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Other Ingredients: Cellulose, silica, titanium dioxide, dextrose, magnesium silicate, glycerin, natural caramel color, natural vanilla flavor.

†Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

††Including Beta-Carotene, Alpha-Carotene, Zeaxanthin, Cryptoxanthin and additional Lutein and Lycopene.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

Manufactured in the USA by:
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205 USA
www.douglaslabs.com
1.800.245.4440

This product contains NO yeast, gluten, soy protein, milk/dairy, corn, sodium, starch, artificial coloring, preservatives or flavoring.

Suggested Usage: As a dietary supplement, adults take 8 tablets daily or as directed by your healthcare professional. This product is best taken with meals.

KEEP OUT OF REACH OF CHILDREN.
For optimal storage conditions, store in a cool, dry place.(59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

ez Easy Swallow
Technology Formula #200911

Ultra Preventive®

ez Easy Swallow
multivitamin

A Low Allergenicity
Dietary Supplement

DOUGLAS
LABORATORIES®

240 Tablets

Supplement Facts

Serving Size 8 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A (33% as Vitamin A Palmitate [5,000 IU/67% (10,000 IU) as Natural Beta-Carotene] from D, Salina with full spectrum carotenoids††).....	15,000 IU 300%
Vitamin C (as Ascorbic Acid/Ascorbyl Palmitate/Calcium and Magnesium Ascorbate complex).....	700 mg 1,167%
Vitamin D-3.....	1,000 IU 250%
Vitamin E (natural, as d-alpha tocopheryl plus mixed tocopherols).....	400 IU 1,333%
Thiamine.....	100 mg 6,667%
Riboflavin.....	50 mg 2,941%
Niacin/Niacinamide.....	190 mg 950%
Vitamin B-6 (as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex).....	100 mg 5,000%
Folate (as L-methylfolate, Metafolin®).....	800 mcg 200%
Vitamin B-12 (methylcobalamin).....	250 mcg 4,167%
Biotin.....	300 mcg 100%
Pantothenic Acid (as d-Calcium Pantothenate).....	500 mg 5,000%
Calcium (as Calcium Citrate/Ascorbate Complex).....	100 mg 10%
Iodine (from Kelp).....	200 mcg 133%
Magnesium (as Magnesium Aspartate/Ascorbate Complex).....	100 mg 25%
Zinc (as Zinc Amino Acid Chelate).....	25 mg 167%
Selenium (as Selenium Krebs/Kelp complex).....	200 mcg 286%
Copper (as Copper Amino Acid Chelate).....	2 mg 100%
Manganese (as Manganese Aspartate Complex).....	10 mg 500%
Chromium (Organically bound with GTF activity-low allergenicity).....	200 mcg 167%
Molybdenum (as Molybdenum Krebs†).....	100 mcg 133%
Potassium (as Potassium Aspartate Complex).....	99 mg 2%
Lutein (natural).....	6 mg *
Lycopene (natural).....	6 mg *
Zeaxanthin.....	1 mg *
Other Minerals, Nutrients and Trace Elements	
Inositol.....	100 mg *
Trace Elements (from Sea Vegetation).....	approx. 100 mcg *
Choline (from 150 mg Choline Citrate/Bitartrate).....	60 mg *
PABA (para-aminobenzoic acid).....	50 mg *
Boron (as Boron Aspartate/Citrate complex).....	1.5 mg *
Vanadium (as Vanadium Krebs†).....	50 mcg *

Amount Per Serving	%DV
Amino Acids and Enzymes	
L-Cysteine/N-Acetyl L-Cysteine.....	150 mg *
Betaine (from 150 mg Betaine HCl).....	114 mg *
Bromelain (2,000 GDU/g).....	50 mg *
Glutamic Acid (from 25 mg Glutamic Acid HCl).....	20 mg *
L-Methionine.....	12.5 mg *
Bioflavonoids and Proanthocyanidins	
Rose Hips.....	100 mg *
Lemon Bioflavonoids.....	100 mg *
Red Wine Proanthocyanidins/Pine Bark Extract.....	50 mg *
Hesperidin.....	35 mg *
Rutin.....	25 mg *
Vegetables Fruits and Herbs	
Proprietary Organic Fruit and Vegetable Blend.....	700 mg *
Organic beet powder (root), Organic carrot powder (root), Organic black currant powder (fruit), Organic blueberry powder (fruit), Organic broccoli powder (whole plant), Organic Concord grape powder (fruit), Organic green cabbage powder (whole plant), Organic collard greens powder (leaf), Organic mountain cranberry powder (fruit), Organic kale powder (whole plant), Organic Parsley powder (whole plant), Organic pomegranate powder (fruit), Organic raspberry powder (fruit), Organic spinach powder (whole plant), Garlic (bulb, Pure-Gar®, odorless).....	100 mg *
Cauliflower (entire plant).....	100 mg *
Spirulina.....	100 mg *
Chlorella (broken cell wall).....	100 mg *
Green Papaya Extract (fruit).....	100 mg *
Blackberry (fruit).....	80 mg *
Celery powder (leaf).....	70 mg *
Black radish powder (root).....	70 mg *
Apricot powder (fruit).....	70 mg *
Green Tea Extract (leaf).....	50 mg *
Apple Pectin (fruit).....	50 mg *

*Daily Value not established.