

## Product Updates

Brand	Product Name	SKU	Replacement SKU	Updates to Formula / Label / Packaging	Market Date
Douglas Laboratories	Testo-Plus	201397-120HYC-C	no change	<p>Update risk information. Add extract ratios to match product license.</p> <p>Changes to Medicinal Ingredients:</p> <ul style="list-style-type: none"> <li>- Add extract ratio 4:1 to Panax ginseng Root Extract</li> <li>- Add extract ratio 5-8:1 to Ashwagandha Root Extract</li> <li>- Add extract ratio 10-12:1 to Siberian Ginseng Root Extract</li> </ul> <p>Revised Risk Information:</p> <ul style="list-style-type: none"> <li>- Do not use this product if you have high blood pressure. Consult your healthcare practitioner prior to use if you have diabetes, any type of acute infection, are taking antidepressant medications, blood thinners, digoxin, or any other medication. Consult your healthcare practitioner if symptoms persist or worsen. Avoid taking with alcohol or products that cause drowsiness. Stop use if you experience insomnia, anxiety or headaches. Stop use if allergy, dizziness, vomiting, dry mouth, thirst, or nosebleed occur. Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness. Diuretic effect may occur.</li> </ul> <p>Address updated to 1-150 Via Renzo Dr., Richmond Hill, ON L4S 0J7</p> <p>New Label version: V4</p>	Dec-22



## Product Updates

Douglas Laboratories	Calcium Microcrystalline Hydroxyapatite	83018-90HYC-C	202769-90HYC-C	<p>Reformulation: Update medicinal &amp; non-medicinal ingredients, update format, update daily dose, update NPN, remove risk information to match new license, update packaging.</p> <p>Changes to Medicinal Ingredients:</p> <ul style="list-style-type: none"> <li>- Remove Boron</li> <li>- Change Phosphorus label claim From Phosphorus (bone meal)...130 mg To Phosphorus (Durapatite (bovine))...110 mg</li> <li>- Change source of Calcium From bone meal To Durapatite (bovine)</li> </ul> <p>Changes to Non-Medicinal Ingredients:</p> <ul style="list-style-type: none"> <li>- Remove cellulose, hypromellose, croscarmellose sodium, tablet coating (hypromellose, glycerin), stearic acid, magnesium stearate, silica</li> <li>- Add hypromellose (capsule)</li> </ul> <p>Change format From Tablet size "TAB 8" (0.375" width x 0.875" length - modified oval) To Capsule size "00" (23.30mm length x 8.53mm diameter)</p> <p>Revised Suggested Usage:</p> <ul style="list-style-type: none"> <li>- Change From "Adults: Take 1 tablet daily with a meal and vitamin D, a few hours before or after taking other medications or natural health products, or as directed by your healthcare practitioner." To "Adults: Take 2 capsules daily with a meal, a few hours before or after taking other medications or natural health products, or as directed by your healthcare practitioner."</li> </ul> <p>Change to Risk Information:</p> <ul style="list-style-type: none"> <li>- Remove "Consult your healthcare practitioner prior to use if you are pregnant, breastfeeding, have been diagnosed with estrogen-dependent cancer or have a kidney disorder. Consult your healthcare practitioner if symptoms worsen."</li> </ul> <p>Packaging Change:</p> <ul style="list-style-type: none"> <li>- Remove cotton</li> <li>- Add desiccant</li> </ul> <p>New Product Code# 202769-90HYC-C New NPN: 80118778 New UPC: 310539980644 New Label version: V1</p>	Oct-22
Douglas Laboratories	DIM Enhanced	202558-90HYC-C	no change	<p>Reformulation: Update non-medicinal ingredients to remove dibasic calcium phosphate dihydrate.</p> <p>Change to Non-Medicinal Ingredients:</p> <ul style="list-style-type: none"> <li>- Remove dibasic calcium phosphate dihydrate</li> </ul> <p>New Label version: V3</p>	Nov-22

## Product Updates

Douglas Laboratories	ProgestoMend	201388-120HYC-C	202742-120HYC-C	<p>Reformulation: Update medicinal &amp; non-medicinal ingredients, update NPN, update daily dose, revised risk information to match new license.</p> <p>Changes to medicinal ingredients:</p> <ul style="list-style-type: none"> <li>- Remove Crampbark</li> <li>- Change Chinese Thorowax label claim From 85 mg To 100 mg</li> <li>- Change Passionflower label claim From 75 mg To 90 mg</li> <li>- Change Chasteberry label claim From 40 mg To 50 mg</li> <li>- Change Forskohlii label claim From 50 mg To 60 mg</li> <li>- Change Wild Yam label claim From 70 mg To 80 mg</li> <li>- Change Wild Yam From Dioscorea villosa To Dioscorea oppositifolia</li> <li>- Change White Peony extract ratio From 10:1 to 5:1</li> </ul> <p>Change to non-medicinal ingredients:</p> <ul style="list-style-type: none"> <li>- Add maltodextrin</li> </ul> <p>Change daily dose From "1 capsule 3 times daily" To "2 to 4 capsules daily"</p> <p>Revised Risk Information:</p> <ul style="list-style-type: none"> <li>- Do not use this product if you are pregnant or breastfeeding. Consult your health care practitioner prior to use if you are taking hormone-containing medications such as progesterone preparations, oral contraceptives or hormone replacement therapy. Consult your health care practitioner if symptoms persist or worsen. Stop use if allergy occurs. Avoid taking with alcohol or products that cause drowsiness. Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness.</li> </ul> <p>New Product Code# 202742-120HYC-C New NPN: 80119251 New UPC: 310539980651 New label version: V1</p>	Sep-22
Douglas Laboratories	Ultra MFP Forte	200803-120HYC-C	no change	<p>Update NPN, revised risk information to match new license, revise Olive Leaf extract ratio.</p> <p>Changes to medicinal ingredients:</p> <ul style="list-style-type: none"> <li>- Change Olive Leaf extract ratio From 15:1 To 8:1</li> </ul> <p>Revised Risk Information:</p> <ul style="list-style-type: none"> <li>- Do not use if you are pregnant, breastfeeding, or allergic to plants of the Asteraceae/Compositae/Daisy and Oleacea family, or have heart disease, high or low blood pressure, kidney or liver disorder, diabetes or edema or are taking products containing diuretics. Consult your healthcare practitioner prior to use if you have gallstones, or are taking any prescription medications, as citrus bioflavonoids and berberine may alter the effectiveness of these medications. Stop use and seek medical attention immediately if you experience dizziness, confusion, muscle weakness or pain, abnormal heart beat or difficulty breathing. Consult your healthcare practitioner if symptoms persist or worsen. Avoid taking with alcohol, other medications or natural health products with sedative properties. Stop use if allergy occurs.</li> </ul> <p>Diuretic effect may occur. May cause gastrointestinal discomfort such as constipation, abdominal pain, vomiting or diarrhoea; in which case, stop use and consult your healthcare practitioner.</p> <p>New NPN: 80117501</p>	Aug-22

