

**OptimalHealthToday.com**  
**SEEMA M PATEL, MD, MPH**  
**PREFERRED LIST FROM DOUGLAS LABS**  
**CALL 1.800.245.4440**  
**PHYSICIAN FULFILLMENT NUMBER 2143187-**  
**Use this number when placing your order**  
**These are physician grade high quality nutritional products**  
**WWW.DOUGLASLABS.COM**

**FOR HEART HEALTH**

**1. Opti-Omega Q with Phytosterols**

Unique, delicious liquid with ultra pure fish oil and plant sterols to decrease cholesterol, and CoQ10 to support the heart and energy levels. A must for patients with heart disease, diabetes, cholesterol concerns, family history of heart disease and healthy aging. One teaspoon daily. Each teaspoon contains:

EPA 665mg    DHA 443    Phytosterols 650mg    CoQ10 50mg  
**Formula 99468                      240ml size                      Your Cost: \$79.95**

**2. Opti-EPA Liquid**

A fantastic delicious liquid fish oil with over 2,000mg of EPA/DHA, the most important omega 3's for heart, cholesterol, and anti-aging health. Each teaspoon contains EPA 1,380mg and DHA 920mg.

**Formula 99474                      240ml size                      Your cost \$59.00**

**3. Cardio Edge Vegetarian Capsule**

A blend of plant sterols to decrease absorption of cholesterol, pomengranate, and sytrinol to reduce cholesterol (LDL) and triglycerides by 20%. Can be used with statins.

**Formula 99134                      120 capsules                      You Cost \$38.40**

**4. Cardio Stolix**

A novel blend of casien (milk protein shown to decrease blood pressure), grape seed, hawthorne, and many other herbs to promote healthy blood pressure and cardiovascular function. Take 2 tablets with meals twice daily.

**Formula 99597                      240 Vegetarian capsules                      Your Cost \$88.00**

**5. CoQmelt (60mg, 100mg, 300mg)**

Enjoy the benefits of CoQ10 in a fast melting form.

<b>Formula 98671</b>	<b>60melts</b>	<b>\$43.00</b>	<b>60mg</b>
<b>Formula 98555</b>	<b>56</b>	<b>\$61.00</b>	<b>100mg</b>
<b>Formula 99129</b>	<b>60</b>	<b>\$161.00</b>	<b>200mg</b>

**MULTIVITAMIN**

**1. Ultra Preventative X**

This concentrated multi-vitamin and mineral supplement in a special green food base includes significant numbers of lutein, lycopene, natural beta carotene, and 25 selected fruit, vegetable, and herb extracts in the right proportions to prevent toxic build up. 2-4 tablets daily

**Formula 45410                      120 tablets \$31.10 for 240 tablets \$57.10**

**2. Vita Big Kids Improved**

This chewable orange mango flavored in a unique teddy bear shape has all the appropriate needs for your children

**Formula 7060                      100 chewable tablets                      \$16.10**

**3. Ultra Preventative X Vegetarian Capsules**

Concentrated multi-vitamin important made in a vegetarian base and blend

**Formula 45405                      240 capsules                      Your cost \$43.60**

## **HORMONE HELP**

### **1. Thyro-Mend**

A proper functioning thyroid is important for metabolism and energy. This unique blend is designed to help the thyroid function at its best. 3 Daily

**Formula 99447                      90 vegetarian capsules                      Your cost \$39.80**

### **2. Estro-Mend**

This unique blend supplies natural isoflavones, lobata, black and red clover with many other blends support the formation of good estrogens, bone health, and sugar control. Take 2-3 tablets with food daily.

**Formula 99260                      90 capsules                      Your cost \$41.30**

### **3. Progesto-Mend**

This unique blend of herbs supports progesterone production important for the perimenopause and menopause time. Three daily with food

**Formula 99092                      90 capsules                      Your cost \$40.50**

### **4. Testo-Gain**

Combination of phytoandrogens, androgenic adaptogens, and herbs to promote optimal testosterone function for both men and women. 3 daily with food

**Formula 99094                      90 capsules                      Your cost \$37.20**

### **5. Testo-Quench**

A unique blend for of herbs that can help women with androgen excess as in Polycystic Ovarian Syndrome. 3 Daily with Food

**Formula 99093                      90 capsules                      Your cost \$40.00**

### **6. DHEA**

A precursor to making testosterone, important for immunity, well being, and energy. Checking levels is recommended. 1-2 daily

**Formula DHEA1                      10mg capsule                      Your cost \$11.50**

**Formula DHEA                      25mg capsule                      Your cost \$14.00**

**Formula DHEA5                      50mg capsule                      Your cost \$18.20**

**Formula 83050                      25mg sublingual tablet                      Your cost \$8.40**

## **MALE HEALTH: PROSTATE SUPPORT**

### **1. Ultra Uni-Pros-Trol**

A broad range of tablets to support the prostate such as saw palmetto, lycopene, pygeum, nettles, as well as lycopene which has been shown to work synergistic with lutein and d gamma tocopherol. Two tablets daily

