammonium hydroxide, sodium alginate, caramel color and natural vanilla flavor.

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OptiZinc® is a trademark of Intermarkets N.I.

Gluten-free, Non-GMO **Contains Fish**

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

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

Metabolic Rejuvenation

Prepare† · Detox† · Renew†

A 28 Day Program

Dietary Supplement

Comprehensive support for elimination, detoxification and renewal†

DOUGLAS LABORATORIES®

4 Bottles

WEEK ONE: PREPARATION†

1 2 3 4 5 6 **7**

Supplement Facts

Serving Size 1 Pack
Each Pack contains 4 capsules
Servings Per Container 14

	Amount Per Serving	%DV
Magnesium (from Magnesium Citrate)	150 mg	36%
Dietary Fiber	0.5 g	2%
Proprietary Blend: Glucomannan, Carrot Root, Celery Stalk and Leaves, Citrus Pectin, Apple Pectin, Sodium Alginate, and Slippery Elm Bark.	1.5 g	*

* Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), gelatin (capsule), ascorbyl palmitate, vegetable stearate, silica and cellulose.

Gluten-free, Non-GMO

Manufactured for:
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205
www.douglaslabs.com
1.800.245.4440

Suggested Usage: As a dietary supplement, adults take 1 pack twice daily with 8 ounces of purified water or as directed by your healthcare professional.

Week 1 - take 1 pack twice daily
Week 2 and 3 - take 1 AM and 1 PM pack daily
Week 4 - take 2 packs daily

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place. Use only if safety seal is intact.

Component #66867-BOX
Formula # 66867-56X

Trust to learn about our manufacturing excellence