## Product Updates

Douglas Laboratories	Pyridoxal-5-Phosphate	7467-60HYC-C	202750-60HYC-C	<p>Changes to Medicinal Ingredients:</p> <ul style="list-style-type: none"> <li>- Change Vitamin B6 label claim From 32.5 mg To 50 mg</li> </ul> <p>Changes to Non-Medicinal Ingredients:</p> <ul style="list-style-type: none"> <li>- Remove magnesium stearate</li> <li>- Add ascorbyl palmitate</li> <li>- Change capsule From gelatin To hypromellose (vegetarian)</li> </ul> <p>Revised Suggested Usage:</p> <ul style="list-style-type: none"> <li>- Adolescents (9-18 years): Take 1 capsule daily or as directed by your healthcare practitioner.</li> <li>- Adults: Take 1 capsule 1-2 times daily or as directed by your healthcare practitioner.</li> </ul> <p>New Product Code# 202750-60HYC-C</p> <p>New UPC: 3 10539 98059 0</p> <p>New NPN: 80117124</p> <p>New Label version: V1</p>	Oct-22
Douglas Laboratories	EstroMend	201353-120HYC-C	no change	<p>Changes to Medicinal Ingredients:</p> <ul style="list-style-type: none"> <li>- Change Black Cohosh Extract ratio From 18:1 To 5:1</li> <li>- Change Black Cohosh Extract plant part From "Root" To "Root and Rhizome"</li> <li>- Remove triterpene glycosides potency from Black Cohosh</li> </ul> <p>Address updated to Richmond Hill, ON L4S 0J7</p> <p>New Label version: V5</p>	Aug-22
Douglas Laboratories	LVDTX	7600-120HYC-C	no change	<p>Replace Milk Thistle raw material.</p> <p>Change to medicinal ingredients:</p> <ul style="list-style-type: none"> <li>- Change Milk Thistle Seed From Extract 4:1 To Std. Extract 80% Silymarin</li> </ul> <p>New Label version: V7</p>	Jun-22
Douglas Laboratories	TQ for Women	201352-120HYC-C	no change	<p>Add storage conditions, correct extract ratio for White Peony Extract, update UPC.</p> <p>Change to medicinal ingredients:</p> <ul style="list-style-type: none"> <li>- Change White Peony Extract Ratio From 10:1 To 5:1</li> </ul> <p>Revised storage conditions:</p> <ul style="list-style-type: none"> <li>- Store in a cool, dry place, protected from light. Keep tightly closed.</li> </ul> <p>New UPC: 3 10539 97932 7</p> <p>Address updated to 1-150 Via Renzo Dr., Richmond Hill, ON L4S 0J7</p> <p>New Label version: V3</p>	May-22
Douglas Laboratories	Melatonin 3 mg	81322-60HYC-C	no change	<p>Revise tablet size FROM "TAB 10" (0.190" Round shape) TO "TAB 55" (11/32" Standard Cup Round shape)</p>	Mar-22
Douglas Laboratories	Ultra Preventive® 50+	202547-60HYC-C	no change	<p>Update molybdenum source.</p> <p>Change to Medicinal Ingredients:</p> <ul style="list-style-type: none"> <li>- Change molybdenum source From molybdenum amino acid chelate To molybdenum bisglycinate</li> </ul> <p>New Label version: V4</p>	Mar-22
Douglas Laboratories	Ultra MFP Forte	200803-120HYC-C	no change	<p>Revise Grapefruit Fruit and Seed potency.</p> <p>Changes to medicinal ingredients:</p> <ul style="list-style-type: none"> <li>- Change Grapefruit Fruit and Seed Extract potency From 45% bioflavonoids To 20% naringin</li> </ul> <p>New Label version: V6</p>	Mar-22