Saw Palmetto 320mg    Pygeum 50mg, Selenium 200mg, Nettles 120mg, Lutein 5mg, Lycopene 15mg, Pumpkin seed oil 100mg, D gamma tocopherol 90mg

**Formula 99451                      60 soft gel                      Your cost \$58.00**

## **JOINT SUPPORT**

### **1. Glucosamine Plus-Vegetarian Capsules**

Benefits of glucosamine and chondroitin sulfate to build and protect cartilage throughout the body. 1-3 tablets daily

**Formula GCSP                      120capsules                      Your cost \$30.10**

### **2. Glucosamine Plus Extra Strength-Vegetarian Capsules**

Supplies twice the benefit of glucosamine and chondroitin sulfate. 1-3 tablets daily

**Formula GCSP                      120 capsules                      Your cost \$34.30**

## GI SUPPORT

### 1. Multi Probiotic 4000

one multi probiotic capsule with over 4 billion organisms including acidophilus, rhamnosus, b.longum, b. bifidum, s. thermophilus

**Formula 7497                      100 capsules                      Your cost \$23.90**

### 2. DL Ultra Duo-Dophilus (2billion cfu)

**Formula 7494                      60 capsules                      Your cost \$17.20**

## DETOXIFICATION FORMULAS

### 1. Broccosabi Vegetarian Capsule

Naturally occurring compounds in the cruciferous vegetables that stimulate the body's ability to detoxify, powerful anti-oxidants. 2 daily

**Formula                      99245                      60 capsules                      Your cost \$41.50**

### 2. Livedetox

Synergistic blend of compounds to detox the liver for 1-3 months or as needed. 3 tablets daily

**Formula 7600                      120 tablets                      Your cost \$21.30**

### 3. Metabolic Cleanse

A unique dietary blend from rice, peas, and fish proteins with essential vitamins, minerals, anti-oxidants, and other important nutrients for gastro-intestinal health. Powder to be mixed with liquid of choice

**Formula 57089                      873g (1month)                      Your cost \$64.40**

## IMMUNE SUPPORT

### 1. A.H.C.C-Active Hexose Correlated Compound-Vegetarian Capsules

Derived from mushrooms which have been used extensively in Asian medicine with studies demonstrating support for the body's natural immune system.

### 2. DIM with green tea-Vegetarian Capsule

To support immune system as well as decrease the risk of bad estrogens for men and women

**Formula 99598                      60 capsules                      Your cost \$35.80**

## MINERALS

### 1. C 1000

Strong anti-oxidants and immune support; 1 daily

**Formula 81407                      100 or 250 capsules                      Your cost \$10 or \$25**

### 2. Ester C complex-Vegetarian Formula

Vitamin C, calcium in a non acidic form 1-2 capsules daily

**Formula EST                      100 capsules                      Your cost \$19.20**

### 3. Tri-En-All 400

Contains the complete Vitamin E family of alpha (400iu), gamma(200mg), beta, and delta tocopherols (40mg). 1-2 daily

**Formula 98738                      60 softgel                      Your cost \$35.80**

### 4. Cal-6+Mag

Special chelated complex of magnesium, calcium, boron, lysine, Vitamin D3, glutamic acid, and boron for bone health and overall well being

**Formula 7015                      90 tablets, 250 tablets                      Your cost \$8.40/\$14.00**

## **NUMBNESS**

### **1. Phoshatidyl Serine**

Helps with numbness experienced in diabetes, and other neurological disorders. One capsule daily. Also great for Cold sore prevention

**Formula 83004                      60 Capsules                      Your cost \$45.70**

## **EXERCISE SUPPORT**

### **1. Ribose Plus**

Ribose is a simple sugar needed to make energy within the body. Important for intense exercise, as well as for patients with cardiac conditions, inflammatory states, and fatigue after medical procedures. Each tablet has 1gm of ribose

**Formula 98428                      60tablets                      Your cost \$39.40**

## **SLEEP/STRESS CONTROL**

### **1. Melatonin**

For sleep and relaxation; one tablet at night

**Formula MEL                      60 capsules                      Your cost \$10.90**

## **SUGAR CONTROL/DIABETES/PRE-DIABETIC STATES**

### **1. Gluco-Mend**

Unique blend of Gymnema, bitter melon, fenugreek, Garcinia, ALA, chromium, and Vanadium to help lower blood sugars over 6-8 weeks.

1 tablet with each meal

**Formula 80442                      90 vegetarian capsules                      Your cost \$22.40**

### **2. Met A Syn X Pack**

For patients with metabolic syndrome who need extra help with sugar control, cholesterol, and metabolic support-1 pack daily (12 tablets). Contains cardio edge, glucobrium, CoQ10 melt, Herbal blends, and essential vitamins

**Formula 99249                      30packs                      Your cost \$102.80**

### **3. Glucobrium-Vegetarian Capsules**

A natural blend of herbs using Gymnema, Cinnamon, Fenugreek to support healthy sugar control. 1-2 tablets daily

**Formula 99155                      60 capsules                      Your cost \$37.30**