

Essential Male Pack

DESCRIPTION

Essential Male Pack, provided by Douglas Laboratories, provides the optimal daily nutritional support for men of all ages in one convenience pack, including vitamins, minerals, antioxidants, omega-3 fatty acids and prostate-support nutrients. Each pack contains Ultra Preventive 2-A-Day, QÜELL Fish Oil EPA/DHA+D, and Uro-Pro for Men.

FUNCTIONS

Essential Male 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 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.

The Essential Male pack includes active ingredients shown to positively affect the structure and function of the prostate gland during the normal aging of men. † Saw Palmetto, aided by pygeum (Pygeum africanum), inhibits the conversion of testosterone to its more active, and potentially deleterious form, dihydrotestosterone (DHT), via inhibition of alpha-5-reductase. Supplementation with Pygeum africanum extract, in men 50 to 75 years, significantly improved several aspects of prostate function, including nocturnal frequency, maximum flow and volume. In addition, pygeum extract, like saw palmetto, interferes with the synthesis of proinflammatory prostaglandins. Pumpkin seed is thought to have similar pharmacotherapeutic properties. Vitamin E, zinc, and proanthocyanidins provide potent antioxidant protection against oxidative damage to the prostate. The amino acids glycine, alanine, and glutamic acid, as well as vitamin B-6 and vitamin A, have been suggested to reduce proliferation of prostate tissue cells.

INDICATIONS

Essential Male Pack is indicated for men of all ages who wish to consume the essential healthy nutrients and support the prostate gland.

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FORMULA (#66359)

1 Pack Contains:

Total Fat	1.25 g
Vitamin A	7,500 IU
(as natural beta-carotene and vitamin A acetate)	
Vitamin C (as Ascorbic Acid)	120 mg
Vitamin D-3.....	2,000 IU
Vitamin E	130 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.....	35 mg
(as Pyridoxine HCl/Pyridoxal-5-phosphate)	
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.....	50 mg
(as Calcium Citrate/Malate Complex)	
Magnesium (as Magnesium Citrate).....	25 mg
Iodine (from kelp).....	150 mcg
Zinc.....	30 mg
(as Opti-Zinc, monomethionine/from Zinc Picolinate)	
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
Saw Palmetto.....	160 mg
(berry, standardized to 30% fatty acids)	
Pygeum (bark).....	50 mg
<i>Pygeum africanum</i> (standardized extract)	
Pumpkin Seed powder.....	100 mg
Glycine.....	50 mg
L-Alanine	50 mg
L-Glutamic Acid	50 mg
Proanthocyanidins	10 mg
(OPC 85+)	
Choline (as Choline Bitartrate)	60 mg
Inositol	25 mg
Lutein.....	3 mg
Lycopene (natural).....	3 mg
Zeaxanthin.....	1 mg
Astaxanthin.....	1 mg

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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).

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 oil (anchovies, sardines, mackerel).

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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

Dietary supplementation with n-3 polyunsaturated fatty acids and vitamin E after myocardial infarction: results of the GISSI-Prevenzione trial. Gruppo Italiano per lo Studio della Sopravvivenza nell'Infarto miocardico. Lancet 1999 Aug 7;354(9177):447-55.

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Wilt TJ, Ishani A, Stark G, et al. Saw palmetto extracts for treatment of benign prostatic hyperplasia: a systematic review [published erratum appears in JAMA 1999 Feb 10;281(6):515] [see comments]. Jama 1998;280:1604-9.

For more information on the Essential Male 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.

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Your patients trust you.**