## Product Updates

Douglas Laboratories	ThyroMend	201381-120HYC-C	202703-120HYC-C	<p>Reformulation: Remove Bladderwrack, replace Ashwagandha raw material, increase Kelp label claim.</p> <p>Changes to medicinal ingredients:</p> <ul style="list-style-type: none"> <li>- Change Kelp Thallus label claim From 225 mg To 233 mg</li> <li>- Remove Bladder Fucus Whole</li> <li>- Change Ashwagandha Extract ratio From (1.7:1) (102 mg dried equivalent) To (10-15:1) (600-900 mg dried equivalent)</li> </ul> <p>Revised Risk Information:</p> <p>Do not use this product if you are pregnant, breastfeeding or have a seizure disorder such as epilepsy. Consult your healthcare practitioner prior to use if you have depression or related diseases, low blood pressure, gastrointestinal lesion, kidney, liver or thyroid disorder, coagulation disorders or are at risk for bleeding, or are taking prescription medications, beta-blockers, calcium channel blockers, anticoagulant or antiplatelet medication. Consult your healthcare practitioner if symptoms persist or worsen. Stop use if gastrointestinal discomfort, headache or skin rash appear. Avoid taking with alcohol or products with sedative properties. Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness. May cause digestive problems.</p> <p>New Product Code# 202703-120HYC-C New UPC: 3 10539 98013 2 New NPN: 80112445 New Label version: V1</p>	Jan-22
Douglas Laboratories	Betaine Plus	80106-250HYC-C	no change	<p>Update NPN. Revise medicinal ingredients.</p> <ul style="list-style-type: none"> <li>- New NPN 80108903</li> <li>- Change Betaine label claim from 645 mg to 496 mg</li> </ul> <p>New Label version: V4</p>	Dec-21
Douglas Laboratories	Magnesium Glycinate	202559-120HYC-C	202733-120HYC-C	<p>Update to magnesium glycinate capsule to ease manufacturing and increase customer satisfaction.</p> <p>Changes to Medicinal Ingredients:</p> <ul style="list-style-type: none"> <li>- Change Magnesium label claim From 100 mg To 120 mg</li> </ul> <p>Changes to Non-Medicinal Ingredients:</p> <ul style="list-style-type: none"> <li>- Remove Hypromellose, croscarmellose sodium, silica, carnauba wax, tablet coating (hypromellose, glycerin)</li> <li>- Add Hypromellose (capsule)</li> </ul> <p>Revised Suggested Usage:</p> <ul style="list-style-type: none"> <li>- Change From "Take 1 tablet 1-2 times daily" To "Take 1 capsule 1-4 times daily"</li> </ul> <p>Revised Risk Information:</p> <ul style="list-style-type: none"> <li>- Add: Some people may experience diarrhoea.</li> </ul> <p>New Product Code# 202733-120HYC-C New UPC: 3 10539 98017 0 New NPN: 80112525 Address updated to 1-150 Via Renzo Dr., Richmond Hill, ON L4S 0J7 New Label version: V1</p>	Dec-21

## Product Updates

Douglas Laboratories	Ultra Anti-Oxidant	7470-90HYC-C	no change	<p>Remove sodium selenate as a source of Selenium, add risk information for nicotinic acid.</p> <p>Changes to Medicinal ingredients:</p> <ul style="list-style-type: none"> <li>- Change source of Selenium From (sodium selenate, selenium Krebs††) To (selenium Krebs††)</li> </ul> <p>Revised Risk Information:</p> <ul style="list-style-type: none"> <li>- Add: "People sensitive to nicotinic acid may experience flushing of the skin that is generally mild and transient."</li> </ul> <p>Address updated to Richmond Hill, ON L4S 0J7</p> <p>New label version: V4</p>	Nov-21
Douglas Laboratories	Ultra Protein Plus (Natural Chocolate Flavour)	57053-908HYC-C	57396-900HYC-C	<p>Reformulation: Revise Medicinal Ingredient panel and Non-Medicinal Ingredients, Revise source of Vitamin E / Folate / Vitamin B12 / Choline / Magnesium / Manganese / Potassium / Boron, Remove L-Glutamic acid &amp; LMethionine.</p> <p>Revise Suggested Usage, Decrease net weight per bottle from 908g to 900g, Decrease serving size from 30.3g to 30g, Decrease bottle size, Add soy disclaimer.</p> <p>Update NPN, UPC, Product Code.</p> <p>Changes to Medicinal ingredients:</p> <ul style="list-style-type: none"> <li>- Change Vitamin A label claim FROM 726.8 mcg RAE (2405 IU) TO 357 mcg RAE</li> <li>- Change Beta-carotene label claim FROM 2220 mcg (3700 IU) TO 1016 mcg</li> <li>- Change Vitamin D label claim FROM 0.625 mcg (25 IU) TO 10 mcg</li> <li>- Change Vitamin E label claim FROM 67 mg AT (100 IU) TO 33.5 mg AT</li> <li>- Change Pea Protein label claim FROM 16 g TO 18.1 g</li> <li>- Change Thiamine label claim FROM 23 mg TO 24 mg</li> <li>- Change Vitamin B6 label claim FROM 22 mg TO 24 mg</li> <li>- Change Vitamin B12 label claim FROM 25 mcg TO 50 mcg</li> <li>- Change Pantothenic Acid label claim FROM 125 mg TO 50 mg</li> <li>- Change Calcium label claim FROM 112 mg TO 115 mg</li> <li>- Change Iodine (kelp) FROM 45 mcg TO Japanese Kelp Whole...13.25 mg / Providing: 50 mcg Iodine</li> <li>- Change Choline label claim FROM 34 mg TO 20 mg</li> <li>- Change Manganese label claim FROM 4.5 mg TO 2.5 mg</li> <li>- Change Potassium label claim FROM 22 mg TO 20 mg</li> <li>- Change N-Acetyl-L-Cysteine label claim FROM 11 mg TO 10 mg</li> <li>- Change Betaine label claim FROM 34 mg TO 25 mg</li> <li>- Change Vanadium label claim FROM 11 mcg TO 12 mcg</li> <li>- Change Vitamin E source FROM d-alpha tocopheryl acetate TO d-alpha tocopheryl acid succinate</li> <li>- Change source of Folate FROM folic acid TO calcium L-5-methyltetrahydrofolate, Metafolin®/MD</li> <li>- Change source of Vitamin B12 FROM cyanocobalamin TO methylcobalamin</li> <li>- Change source of Choline FROM choline bitartrate, choline dihydrogen citrate TO choline bitartrate</li> <li>- Change source of Magnesium FROM magnesium aspartate, magnesium ascorbate, magnesium oxide TO magnesium oxide, citrate, ascorbate</li> <li>- Change Manganese source FROM manganese sulfate, manganese aspartate TO</li> </ul>	Nov-21

