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:
500 mg Proprietary Blend of:
Ginseng (Panax), Smilax officinalis (Sarsaparilla), L-Aspartic Acid, Octacosanol, Betaine HCl, Royal Jelly, Gamma Oryzanol(Rice Bran Oil), n,n, dimethylglcine (DMG), L-Carnitine, Inosine, N-Acetyl L-Cysteine, L-Methionine, and Glutamic Acid.
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
Vitamin B-12………………………………100 mcg
Folic Acid………………………………………800 mcg

(continued on reverse)
Biotin ..........................................................300 mcg
Choline (from Choline Citrate/Bitartrate) ..... 20 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 Cycle) .................. 50 mcg
Vanadium (Krebs Cycle) ......................... 25 mcg
Boron (Aspartate/Citrate Complex) ........ 1 mg
Trace Elements (Sea Vegetation) ............ 100 mcg

1Krebs=Citrate, Fumarate, Malate, Glutamate 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

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

References

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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