

Other Ingredients: Cellulose, stearic acid, silica, titanium dioxide, dextrose, magnesium silicate, glycerin, 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 by:  
**Douglas Laboratories**  
600 Boyce Road  
Pittsburgh, PA 15205 USA  
[www.douglaslabs.com](http://www.douglaslabs.com)  
1.800.245.4440

This product contains NO yeast, gluten, soy, milk/dairy, wheat, sodium, starch, artificial preservatives, artificial flavoring, or genetically modified ingredients (GMOs).

**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 V2

# Ultra Preventive<sup>®</sup>

eZ Easy Swallow  
multivitamin

A Low Allergenicity  
Dietary Supplement

**DOUGLAS**  
LABORATORIES<sup>®</sup>

240 Tablets

## Supplement Facts

Serving Size 8 Tablets • Servings Per Container 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A.....	15,000 IU	300%	
(33% as Vitamin A Palmitate, 67% as Natural Beta-Carotene from D. Salina with carotenoids)			
Vitamin C (as Ascorbic Acid/Ascorbyl Palmitate/ Calcium and Magnesium Ascorbate complex).....	700 mg	1,167%	
Vitamin D-3 (as cholecalciferol).....	1,000 IU	250%	
Vitamin E (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.....	100 mg	5,000%	
(as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)			
Folate (as L-methylfolate, Metafolin®).....	800 mcg	200%	
Vitamin B-12 (as methylcobalamin).....	250 mcg	4,167%	
Biotin.....	300 mcg	100%	
Pantothenic Acid (as d-Calcium Pantothenate).....	500 mg	5,000%	
Calcium.....	100 mg	10%	
(as Calcium Citrate/Ascorbate/Carbonate Complex)			
Iodine (from Kelp).....	200 mcg	133%	
Magnesium (as Magnesium Aspartate/ Ascorbate/Oxide Complex).....	100 mg	25%	
Zinc (as Zinc Amino Acid Chelate).....	25 mg	167%	
Selenium (as Selenium Krebs'/Kelp complex).....	200 mcg	288%	
Copper (as Copper Amino Acid Chelate).....	2 mg	100%	
Manganese (as Manganese Aspartate/Sulfate Complex).....	10 mg	500%	
Chromium (as Chromium polynicotinate).....	200 mcg	167%	
Molybdenum (as Molybdenum Krebs').....	100 mcg	133%	
Potassium (as Potassium Aspartate/Chloride Complex).....	99 mg	2%	
Lutein.....	6 mg	*	
Lycopene.....	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	*	
<b>Amino Acids and Enzymes</b>			
L-Cysteine/N-Acetyl L-Cysteine.....	150 mg	*	
Betaine (from 150 mg Betaine HCl).....	114 mg	*	
Bromelain (from pineapple stem).....	50 mg	*	
(2,000 GDU/g)			
Glutamic Acid (from 25 mg Glutamic Acid HCl).....	20 mg	*	
L-Methionine.....	12.5 mg	*	
<b>Bioflavonoids and Proanthocyanidins</b>			
Rose Hips.....	100 mg	*	
Lemon Bioflavonoids.....	100 mg	*	
Red Wine Proanthocyanidins/Pine Bark Extract.....	50 mg	*	
Hesperidin.....	35 mg	*	
Rutin.....	25 mg	*	
<b>Vegetables Fruits and Herbs</b>			
<b>Proprietary Organic Fruit and Vegetable Blend</b> .....	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).....			
Cauliflower (sprout).....	100 mg	*	
Spirulina.....	100 mg	*	
Chlorella (broken cell wall).....	100 mg	*	
Green Papaya Extract (fruit).....	100 mg	*	
Blackberry (fruit).....	80 mg	*	
Celery powder (leaf and stalk).....	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 (DV) not established.

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5