## Product Updates

Douglas Laboratories	Immunity	202018-120HYC-C	no change	<p>Reformulation: Revise Medicinal Ingredients to update source of Vitamin C. Product label formatting update - Andrographis Leaf Extract, ratio for Elderberry Fruit Extract and added potency for Garlic Bulb Extract. Revise Recommended Use to comply with Health Canada Elderberry monograph.</p> <ul style="list-style-type: none"> <li>- Change source of Vitamin C FROM calcium ascorbate TO ascorbic acid, calcium ascorbate, magnesium ascorbate</li> <li>- Change Andrographis Leaf Extract FROM (12.8 mg andrographolide) TO (10% andrographolide)</li> <li>- Change Elderberry Fruit Extract ratio From (35:1; 3631 mg dried equivalent; 6.2 mg anthocyanosides) To (75-85:1) (7.8 g-8.8 g dried equivalent, 6% anthocyanosides)</li> <li>- Change Garlic Bulb Extract FROM (20:1) (262.6 mg dried equivalent, 0.13 mg allicin) TO (1% allicin; 2.2% alliin)</li> <li>- Revised Recommended Use FROM "Adults Take 2 capsules 2 times daily" TO "Adults Take 2 capsules daily"</li> </ul> <p>Address updated to 1-150 Via Renzo Drive, Richmond Hill, ON L4S 0J7 New Label V3</p>	Oct-21
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## Product Updates

Douglas Laboratories	Ultra Protein Plus (Natural Vanilla Bean Flavour)	57054-908HYC-C	57395-900HYC-C	<p>Reformulation: Revise Medicinal Ingredient panel and Non-Medicinal Ingredients, Revise source of Vitamin E / Folate / Vitamin B12 / Choline / Magnesium / Manganese / Potassium / Boron, Remove L-Glutamic acid &amp; L-Methionine, Revise Suggested Usage, Decrease net weight per bottle from 908g to 900g, Decrease serving size from 30.2g to 30g, Decrease bottle size, Add soy allergen disclaimer, Remove milk allergen from label.</p> <p>Update NPN, UPC, Product Code.</p> <ul style="list-style-type: none"> <li>- Change Vitamin A label claim FROM 726.8 mcg RAE (2405 IU) TO 357 mcg RAE</li> <li>- Change Beta-carotene label claim FROM 2220 mcg (3700 IU) TO 1016 mcg</li> <li>- Change Vitamin D label claim FROM 0.625 mcg (25 IU) TO 10 mcg</li> <li>- Change Vitamin E label claim FROM 67 mg AT TO 33.5 mg AT</li> <li>- Change Pea Protein label claim FROM 16 g TO 19.6 g</li> <li>- Change Thiamine label claim FROM 23 mg TO 24 mg</li> <li>- Change Vitamin B6 label claim FROM 22 mg TO 24 mg</li> <li>- Change Vitamin B12 label claim FROM 25 mcg TO 50 mcg</li> <li>- Change Pantothenic Acid label claim FROM 125 mg TO 50 mg</li> <li>- Change Calcium label claim FROM 112 mg TO 115 mg</li> <li>- Change Iodine (kelp) FROM 45 mcg TO Japanese Kelp Whole...13.25 mg / Providing: 50 mcg Iodine</li> <li>- Change Choline label claim FROM 34 mg TO 20 mg</li> <li>- Change Manganese label claim FROM 4.5 mg TO 2.5 mg</li> <li>- Change Potassium label claim FROM 22 mg TO 20 mg</li> <li>- Change N-Acetyl-L-Cysteine label claim FROM 11 mg TO 10 mg</li> <li>- Change Betaine label claim FROM 34 mg TO 25 mg</li> <li>- Change Vanadium label claim FROM 11 mcg TO 12 mcg</li> <li>- Change Vitamin E source FROM d-alpha tocopheryl acetate TO d-alpha tocopheryl acid succinate</li> <li>- Update source of Folate to calcium L-5-methyltetrahydrofolate, Metafolin®/MD</li> <li>- Change source of Vitamin B12 FROM cyanocobalamin TO methylcobalamin</li> <li>- Change source of Choline FROM choline bitartrate, choline dihydrogen citrate TO choline bitartrate</li> <li>- Change source of Magnesium FROM magnesium aspartate, magnesium ascorbate, magnesium oxide TO magnesium oxide, citrate, ascorbate</li> <li>- Change Manganese source FROM manganese sulfate, manganese aspartate TO manganese sulfate</li> <li>- Change source of Potassium FROM potassium aspartate, potassium chloride TO potassium</li> </ul>	Jun-21
Douglas Laboratories	DIM Enhanced	202364-30HYC-C	202558-30HYC-C	<p>Reformulation: Replace Meriva® derived from soy to Meriva® derived from sunflower, revise Non-Medicinal Ingredients, remove soy allergen, update product code &amp; UPC.</p> <p>Change to Non-Medicinal Ingredients:</p> <ul style="list-style-type: none"> <li>- Change phosphatidylcholine FROM (from sunflower and soy) TO (from sunflower)</li> </ul> <p>New Item # 202558-30HYC-C New UPC 3 10539 97953 2 Address updated to Richmond Hill, ON L4S 0J7 New Label V2</p>	May-21



