

# Executive Stress Formula™

**Nutrients to boost the body's defenses against stress**

## DESCRIPTION

Executive Stress 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 and boost the function of the body's defenses against stress.

## 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 the immune system. Executive Stress 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 antioxidant protection, energy production 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. Executive Stress 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 systems including its immune system. Scientific research has shown the oxidative damage

to the structure and function of the body's tissues, associated with the stresses of modern life, can be attenuated by the various nutrients included in Executive Stress Formula™ such as vitamin E, vitamin C, coenzyme Q-10, reduced glutathione, proanthocyanidins of red grapes, and the herb *Silybum marianum*. Additionally, citrus bioflavonoids, vitamin E, vitamin C, zinc, and selenium provide potent protection against oxidative damage to the structure and function of blood vessels.

## INDICATIONS

Executive Stress Formula™ tablets may be a useful dietary supplement for those who wish to boost their body's defenses against stress.

## FORMULA (#4541)

### Four Tablets Contain:

500 mg Blend of:

*Ginkgo biloba* Extract (minimum 24% ginkgoflavonglycosides and 6% terpenes), Silymarin (from *Silybum marianum*), Lemon Bioflavonoids, Brown Rice Protein Concentrate (hydrolyzed, digestibility 96%), Betaine HCl, L-Glycine, N-Acetyl-L-Cysteine, SOD/Glutathione Peroxidase (Young Wheat Sprouts), L-Methionine, Coenzyme Q-10, Proanthocyanidins (Red Wine Grapes), Glutamic Acid and L-Glutathione (Reduced) 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 .....	150	mg
(as d-Calcium Pantothenate)		
Vitamin B-6.....	25	mg

(continued on reverse)

(as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)

Vitamin B-12 (on Ion Exchange Resin) .....	100	mcg
Folic Acid .....	800	mcg
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 <sup>†</sup> Cycle and Kelp)		
Molybdenum (Krebs <sup>†</sup> ) .....	50	mcg
Vanadium (Krebs <sup>†</sup> ).....	25	mcg
Boron (Aspartate/Citrate Complex).....	1	mg
Trace Elements (Sea Vegetation) .....	100	mcg

<sup>†</sup>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

## STORAGE

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

## REFERENCES

- Bagchi M, Balmoori J, Bagchi D, Ray SD, Kuszynski C, Stohs SJ. Smokeless tobacco, oxidative stress, apoptosis, and antioxidants in human oral keratinocytes [published erratum appears in Free Radic Biol Med 1999 Jun;26(11-12):1599]. *Free Radic Biol Med* 1999;26:992-1000.
- Feher J, Lengyel G, Blazovics A. Oxidative stress in the liver and biliary tract diseases. *Scand J Gastroenterol Suppl* 1998;228:38-46.
- Fernandez T, Wagner ML, Varela BG, Ricco RA, Hajos SE, Gurni AA, Alvarez E. Study of an Argentine mistletoe, the hemiparasite *Ligaria cuneifolia* (R. et P.) Tiegh. (Loranthaceae). *J Ethnopharmacol* 1998;62:25-34.
- Forsleff L, Schauss AG, Bier ID, Stuart S. Evidence of functional zinc deficiency in Parkinson's disease. *J Altern Complement Med* 1999;5:57-64.
- Johnson K, Kligman EW. Preventive nutrition: an 'optimal' diet for older adults. *Geriatrics* 1992;47:56-60.
- Julien JP, Mushynski WE. Neurofilaments in health and disease. *Prog Nucleic Acid Res Mol Biol* 1998;61:1-23.
- Makabi-Panzu B, Sprott GD, Patel GB. Coenzyme Q10 in vesicles composed of archaeal ether lipids or conventional lipids enhances the immuno-adjuvant activity to encapsulated protein. *Vaccine* 1998;16:1504-10.
- Oldham KM, Bowen PE. Oxidative stress in critical care: is antioxidant supplementation beneficial? *J Am Diet Assoc* 1998;98:1001-8.
- Sato M, Maulik G, Ray PS, Bagchi D, Das DK. Cardioprotective effects of grape seed proanthocyanidin against ischemic reperfusion injury. *J Mol Cell Cardiol* 1999;31:1289-97.
- Seekamp A, Hultquist DE, Till GO. Protection by vitamin B2 against oxidant-mediated acute lung injury. *Inflammation* 1999;23:449-60.
- Sowers M, Lachance L. Vitamins and arthritis. The roles of vitamins A, C, D, and E. *Rheum Dis Clin North Am* 1999;25:315-32.
- Turcan M, Cozmei C, Carasevici E, Haulica I. Effect of the EGB 761 (Ginkgo bilboa extract) on primary immune response in experimental chronic stress. *Rev Med Chir Soc Med Nat Iasi* 1995;99:154-9.
- Ye X, Krohn RL, Liu W, Joshi SS, Kuszynski CA, McGinn TR, Bagchi M, Preuss HG, Stohs SJ, Bagchi D. The cytotoxic effects of a novel IH636 grape seed proanthocyanidin extract on cultured human cancer cells. *Mol Cell Biochem* 1999;196:99-108.

**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  
Douglas Laboratories  
600 Boyce Road  
Pittsburgh, PA 15205  
800-245-4440**