

Essential-4 Nutrition Pack

DESCRIPTION

Essential-4 Nutrition Pack, provided by Douglas Laboratories, combines 4 important products to help support optimal health, provided in one convenient pack –

- Ultra Preventive® X multivitamin/mineral
- QÜELL® Fish Oil EPA/DHA plus Vitamin D
- Multi-Probiotic® 4000
- Ubiquinol-QH with VESIsorb® technology

INDICATIONS

Essential-4 Nutrition Pack may be a useful dietary supplement for individuals wishing to supplement their diet with essential nutrients for health.

FUNCTIONS

Ultra Preventive® X is a comprehensive multivitamin/mineral combination with a powerful antioxidant blend of organic fruits and vegetables. This unique formula offers adequate Vitamin D and the body's preferred form of readily bioavailable folate, Metafolin®. Metafolin is a patented, natural form of (6S) 5-methyltetrahydrofolate (5-MTHF) is 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. This formula also supports bone and vascular health by the addition of Vitamin K2 as MK-7. Efficacious amounts of lutein and zeaxanthin promotes vision health, specifically aiding in protection of the photo-oxidative damage to the macula. ‡

QÜELL® Fish Oil uses the Supercritical CO₂ advanced technology for extracting fish oil. This method provides the superior protection against oxidation and uses less heat and no chemical solvents when compared to molecular distillation, resulting in fewer unwanted isomer formations and "cleaner" oil. Recent scientific data shows the triglyceride form of fish oil is better absorbed when compared to ethyl esters. 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. ‡

Multi-Probiotic® provides 4 billion live, beneficial intestinal micro-organisms for gastrointestinal and immune health. Probiotic dietary lactobacilli colonize the intestinal tract, depending on the specific bacterium-to-host affinity. Bacteria are continually in competition for colonization space. The original bacterial colonies have an advantage over transient bacteria. Nevertheless, the composition of the intestinal microflora is dynamic and constantly changing. If harmful microorganisms proliferate, the equilibrium is disturbed, and it becomes difficult even for indigenous bacteria to maintain their necessary territory to colonize the intestine. Antibiotics tend to kill off both beneficial and harmful bacteria, and thus may also disturb the normal, healthy balance of intestinal microorganisms. ‡

Ubiquinol-QH is a softgel containing 100 mg of natural ubiquinol in a patented, naturally self-assembling nano-colloid system called VESIsorb® technology for enhanced absorption. Ubiquinol is the biologically reduced form of ubiquinone, also known as coenzyme Q10. Ubiquinol may be of special importance for older adults looking to support healthy aging and cardiovascular function. ‡

Essential-4 Nutrition Pack

FORMULA (#66873)

1 pack contains:

	4 tablets	% DV
Vitamin A (as 67% natural beta carotene and 33% Vitamin A palmitate)	2250 mcg	250%
Vitamin C (as ascorbic acid)	500 mg	556%
Vitamin D3 (as cholecalciferol)	12.5 mcg (500IU)	63%
Vitamin E (as natural d-alpha tocopheryl succinate plus mixed tocopherols)	67 mg	447%
Thiamin	50 mg	4167%
Riboflavin (as Riboflavin/Riboflavin-5-phosphate)	25 mg	1923%
Niacin/Niacinamide	95 mg	594%
Vitamin B6 (as Pyridoxine HCL/Pyridoxal-5-phosphate)	50 mg	2941%
Folate (as L-methylfolate, Metafolin® providing 800 mcg)	667 mcg DFE (400 mcg L-5-MTHF)	167%
Vitamin B12 (as methylcobalamin/adenosylcobalamin/hydroxycobalamin)	250 mcg	10,417%
Biotin	150 mcg	500%
Pantothenic Acid (as d-calcium pantothenate)	50 mg	1000%
Choline (from choline bitartrate)	137.5 mg	25%
Calcium (as calcium citrate/calcium chelate)	210 mg	16%
Iodine (from kelp)	100 mcg	67%
Magnesium (as magnesium citrate/magnesium chelate)	21 mg	50%
Zinc (as zinc chelate)	12.5 mg	114%
Selenium (as selenomethionine)	100 mcg	182%
Copper (as copper amino acid chelate)	1 mg	111%
Manganese (as manganese sulfate)	4.5 mg	196%
Chromium (as chromium polynicotinate)	100 mcg	286%
Molybdenum (as molybdenum Krebs*)	50 mcg	111%
Potassium (as potassium chloride)	50 mg	1%
N-Acetyl L-Cysteine	75 mg*	
Betaine (as 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*	
Bromelain (from <i>Anana comosus</i> , pineapple stem)	25 mg*	
Grape seed extract (standardized to 92% polyphenols)	25 mg*	
Alpha Lipoic Acid	25 mg*	
Vitamin K2 (as menaquinone-7)	22.5 mcg*	
Rutin (from <i>Sophora japonica</i> , flower)	12.5 mg*	
Boron (as boron glycinate)	1.5 mg*	
Vanadium (as Vanadium Krebs*)	25 mcg*	
Proprietary Organic Fruit and Vegetable blend	350 mg	
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		

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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)

Organic Phytonutrient Blend

Organic Spirulina (whole plant)	50 mg*
Organic Chlorella (whole plant, broken cell wall)	50 mg*
Organic Green Tea leaf extract (standardized to 50% polyphenols, 20% EGCG)	25 mg*

Carotenoids

Lutein (from marigold flower extract)	5 mg*
Lycopene (from tomatoes)	3 mg*
Zeaxanthin isomers (from marigold flower extract)	1 mg*

1 softgel

Supercritical CO ₂ Triglyceride Concentrate.....	1,250 mg
Providing:	
EPA.....	600 mg
DHA.....	400 mg

1 softgel

Ubiquinol [Kaneka QH™- reduced form of CoQ10]	100 mg
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1 capsule

Multi-Strain Probiotic blend.....	4 Billion CFU
Providing:	
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
Proprietary Blend	215 mg

FOS (fructooligosaccharides) and ulmus fulva (inner bark).

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).

†† Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.
Metabolin® is a registered trademark of Merck KGaA, Darmstadt, Germany

This product contains fish oil (anchovies, sardines, mackerel).
Non-GMO, Gluten-free

SUGGESTED USE

Adults take 1 pack daily with a meal or as directed by a healthcare professional.

INTERACTIONS

Essential-4 Nutrition Pack

Consult a health care professional before use if taking blood thinners. This product is not recommended for pregnant or lactating women. If you have any health conditions or are taking any medication, consult your health professional before use.

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.

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For more information on Essential-4 Nutrition 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.

Manufactured by
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Your patients trust you.**

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