## Product Updates

Douglas Laboratories	Magnesium Glycinate	202559-120HYC-C	No change	Revise Non-medicinal ingredients - Change tablet coating FROM (polyvinyl alcohol, polyethylene glycol, polysorbate 80, talc) TO (hypromellose, glycerin) - New Label V2	May-21
Douglas Laboratories	Betaine Plus	80106-250HYC-C	No change	Reduce capsule size. Revise packaging, suggested usage, and PDP to align with monographs. - Decrease capsule size FROM size "00 Elongated" (25.3mm x 8.53mm) TO size "00" (23.30mm length x 8.53mm diameter) - Bottle size decrease FROM 625cc to 500cc white HDPE bottle - Change Suggested Usage statement FROM "Adults: Take 1 capsule with each meal (3 capsules daily) or as directed by your healthcare practitioner." TO "Adults: Take 1 capsule daily with a meal or as directed by your healthcare practitioner." - Remove "liver function" health claim from PDP - New Label V3	May-21
Douglas Laboratories	Brain Calm	99579-60HYC-C	No change	Revise packaging, increase capsule size - Increase capsule size FROM size "00" (23.30mm length x 8.53mm diameter) TO size "00 Elongated" (25.3mm x 8.53mm) - Bottle size increase FROM 150cc TO 180cc white HDPE bottle - Address updated to 1-150 Via Renzo Dr., Richmond Hill, ON L4S 0J7 - New Label V3	May-21
Douglas Laboratories	Calcium Microcrystalline Hydroxyapatite	83018-90HYC-C	No change	Revise Non-medicinal ingredients - Change tablet coating FROM (polyvinyl alcohol, talc, polyethylene glycol, polysorbate 80) TO (hypromellose, glycerin) - New Label V3	Apr-21
Douglas Laboratories	Opti-EPA	99276-60HYC-C	No change	Revise Fish Oil, revise Non-medicinal ingredients, update NPN - Change Fish Oil source and label claim FROM anchovy and mackerel...900 mg TO anchovy...850 mg - Remove ascorbyl palmitate, mixed tocopherols, coconut oil, ammonium hydroxide - Add medium chain triglycerides, oleic acid - Address updated to 1-150 Via Renzo Dr., Richmond Hill, ON L4S 0J7 - New NPN 80094253 - New Label V4	Apr-21
Douglas Laboratories	Joint Tendon Ligament I	201691-90HYC-C	No change	Revise Spinach extract to Spinach powder - Address updated to Richmond Hill, ON L4S 0J7 - New Label V5	Mar-21

## Product Updates

Douglas Laboratories	Chelated-C Plus	7847-100HYC-C	202639-100HYC-C	<p>Reformulation: Update source of Vitamin C, revise Non-medicinal ingredients, update capsule.</p> <p>Update Brand name, product code, UPC, &amp; address.</p> <ul style="list-style-type: none"> <li>- Change source of Vitamin C FROM calcium ascorbate (Ester-C®) TO calcium ascorbate / ascorbyl palmitate</li> <li>- Remove gelatin (capsule), magnesium stearate</li> <li>- Add Hypromellose (capsule)</li> <li>- Change capsule FROM Gelatin "00" TO Vegetarian "00" (23.30mm length x 8.53mm diameter)</li> <li>- Change Brand name FROM Ester-C® Plus TO Chelated-C Plus</li> <li>- New Item # 202639-100HYC-C</li> <li>- New UPC: 3 10539 97955 6</li> <li>- Address change to 1-150 Via Renzo Dr., Richmond Hill, ON L4S 0J7</li> <li>- New Label 202639-100HYC V2</li> </ul>	Mar-21
Douglas Laboratories	Choles-Sterol	99134-120HYC-C	No change	<p>Revise medicinal ingredient Sytrinol potencies to list quantities in mg</p> <ul style="list-style-type: none"> <li>- Change Citrus Bioflavonoids FROM 30% TO 22.5 mg</li> <li>- Change Tocotrienols FROM 1.5% TO 1.125 mg</li> <li>- New Label V4</li> </ul>	Mar-21
Douglas Laboratories	Spectramin Chelate	7986-90HYC-C	No change	<p>Revise Non-medicinal ingredients</p> <ul style="list-style-type: none"> <li>- Change tablet coating FROM (polyvinyl alcohol, talc, polyethylene glycol, polysorbate 80) TO (hypromellose, glycerin)</li> <li>- New Label V4</li> </ul>	Mar-21
Douglas Laboratories	Zinc Lozenges	ZNL-HYC-C	202648-100HYC-C	<p>Reformulation: Revise Active/Medicinal ingredients to add Vitamin C. Revise excipients/Non-medicinal ingredients to remove magnesium stearate. Update suggested use, product code, UPC, and NPN.</p> <ul style="list-style-type: none"> <li>- Remove magnesium stearate, sorbitol, stearic acid</li> <li>- Add xylitol, mannitol, hypromellose</li> <li>- Change Suggested Use FROM "Children (6-8 years): Take 1 lozenge once daily. Adolescents (9-13 years): Take 1 lozenge 1-2 times daily. Adolescents (14-18 years): Take 1 lozenge 1-3 times daily. Adults: Take 1 lozenge 1-5 times daily. Take with food, a few hours before or after taking other medications or natural health products, or as directed by your healthcare practitioner. Allow to dissolve completely in the mouth." TO "Adults, take 1 lozenge 1-3 times daily; adolescents and children (6 years and older), take 1 lozenge once daily, or as directed by your healthcare practitioner. Take with meals, a few hours before or after taking other medications or natural health products. Allow lozenge to dissolve in mouth or chew and then swallow."</li> <li>- New Item # 202648-100HYC-C</li> <li>- New UPC: 3 10539 97956 3</li> <li>- New NPN 80104789</li> <li>- New Label V2</li> </ul>	Jan-21

