

Other ingredients: Microcrystalline cellulose, gelatin (capsule, from bovine), gelatin (capsule, from fish [Tilapia]), hydroxypropyl cellulose, carboxymethylcellulose, medium chain triglycerides, glycerin, silica, ascorbyl palmitate, purified water, vegetable stearate, polysorbate 80, polyglycerol fatty acid esters, natural-source mixed tocopherols, rosemary extract (leaf), caramel color, tablet coating (purified water, hypromellose, and glycerin).

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

††Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

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

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

WARNING: This product is not recommended for pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use.

VESISORB® VESIsorb is a registered trademark of SOURCEONE GLOBAL PARTNERS

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

 Kaneka QH™ is a trademark of Kaneka Corporation.

KEEP OUT OF THE REACH OF CHILDREN.

Store in a cool, dry place. Use only if safety seal is intact.

Gluten-free, Non-GMO

†This statement 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.



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Formula # 66873

Essential-4 Nutrition Pack™

Dietary Supplement

A multinutrient convenience pack for daily wellness†



30 Packs

Supplement Facts

Serving Size 1 Pack
Each Pack contains 4 Tablets, 2 softgels, and 1 capsule
Servings Per Container 30

	Amount Per Serving	%DV		Amount Per Serving	%DV
Calories	10	*	Bromelain (from <i>Anana comosus</i> , pineapple stem)	25 mg	*
Total Fat	1.25 g	2% [^]	Grape seed extract (standardized to 95% polyphenols)	25 mg	*
Vitamin A (as 67% natural beta-carotene and 33% Vitamin A palmitate)	2,250 mcg	250%	Alpha Lipoic Acid	25 mg	*
Vitamin C (as ascorbic acid)	500 mg	556%	Rutin (from <i>Sophora japonica</i> , flower)	12.5 mg	*
Vitamin D3 (as cholecalciferol)	37.5 mcg (1,500 IU)	188%	Boron (as boron glycinate)	1.5 mg	*
Vitamin E (as natural d-alpha tocopheryl succinate plus mixed tocopherols)	73.7 mg	491%	Vanadium (as Vanadium Krebs [®])	25 mcg	*
Thiamine (as thiamine HCl)	50 mg	4,167%	Vitamin K2 (as menaquinone-7)	22.5 mcg	*
Riboflavin (as Riboflavin/Riboflavin-5-phosphate)	25 mg	1,923%	Proprietary Organic Fruit and Vegetable Blend	350 mg	*
Niacin/Niacinamide (as Pyridoxine HCl/Pyridoxal-5-phosphate)	95 mg	594%	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)		
Vitamin B6	50 mg	2,941%	Organic Phytonutrient Blend		
Folate (as Metafolin [®] , L-5-MTHF)	.667 mcg DFE (400 mcg L-5-MTHF)	167%	Organic Spirulina (whole plant)	50 mg	*
Vitamin B12 (as methylcobalamin/adenosylcobalamin/hydroxocobalamin)	250 mcg	10,417%	Organic Chlorella (whole plant, broken cell wall)	50 mg	*
Biotin	150 mcg	500%	Organic Green Tea leaf extract (standardized to 50% polyphenols, 20% EGCG)	25 mg	*
Pantothenic Acid (as d-calcium pantothenate)	50 mg	1,000%	Carotenoids		
Choline (from choline bitartrate)	137.5 mg	25%	Lutein (from marigold flower extract)	5 mg	*
Calcium (as calcium citrate/malate/chelate complex)	210 mg	16%	Lycopene (from tomatoes)	3 mg	*
Iodine (from Kelp)	100 mcg	67%	Zeaxanthin isomers (from marigold flower extract)	1 mg	*
Magnesium (as magnesium citrate/chelate complex)	210 mg	50%	Multi-Strain Probiotic Blend	4 Billion CFU	*
Zinc (as OptiZinc [®] , monomethionine)	12.5 mg	114%	Containing:		
Selenium (as selenomethionine)	100 mcg	182%	<i>Lactobacillus acidophilus</i> (La-14)	1.150 Billion CFU	*
Copper (as copper amino acid chelate)	1 mg	111%	<i>Lactobacillus rhamnosus</i> (Lr-32)	1.150 Billion CFU	*
Manganese (as manganese sulfate)	4.5 mg	196%	<i>Lactobacillus rhamnosus</i> (HA-114)	775 Million CFU	*
Chromium (as chromium polynicotinate)	100 mcg	286%	<i>Lactococcus lactis</i> (HA-136)	275 Million CFU	*
Molybdenum (as molybdenum krebs [®])	50 mcg	111%	<i>Bifidobacterium longum</i> (Bl-05)	275 Million CFU	*
Potassium (as potassium chloride)	50 mg	1%	<i>Bifidobacterium bifidum/lactis</i> (Bb-02)	275 Million CFU	*
Omega-3 Supercritical CO ₂ Triglyceride Concentrate	1,250 mg		<i>Streptococcus thermophilus</i> (St-21)	150 Million CFU	*
Providing:			Digestive and Prebiotic Blend	210 mg	*
EPA (Eicosapentaenoic Acid)	600 mg	*	FOS (fructooligosaccharides) and <i>Ulmus fulva</i> (inner bark)		
DHA (Docosahexaenoic Acid)	400 mg	*			
Ubiquinol (Kaneka QH [™] - reduced form of CoQ10)	100 mg	*			
N-Acetyl-L-Cysteine	75 mg	*			
Betaine HCl	75 mg	*			
Inositol	50 mg	*			
Quercetin (as dihydrate)	50 mg	*			
Lemon bioflavonoids	50 mg	*			
Papain (from <i>Carica papaya</i> , fruit)	50 mg	*			

*Daily Value (DV) not established.

[^]Percent Daily Values are based on a 2,000 calorie diet.