

Manufactured in the USA by:  
**Douglas Laboratories**  
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# Essential-4 Nutrition Pack

A Dietary Supplement



30 Packs

## Supplement Facts

Serving Size 1 Pack (4 Tablets / 2 Softgels / 1 Capsule / 1 Caplique™\*\* per pack) • Servings Per Container 30

Amount Per Serving	%DV†	Amount Per Serving	%DV†
Calories .....		<b>Proprietary Organic Fruit and Vegetable Blend</b> .....	350 mg *
Calories from Fat .....	16	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 green cabbage powder (whole plant), Organic collard greens powder (leaf), Organic mountain cranberry powder (fruit), Organic kale powder (whole plant), Organic Parsley powder (whole plant), Organic pomegranate powder (fruit), Organic raspberry powder (fruit), Organic spinach powder (whole plant),	
<b>Total Fat</b> .....	<b>1.8 g</b>	<b>3%</b>	
Vitamin A (33% [2,500 IU] as Vitamin A Palmitate / 67% [5,000 IU] as Natural Beta-Carotene) from D, Salina with full spectrum carotenoids†††	7,500 IU	150%	
Vitamin C (as Ascorbic Acid/Ascorbyl Palmitate / Calcium and Magnesium Ascorbate complex)	700 mg	1,167%	
Vitamin D-3 .....	500 IU	125%	
Vitamin E (natural, as d-alpha tocopheryl, d-alpha-tocopherols and mixed tocopherols)	213 IU	690%	
Thiamine .....	50 mg	3,333%	
Riboflavin .....	25 mg	1,471%	
Niacin/Niacinamide .....	95 mg	475%	
Vitamin B-6 (as Pyridoxine HCl / Pyridoxal-5-Phosphate Complex)	50 mg	2,500%	
Folate (as L-methylfolate, Metafolin®) / Vitamin B-12 (as cyanocobalamin / methylcobalamin complex)	400 mcg / 125 mcg	100% / 2,083%	
Biotin .....	150 mcg	50%	
Pantothenic Acid (as d-Calcium Pantothenate) / Calcium (as Calcium Citrate/Ascorbate Complex)	250 mg / 250 mg	2,500% / 25%	
Iodine (from Kelp) .....	100 mcg	67%	
Magnesium (as Magnesium Aspartate / Ascorbate Complex)	250 mg	63%	
Zinc (as Zinc Amino Acid Chelate) / Selenium (as Selenium Krebs†† / Kelp complex) / Copper (as Copper Amino Acid Chelate) / Manganese (as Manganese Aspartate Complex) / Chromium (Organically bound with GTF activity-low allergenicity)	12.5 mg / 100 mcg / 1 mg / 5 mg / 100 mcg	87% / 143% / 50% / 250% / 83%	
Molybdenum (as Molybdenum Krebs††) / Potassium (as Potassium Aspartate Complex)	50 mcg / 49.5 mg	67% / 1%	
L. Acidophilus (DDS-1) .....	1,150 Billion CFU	*	
L. Rhamnosus .....	1,150 Billion CFU	*	
L. Rhamnosus (Type B, Bifidus) .....	775 Million CFU	*	
S. Lactis .....	275 Million CFU	*	
Bifidobacterium Longum .....	275 Million CFU	*	
B. Bifidum .....	275 Million CFU	*	
S. Thermophilus .....	150 Million CFU	*	
EPA (Eicosapentaenoic acid) .....	660 mg	*	
DHA (Docosahexaenoic acid) .....	340 mg	*	
Hesperidin .....	17.5 mg	*	
Rutin .....	12.5 mg	*	
Glutamic Acid (from 13 mg Glutamic Acid HCl) / L-Methionine .....	10 mg / 6.3 mg	*	
Lutein (natural) .....	3 mg	*	
Lycopene (natural) .....	3 mg	*	
Boron (as Boron Aspartate / Citrate complex) / Zeaxanthin .....	0.75 mg / 0.5 mg	*	
Trace Elements (from Sea Vegetation) / Vanadium (as Vanadium Krebs††) .....	approx. 50 mcg / 25 mcg	*	

†Percent Daily Values based on a 2,000 calorie diet.  
 \*Daily Value not established.

Other ingredients: Cellulose, gelatin (capsule), ultra refined fish oil concentrate, vegetable stearate, silica, glycerin, water, rosemary extract, ascorbyl palmitate, mixed tocopherols, Hydroxypropyl methylcellulose (vegetarian capsule), medium chain triglycerides, polysorbate 80, polyglycerol fatty acid esters, citrus oil extract (Citrus sinensis, peel), ethylcellulose, coconut oil, ammonium hydroxide, sodium alginate and stearic acid.

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

†††Including Beta-Carotene, Alpha-Carotene, Zeaxanthin, Cryptoxanthin, and additional Lutein and Lycopene.

\*\*A Caplique™ is a liquid filled two piece capsule sealed with a band.

This product contains NO yeast, soy protein, milk/dairy, corn, starch, artificial coloring, preservatives or flavoring.

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

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.

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Formula #65387