## Product Updates

Douglas Laboratories	Vitamin K2	200913-60HYC-C	202597-60HYC-C	<p>Reformulation: Revise excipients / Non-Medicinal Ingredients to remove magnesium stearate. Update product code, UPC, RHDC address &amp; label PDP.</p> <ul style="list-style-type: none"> <li>- Remove magnesium stearate, silica, calcium citrate</li> <li>- Add ascorbyl palmitate</li> <li>- New Item # 202597-60HYC-C</li> <li>- New UPC: 3 10539 97954 9</li> <li>- New Label V1</li> <li>- Change PDP From Soy free &amp; "Helps in the maintenance of bones." To "Helps in the maintenance of bones. Helps to prevent vitamin K deficiency."</li> </ul>	Nov-20
Douglas Laboratories	Ultra Balance III Capsules	200585-180HYC-C	No change	<p>Reformulation: revise excipients, update NPN</p> <ul style="list-style-type: none"> <li>- Add sea salt</li> <li>- New NPN 80081043</li> </ul> <p>Label updated from V1 to V2</p>	Oct-20
Douglas Laboratories	Chromium 200 µg	200063-100HYC-C	No change	<p>Update to Brand Name, Direction of Use, Supplier trademark and logo and Address</p> <ul style="list-style-type: none"> <li>- Change brand name from Chromium-GTF to Chromium 200 mcg</li> <li>- Change suggested usage From "Adults: Take 1 capsule daily with a meal or as directed by your healthcare practitioner." To "Adults: Take 1 capsule daily or as directed by your healthcare practitioner."</li> <li>- Change trademark "ChromeMate® is a registered trademark of InterHealth Company N.J." to "ChromeMate® is a Lonza trademark, registered in USA".</li> <li>- Change RHDC address from Richmond Hill, ON L4C 0L8 to Richmond Hill, ON L4S 0B4</li> </ul>	Oct-20
Douglas Laboratories	Citrus-Q10 100	200053-60HYC-C	No change	<p>Reformulation: Revise excipients / Non-Medicinal Ingredients to remove sorbitol, add ascorbyl palmitate &amp; update order. Update to recommended use, suggested usage, Tablet, Bottle &amp; Label Size.</p> <ul style="list-style-type: none"> <li>- Change recommended use from "Helps to maintain and support cardiovascular health." To "Helps to maintain and support cardiovascular health. Helps to reduce the frequency of migraine headaches and associated nausea and vomiting when taken as a prophylactic."</li> <li>- Change suggested usage from "Adults: Take 1 tablet 1-3 times daily with meals or as directed by your healthcare practitioner. Allow tablet to dissolve in mouth and then swallow." To Adults: Take 1 tablet 1-3 times daily with meals or as directed by your healthcare practitioner. For migraine prophylaxis: Take 2-3 tablets daily with a meal or as directed by your healthcare practitioner. Use for at least 3 months to see beneficial effects. Allow tablet to dissolve in mouth and then swallow."</li> <li>- Change tablet size from TAB7 to TAB32.</li> <li>- Change bottle size from 150cc HDPE to 275cc HDPE.</li> <li>- Change label size from 6.125" x 2.125" to 7.25" to 2.5".</li> </ul> <p>Label updated from V3 to V5</p>	Oct-20
Douglas Laboratories	Ascorbplex 1000 Buffered	7563-90HYC-C	No change	<p>Reformulation: Revise excipients / Non-Medicinal Ingredients to add hypolose, update tablet coating &amp; update order.</p> <ul style="list-style-type: none"> <li>- Change tablet coating FROM (polyvinyl alcohol, talc, polyethylene glycol, polysorbate 80) to (hypromellose, glycerin).</li> </ul> <p>Label updated from V3 to V4</p>	Oct-20
Douglas Laboratories	Ultra Balance III	200568-180HYC-C	No change	<p>Reformulation: add hypolose (excipient) for improved tableting performance</p> <p>Label updated from V2 to V3</p>	Aug-20

## Product Updates

Douglas Laboratories	Vegetarian Enzyme	7048-60HYC-C	No change	Reformulation: revise tablet coating - tablet coating ingredients changed from polyvinyl alcohol, talc, polyethylene glycol & polysorbate 80 to hypromellose & glycerin Label updated from V2 to V3	Jul-20
Douglas Laboratories	NATURE'S BODY MANAGEMENT	7442-90HYC-C	202307-90HYC-C	Reformulation: increase hydroxycitric acid from 250 mg to 300 mg Revise item number. New NPN: 80081645	
Douglas Laboratories	TestoGain/ TestoPlus	201397-120HYC-C	201397-120HYC-C	Reformulation: excipients and extract ratio of ashwagandha - change excipients - remove calcium phosphate dibasic dihydrate & magnesium stearate. Add ascorbyl palmitate, microcrystalline cellulose - revise ashwagandha root extract (new extract ratio: 10 - 15 : 1, 500 - 750 mg dried equivalent)	
Douglas Laboratories	Infla-Guard	INF-HYC-C	No change	Reformulation: revise tablet excipients & change tablet shape for improved manufacturing - remove ethylcellulose - add hypolose - revise tablet shape/size from 0.3125" x 0.750" modified oval shape to 0.375" x 0.875" modified oval (tablet thickness reduced) Label updated from V2 to V3	Mar-20
Douglas Laboratories	FlavonAll	FVA-HYC-C	No change	Reformulation: revise potency of green tea leaf extract - update green tea leaf extract potency label claim from 20% polyphenols to 45% EGCG Reduce recommended dose from 1 tablet 2 times daily to 1 tablet daily Increase bottle size from 120cc to 150cc Label updated from V2 to V4	Jan-20
Douglas Laboratories	Magnesium Glycinate	7575-120HYC-C	202559-120HYC-C	Reformulation: remove magnesium oxide as source of magnesium, update excipients, revise excipients & change tablet shape - magnesium source revised from magnesium glycinate/magnesium oxide to magnesium glycinate only - remove cellulose & stearic acid - add ascorbyl palmitate, carnauba wax - Tablet size change from 0.375" X 0.875" modified oval to 0.300" X 0.750" capsule shape  New Item # 202559-120HYC New UPC: 3 10539 97904 4 New Label V1	Jan-20
Douglas Laboratories	Ferro-C	7035-60HYC-C	No change	Reformulation: revise source of vitamin E - change vitamin E source from vitamin E succinate (d-alpha tocopheryl succinate) to vitamin E acetate (d-alpha tocopheryl acetate) Label updated from V3 to V4	Dec-19
Douglas Laboratories	Optimized Curcumin with/ avec Neurophenol	202028-60HYC-C	202524-60HYC-C	Reformulation: change to soy-free version of Longvida® Optimized Curcumin - excipient change from soy lecithin to sunflower lecithin - removed soy allergen warning from product label New Item # 202524-60HYC-C New Label V1	Nov-19
Douglas Laboratories	Joint Tendon Ligament I	201691-90HYC-C	201691-90HYC-C	Reformulation: excipient change, remove dibasic calcium phosphate dihydrate Label updated from V2 to V3	Oct-19

