

Energy/Sports Formula™

Replacement for nutrient depletion during exercise

DESCRIPTION

Energy/Sports Formula™, provided by Douglas Laboratories, is a synergistic and comprehensive combination of vitamins, minerals, enzymes, herbals, and other nutrients, carefully formulated and specifically designed to support energy metabolism during sport and exercise.

FUNCTIONS

Studies show that a high percentage of adults in North America and other developed countries eat less than the minimum daily allowance of 10 or more essential nutrients. Adequate amounts and proper balance of these nutrients are needed not only for maintaining good health, but also for the dietary management of the body's structure as well as the optimum functioning of its various systems, including energetics. Energy/Sports Formula™ has been carefully developed to contain the right proportions of vitamins, minerals, trace elements, and other nutrients without danger of toxic build-up or of side effects. Each ingredient is selected in consideration of its absorbability, competitive relationship with other nutrients, allergenic potential, and long-term safety. Certain nutrients such as beta-carotene, vitamin C, vitamin E and B-complex vitamins are included in high-potency amounts because of the vital roles they play in energy production, antioxidant protection and maintenance of healthy blood cells, nervous system, hormonal balance, and more. Minerals and trace elements are provided in their safest and most bioavailable forms.

Energy/Sports Formula™ contains not only the base formula of Douglas Laboratories' Ultra-Specific Nutrition 2000 Series™ that offers intensive support for the healthy functioning of the body in general, but also a blend of herbs and additional nutrients specifically formulated to offer additional fortification of the body's defenses against oxidative assaults to the structure and function of our body's metabolic processes including energetics. Scientific research has

shown that exercise-induced oxidative damage to the structure and function of the body's tissues, can be attenuated by the various nutrients included in Energy/Sports Formula™ such as vitamin E, vitamin C, N-acetyl-cysteine, and gamma oryzanol. Ginseng may help sustain muscle function during some sport activities. Additionally, citrus bioflavonoids, vitamin E, vitamin C, zinc, and selenium provide potent antioxidant protection to maintain the healthy structure and function of blood vessels supplying oxygen and nutrients to exercising muscle.

INDICATIONS

Energy/Sports Formula™ may be a useful dietary supplement for those who wish to maintain the healthy functioning of their bodies while undergoing the stresses of physical exercise.

FORMULA (#4543)

Four Tablets Contain:

Blend of:

Ginseng (Panax), Royal Jelly, Octacosanol, *Smilax officinalis* (Sarsaparilla), Gamma Oryzanol (Rice Bran Oil), n,n dimethylglycine (DMG), L-Carnitine, Inosine, N-Acetyl-L-Cysteine, L-Methionine, Betaine HCl, Glutamic Acid and

L-Aspartic Acid	500	mg
Beta-Carotene (Vitamin A Activity)	15,000	I.U.
Vitamin A (Palmitate, Water Dispersible) ..	5,000	I.U.
Vitamin D-3	50	I.U.
Vitamin E (Succinate).....	200	I.U.
Vitamin C (Ascorbic Acid)	1,000	mg
Vitamin B-1 (Thiamine HCl).....	50	mg
Vitamin B-2 (Riboflavin).....	25	mg
Niacin	20	mg
Niacinamide.....	100	mg
Pantothenic Acid		
(as d-Calcium Pantothenate).....	150	mg
Vitamin B-6	25	mg
(as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)		
Vitamin B-12	100	mcg

(continued on reverse)

Folic Acid	800	mcg
Biotin	300	mcg
Choline Citrate/Bitartrate.....	50	mg
Inositol.....	25	mg
Citrus Bioflavonoid Complex	100	mg
PABA (Para-Aminobenzoic Acid).....	50	mg
Calcium (Citrate/Ascorbate Complex).....	300	mg
Magnesium	300	mg
(Aspartate/Ascorbate Complex)		
Potassium (Aspartate Complex).....	75	mg
Zinc (Aspartate Complex).....	20	mg
Copper (Amino Acid Chelate).....	2	mg
Manganese (Aspartate Complex).....	15	mg
Chromium GTF	200	mcg
(Organically bound with GTF activity-low allergenicity)		
Selenium	200	mcg
(Organic Selenium in Krebs [†] Cycle and Kelp)		
Molybdenum (Krebs [†])	50	mcg
Vanadium (Krebs [†])	25	mcg
Boron (Aspartate/Citrate Complex).....	1	mg
Trace Elements (Sea Vegetation).....	100	mcg
[†] Krebs=Citrate, Fumarate, Malate, Glutarate and Succinate Complex		

SUGGESTED USE

Adults take 4 tablets daily with meals or as directed by physician.

SIDE EFFECTS

No adverse effects have been reported

HOW SUPPLIED

Supplied in bottles of 120 tablets.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

References

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**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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