

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 a meal or as directed by your healthcare professional.

This product contains NO yeast, gluten, soy protein, corn, sodium, starch, artificial coloring, preservatives or flavoring.

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

** **PteroPure™** is a trademark of ChromaDex, Inc.

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.

eZ Easy Swallow
 Technology™

Formula #66360



Essential Female Pack

A Dietary Supplement



30 Packs

Supplement Facts

Serving Size 1 Pack
 Each Pack contains 5 Tablets, 1 Softgel and 1 Capsule
 Servings Per Container 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories from Fat..... 10		Omega-3 Supercritical CO2	
Total Fat..... 1.25 g	2%†	Triglyceride Concentrate	1,250 mg
Vitamin A (as natural beta-carotene)	5,000 IU 100%	Providing:	
Vitamin C (as Ascorbic Acid)	170 mg 283%	EPA (Eicosapentaenoic Acid)	600 mg *
Vitamin D-3..... 2,400 IU	600%	DHA (Docosahexaenoic Acid)	400 mg *
Vitamin E..... 100 IU	333%	Choline (as Choline Bitartrate)	60 mg *
(as d-alpha tocopheryl succinate)		Inositol..... 25 mg	*
Thiamine (as Thiamine HCl)..... 25 mg	1,667%	Lutein..... 3 mg	*
Riboflavin (as Riboflavin-5-phosphate).....	10 mg 588%	Lycopene (natural)..... 3 mg	*
Niacin/Niacinamide..... 30 mg	150%	Boron (from Boron Aspartate/Citrate).....	3 mg *
Vitamin B-6..... 10 mg	500%	Glutamic Acid..... 60 mg	*
(as Pyridoxal-5-phosphate)		(from 75 mg Glutamic Acid HCl).....	29 mg *
Folate (as L-methylfolate, Metafolin®).....	400 mcg 100%	Zeaxanthin..... 1 mg	*
Vitamin B-12 (as methylcobalamin)..... 250 mcg	4,167%	Astaxanthin..... 1 mg	*
Biotin..... 300 mcg	100%	Pterostilbene (PteroPure™)	10 mg *
Pantothenic Acid..... 25 mg	250%	Proprietary Blend	300 mg *
(d-calcium pantothenate)		Wild Blueberry Extract (fruit, <i>Vaccinium</i>	
Calcium..... 800 mg	80%	<i>angustifolium</i> , standardized to 4% polyphenols),	
(from Calcium Citrate/Malate/Gluconate/Carbonate/		Strawberry Extract (fruit, <i>Fragaria vesca</i> ,	
Lactate/Ascorbate and Microcrystalline Hydroxyapatite)		standardized to 2% polyphenols), Spinach	
Magnesium..... 400 mg	100%	Extract (leaf, <i>Spinacia oleracea</i> , standardized	
(as Magnesium Citrate/Chelate)		to 1.5% polyphenols).	
Iodine (from kelp)..... 150 mcg	100%	Multi-Strain Probiotic Blend	4 Billion CFU
Zinc (as Opti-Zinc, monomethionine)	15 mg 100%	Containing:	
Selenium (as amino acid chelate)	100 mcg 143%	<i>Lactobacillus acidophilus</i> (DDS-1).....	1.150 Billion CFU *
Copper (as amino acid chelate)..... 1 mg	50%	<i>Lactobacillus rhamnosus</i> (Lr-32).....	1.150 Billion CFU *
Chromium (as amino acid chelate)..... 120 mcg	100%	<i>Lactobacillus rhamnosus</i> (Bifidus)(HA-114)	775 Million CFU *
Molybdenum (as amino acid chelate)..... 100 mcg	133%	<i>Lactococcus lactis</i> (L1-23).....	275 Million CFU *
Potassium (as Potassium Aspartate)..... 30 mg	<2%	<i>Bifidobacterium longum</i> (B1-05).....	275 Million CFU *
		<i>Bifidobacterium bifidum</i> (Bb-02).....	275 Million CFU *
		<i>Streptococcus thermophilus</i> (St-21).....	150 Million CFU *
		Digestive and Prebiotic Blend	210 mg *
		FOS (fructooligosaccharides) and <i>Ulmus fulva</i> (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, caramel color, natural vanilla flavor. This product contains fish oil (anchovies, sardines, mackerel).