## Product Updates

Douglas Laboratories	Methyl B12 Plus	202273-90HYC-C	202273-90HYC-C	Reformulation: updated excipients & flavouring to allow for sale/marketing in EU - revised flavourings from natural cherry flavour to cherry/mixed berry flavour - added hypolose (tablet binder) & malic acid (acidifier) Label updated from V1 to V2	Oct-19
Douglas Laboratories	Klean Recovery	KA57633P-1138HYC-C	KA57695P-1092HYC-C	Reformulation: revise protein source (increase whey protein, remove fish protein) - increase whey protein isolate from 6.7 g (providing 5.72 g protein) to 11.9 g (providing 10 g protein) - remove fish protein hydrolysate - reduce dextrose from 20 g to 19.5 g - reduce D-fructose from 20 g to 19.5 g Packaging Change from sachet (fill weight: 1138 g) to bottle (fill weight: 1092 g) Serving/scoop size changed from 56.9 g to 54.6 g New Item # KA57695P-1092HYC-C New NPN: 80086850 New UPC: 3 10539 97849 8	Sep-19
Douglas Laboratories	Lipitol	81158-60HYC-C	No change	Reformulation: revise bromelain potency, revise quantities of active ingredient label claims - Niacin increased from 169 mg to 187.5 mg - Free Plant Sterols increased from 75 mg to 100 mg - Choline revised from 34 mg to 32.5 mg - Inositol increased from 42.5 mg to 37.5 mg - Bromelain label claim revised from 0.25 mg (435000 FCC PU) to 25 mg (900000 FCC PU) - Papain potency increased from 227500 FCC PU to 300000 FCC PU - Coenzyme Q10, Taurine, Ginkgo Leaf, Cayenne Fruit, Trypsin increased from 0.01 mg to 1 mg - L-carnitine increased from 0.01 mg to 0.68 mg Revise recommended dose from 1-2 tablets / day to 2 tablets / day New NPN: 80088804 Label updated from V1 to V2	Jul-19
Douglas Laboratories	Estromend	201353-120HYC-C	201353-120HYC-C	Reformulation: revise Black Cohosh Extract raw material - increase extract ratio from 10:1 to 18:1 Update label version from V2 to V3	May-19
Douglas Laboratories	TestoQuench for Men	201351-120HYC-C	202410-120HYC-C	Reformulation: update formulation due to inability to reliably source Piper cubeba - remove Cubeb (Piper cubeba) fruit Add BioPerine® logo to label New Item # 202410-120HYC-C New NPN: 80088089 New UPC: 3 10539 97869 6 New Label V1	May-19

## Product Updates

Douglas Laboratories	AdrenoMend	200529-120HYC-C	No change	<p>Reformulation: revise Rhodiola rosea root standardized extract &amp; minor excipient revision</p> <ul style="list-style-type: none"> <li>- Replace Rhodiola rosea 5% rosavins with Rhodiola rosea root extract 3% rosavins/2% salidroside, increase label claim quantity from 50 mg to 80 mg / capsule</li> <li>- update Eleuthero extract ratio from 8.3:1 to 10:1</li> <li>- update Magnolia extract ratio from 15:1 to 10:1</li> <li>- update Forskohlii extract ratio from 6:1 to 2.5 - 3.5:1</li> <li>- add potency claim for Sensoril(tm) Ashwagandha (32% withania oligosaccharides, 8% withanolides)</li> <li>- remove dibasic calcium phosphate dihydrate</li> </ul> <p>New NPN: 80091122 Update label from V2 to V3</p>	May-19
Douglas Laboratories	Ultra Balance III With Copper & Iron	200577A-180HYC-C	200577A-180HYC-C	<p>Reformulation: excipient change</p> <ul style="list-style-type: none"> <li>- revise tablet coating ingredients from polyvinyl alcohol, talc, polyethylene glycol &amp; polysorbate 80 to hypromellose &amp; glycerin</li> <li>- add sea salt as non-medicinal ingredient</li> </ul> <p>Revise label claim quantities of active ingredients</p> <ul style="list-style-type: none"> <li>- Vitamin E revised from 45 mg AT to 44 mg AT</li> <li>- Thiamine revised from 17 mg to 16 mg</li> <li>- Niacin revised from 7 mg to 6 mg</li> <li>- Vitamin B6 revised from 17 mg to 16 mg</li> <li>- Vitamin B12 revised from 17 mcg to 16 mcg</li> <li>- Choline bitartrate claim (25 mg) revised to Choline 10 mg</li> <li>- Copper revised from 0.3 mg to 333 mcg</li> <li>- Molybdenum revised from 17 mcg to 16 mcg</li> <li>- Potassium revised from 17 mg to 16 mg</li> <li>- Glutamic acid revised from 3.3 mg to 3 mg</li> <li>- N-acetylcysteine revised from 1.5 mg to 1 mg</li> <li>- Vanadium revised from 8.3 mcg to 8 mcg</li> </ul> <p>New NPN: 80084232 Update label from V2 to V3</p>	May-19
Douglas Laboratories	Ultra Balance III	200568-180HYC-C	No change	<p>Reformulation: excipient change (add hypolose), revise tablet coating</p> <ul style="list-style-type: none"> <li>- tablet coating ingredients changed from polyvinyl alcohol, talc, polyethylene glycol &amp; polysorbate 80 to hypromellose &amp; glycerin</li> </ul> <p>Update label from V2 to V3</p>	May-19
Douglas Laboratories	Ultra Preventive X	200569-240HYC-C	202331-240HYC-C	<p>Reformulation: Update label claim quantities for multiple active ingredients, including vitamin A, beta-carotene, vitamin C, vitamin E, thiamine, riboflavin, vitamin B6.</p> <p>Add additional sources of vitamin B12 (add adenosylcobalamin &amp; hydroxocobalamin).</p> <p>Add lutein, zeaxanthin, lycopene.</p> <p>Remove PABA, L-cysteine hydrochloride, glutamic acid, methionine, maritime pine bark, rose hips (dog rose),</p> <p>Revised tablet coating, replacing polyethylene glycol, polysorbate 80 &amp; talc with purified water, hypromellose, glycerin</p> <p>New item # 202331-240HYC-C New NPN: 80087785 New UPC: 3 10539 97858 0 New label V1</p>	Apr-19

