

## 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 –

- 1) Ultra Preventive X multivitamin/mineral
- 2) QÜELL Fish Oil EPA/DHA plus Vitamin D
- 3) Multi-Probiotic 4000
- 4) Citrus Solu-Q Coenzyme Q10 formula with VESIsorb technology

### 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. Unlike synthetic folic acid, 5-MTHF can be used directly by the body, without the need for an additional conversion via the enzyme (5,10-methylenetetrahydrofolate reductase (MTHFR)). In certain populations, the body's ability to convert folic acid to 5-MTHF by use of this enzyme may be compromised due to genetic differences. Metafolin® contains only the S isomer of 5-MTHF and has been shown to be the only form of folate to be able to cross the blood-brain barrier.

QÜELL Fish Oil uses the Supercritical CO<sub>2</sub> 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. †

Citrus Solu-Q™ is a liquid filled capsule containing natural coenzyme Q10 in a patented, self-assembling nano-colloid system for enhanced absorption. When mixed with an aqueous system, this patented technology results in the formation of a nano-colloid containing solubilized CoQ10. This colloidal delivery system contains a highly uniform distribution of droplets that are typically less than 100 nm in diameter, and allows for enhanced absorption of coenzyme Q10. †

### INDICATIONS

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

## Essential-4 Nutrition Pack

### FORMULA (#66355)

1 pack contains:

Calories .....	16
Calories from Fat .....	16
Total Fat .....	1.8 g
Vitamin A .....	7,500 I.U.
(33% as Vitamin A Palmitate [2,500 IU]/67%	
[5,000 IU] as Natural Beta-Carotene) from	
D. Salina with full spectrum carotenoids**	
Vitamin C .....	700 mg.
(as Ascorbic Acid/Ascorbyl Palmitate/ Calcium and Magnesium Ascorbate complex)	
Vitamin D-3.....	1,500 I.U.
Vitamin E .....	213 I.U.
(natural, as d-alpha tocopheryl plus mixed tocopherols)	
Thiamine.....	50 mg.
Riboflavin.....	25 mg.
Niacin/Niacinamide.....	95 mg.
Vitamin B-6.....	50 mg.
(as Pyridoxine HCl/ Pyridoxal-5-Phosphate Complex)	
Folate.....	400 mcg.
(as L-methylfolate, Metafolin®)	
Vitamin B-12.....	125 mcg.
(as methylcobalamin)	
Biotin.....	150 mcg.
Pantothenic Acid .....	250 mg.
(as d-Calcium Pantothenate)	
Calcium.....	250 mg.
(as Calcium Citrate/Ascorbate/Carbonate Complex)	
Iodine (from kelp) .....	100 mcg.
Magnesium.....	250 mg.
(as Magnesium Aspartate/Ascorbate/Oxide Complex)	
Zinc.....	12.5 mg.
(as Zinc Amino Acid Chelate)	
Selenium.....	100 mcg.
(as Selenium Krebs*/Kelp complex)	
Copper.....	1 mg.
(as Copper Amino Acid Chelate)	
Manganese.....	5 mg.
(as Manganese Aspartate/Sulfate Complex)	
Chromium.....	100 mcg.
(Organically bound with GTF activity—low allergenicity)	
Molybdenum .....	50 mcg.
(as Molybdenum Krebs*)	
Potassium.....	49.5 mg.
(as Potassium Aspartate/Chloride Complex)	
Inositol .....	50 mg.
Trace Elements approx. 50 mcg. (from Sea Vegetation)	
Choline .....	30 mg.

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(from 75 mg Choline Citrate/Bitartrate)	
PABA .....	25 mg.
(para-aminobenzoic acid)	
Boron .....	0.75 mg.
(as Boron Aspartate/Citrate complex)	
Vanadium .....	25 mcg.
(as Vanadium Krebs*)	
L-Cysteine/N-Acetyl	
L-Cysteine .....	75 mg.
Betaine .....	57 mg.
(from 75 mg Betaine HCl)	
Bromelain (2,000 GDU/g).....	25 mg.
Glutamic Acid .....	10 mg.
(from Glutamic Acid HCl)	
L-Methionine.....	6.3 mg.
Rose Hips .....	50 mg.
Lemon Bioflavonoids .....	50 mg.
Red Wine Proanthocyanidins/Pine	
Bark Extract.....	25 mg.
(OPC 85) (J. Mesquelier U.S.Patent No. 4,698,360)	
Hesperidin .....	17.5 mg.
Rutin .....	12.5 mg.
Proprietary Organic Fruit	
and Vegetable Blend .....	350 mg.
Organic beet powder, Organic carrot powder, Organic black currant powder, Organic blueberry powder, Organic broccoli powder, Organic Concord grape powder, Organic green cabbage powder, Organic Collard greens powder, Organic mountain cranberry powder, Organic kale powder, Organic Parsley powder, Organic pomegranate powder, Organic raspberry powder, Organic spinach Powder.	
Garlic .....	50 mg.
Cauliflower (entire plant) .....	50 mg.
Spirulina.....	50 mg.
Chlorella (broken cell wall) .....	50 mg.
Green Papaya Extract .....	50 mg.
(fruit)	
Blackberry (Fruit).....	40 mg.
Celery powder (leaf) .....	35 mg.
Black radish powder (root) .....	35 mg.
Apricot powder (fruit) .....	35 mg.
Green Tea Extract (leaf).....	25 mg.
Apple Pectin (fruit).....	25 mg.
Lutein (natural) .....	3 mg
Lycopene (natural) .....	3 mg
Zeaxanthin .....	0.5 mg
Natural Coenzyme Q10 .....	100 mg
Supercritical CO <sub>2</sub> Triglyceride Concentrate.....	2,500 mg
Providing:	
EPA.....	1,200 mg
DHA.....	800 mg
Multi-Strain Probiotic blend.....	4 Billion CFU
Providing:	

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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).	

\*Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

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

Metabolin® is a registered trademark of Merck KGaA, Darmstadt, Germany

### 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.

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**For more information on Essential-4 Nutrition Pack visit [douglaslabs.com](http://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.

## Essential-4 Nutrition Pack

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**You trust Douglas Laboratories.  
Your patients trust you.**

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