## Product Updates

Douglas Laboratories	Ultra Preventive X	200569-120HYC-C	202331-120HYC-C	See above New UPC: 3 10539 97857 3 New Label V1	Apr-19
Douglas Laboratories	Ferro-C	7035-60HYC-C	No change	Reformulation: revise quantity and source of vitamin E from dl-alpha tocopherol acetate to d-alpha tocopherol acetate - increase label claim for vitamin E from 7.3 mg AT (16 IU) to 10.05 mg AT - reduce recommended daily dose from 1-2 tablets daily to 1 tablet daily New NPN: 80090131 Update label version from V2 to V3	Apr-19
Douglas Laboratories	Glucoplex	GST-HYC-C	No change	Reformulation: revise source of thiamine - change source of thiamine from thiamine pyrophosphate to thiamine hydrochloride to ensure reliable material supply Updated label version from V2 to V4	Nov-18
Douglas Laboratories	Cal-6+Mag	7015-90HYC-C	202396-90HYC-C	Reformulation: revise excipients to improve manufacturing processability - remove magnesium stearate - add carnauba wax and ascorbyl palmitate Increase vitamin C label claim from 16.7 mg to 26.6 mg New item # 202396-90HYC-C New NPN: 80086088 New Label V1	Oct-18
Douglas Laboratories	DIM Enhanced	201208-30HYC-C	202364-30HYC-C	Reformulation: Raw material change for BioResponse DIM - change source of phosphatidylcholine (excipient) from soy to sunflower New Item # 202364-30HYC-C Revise label risk information for green tea (additional risk information added) New Label V2	Oct-18
Douglas Laboratories	Cal-6+Mag	7015-250HYC-C	202396-250HYC-C	Reformulation: revise excipients to improve manufacturing processability - remove magnesium stearate - add carnauba wax and ascorbyl palmitate Increase vitamin C label claim from 16.7 mg to 26.6 mg New item # 202396-250HYC-C New NPN: 80086088 New Label V1	Sep-18
Douglas Laboratories	Uro-Pro	82044-60HYC-C	No change	Reformulation: Saw palmetto raw material change - increase Saw Palmetto Fruit Extract standardization from 30% fatty acids to 35% fatty acids Update label version from V2 to V3	Aug-18
Douglas Laboratories	Quercetin Bromelain Complex	QBC-HYC-C	No change	Reformulation: revise bromelain, revise excipients - add hydroxypropyl cellulose (hyprolose) excipient - revise bromelain quantity from 0.2 mg to 50 mg, revise enzyme potency from 3,000,000 FCC PU to 1,800,000 FCC PU New NPN: 80081046 Revise label version from V2 to V3	Jul-18

## Product Updates

Douglas Laboratories	Ultrazyme	7022-60HYC-C	No change	Reformulation: revise bromelain - revise bromelain quantity from 88.25 mg to 25 mg, revise enzyme potency from 1,500,000 FCC PU to 900,000 FCC PU per tablet New NPN: 80084139 Revise label version from V2 to V3	Jul-18
Douglas Laboratories	Brain Energy	98723-60HYC-C	No change	Reformulation: Rhodiola raw material change - Change Rhodiola Root Std. Extract standardization from 1% rosavins/0.8% salidroside to 3% rosavins/2% salidroside Update label version from V2 to V3	Jul-18
Douglas Laboratories	Corvalen	57451P-280HYC-C	No change	Label Change: update label from V2 to V3 - revise trademark from Corvalen logo to Bioenergy Ribose logo	May-18
Douglas Laboratories	Corvalen M	57452P-340HYC-C	No change	Reformulation: revise source of magnesium, change to scoop serving size - magnesium source changed from magnesium gluconate to magnesium citrate - scoop size increased from 6.1 g to 6.2 g - quantity per bottle increased from 340 g to 347 g Label version updated from V2 to V3	May-18
Douglas Laboratories	PMS Support with BioResponse DIM	201715-60HYC-C	202365-60HYC-C	Reformulation: BioResponse DIM® ingredient updated to remove soy (allergen). - updated non-medicinal ingredients: Hypromellose, cellulose, magnesium stearate, silica, starch, vitamin E, phosphatidylcholine (from sunflower) - label version updated from V1 to V2, remove soy allergen warning	Apr-18
Douglas Laboratories	Seditol Plus	99446-30HYC-C	202304-30HYC-C	Reformulation: change to passionflower & lemon balm ingredients - revise passionflower from powder to aerial parts extract (6:1 extract ratio) quantity to 45 mg - reduce lemon balm extract to 5 mg / capsule New NPN: 80079425, new item#	Apr-18
Douglas Laboratories	Magnesium Glycinate	7575-120HYC-C	202373-120HYC-C	Reformulation: revise excipients & change tablet shape - remove dibasic calcium phosphate dihydrate, magnesium stearate - add ascorbyl palmitate, carnauba wax Tablet size change from 0.375" X 0.875" modified oval to 0.300" X 0.750" capsule shape. Revise item # 202373-120HYC-C Update label	Apr-18
Douglas Laboratories	Pan-Ox-5	7917-90HYC-C	202302-90HYC-C	Label Change: revise recommended dose from 1 tablet to 3 tablets Revise Lipase Activity - reduce from 1500 USP to 600 USP units (due to RM vendor specification change) Remove excipient: commiphora myrrha resin extract	Dec-17
Douglas Laboratories	Osteo-Support Formula	4544-120HYC-C	No change	Product Discontinued	Jan-17
Douglas Laboratories	Move Active	8503-30HYC-C	No change	Product Discontinued	Jan-17