

^{††}Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex

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

Suggested Usage: As a dietary supplement, adults take 4-8 tablets daily or as directed by your health professional. This product is best taken with meals.

WARNING: Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use. Discontinue immediately if a burning sensation occurs. Not recommended for people with ulcers. Consult a health professional prior to use if you are taking blood thinners. Not to be taken if you have hyperkalemia or abnormal kidney function, or take ACE inhibitors or potassium sparing diuretics.

Metafolin® is a Trademark name from Merck.

KEEP OUT OF THE REACH OF CHILDREN.

Store in a cool, dry place. Use only if safety seal is intact.



Scan to learn about
our manufacturing
excellence

Gluten-free, Non-GMO

[†]This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

Formula #202484

ez Easy Swallow
Technology

Ultra Preventive[®]

ez Easy Swallow
multivitamin

Dietary Supplement

Signature multivitamin/mineral with fruits
and vegetables for daily wellness[†]

DOUGLAS
LABORATORIES[®]

240 Tablets

Supplement Facts

Serving Size	4 Tablets	8 Tablets
Servings Per Container	60	30
Amount Per Serving	%DV	%DV
Vitamin A (as 67% natural beta carotene..... 2,250 mcg and 33% vitamin A palmitate)	250%	4,500 mcg 500%
Vitamin C (as ascorbic acid)..... 350 mg	389%	700 mg 778%
Vitamin D ₃ (as cholecalciferol)..... 12.5 mcg (500 IU)	63% 25 mcg (1,000 IU)	125% 134 mg 893%
Vitamin E (as natural d-alpha tocopheryl..... 67 mg succinate plus mixed tocopherols)	447%	100 mg 8,333%
Thiamine (as thiamine HCl)..... 50 mg	4,167%	50 mg 3,846%
Riboflavin (as riboflavin/..... 25 mg riboflavin-5-phosphate)	1,923%	190 mg 1,188%
Niacin/Niacinamide..... 95 mg	594%	100 mg 5,882%
Vitamin B ₆ (as pyridoxal HCl/..... 50 mg pyridoxal-5-phosphate)	2,941%	1,333 mcg DFE 333%
Folate (as Metafolin [®] , L-5-MTHF)..... 667 mcg DFE (400 mcg L-5-MTHF)	167%	500 mcg 20,833%
Vitamin B ₁₂ (as methylcobalamin/..... 250 mcg adenosylcobalamin/hydroxycobalamin)	10,417%	300 mcg 1,000%
Biotin..... 150 mcg	500%	100 mg 2,000%
Pantothenic Acid (as d-calcium pantothenate)..... 50 mg	1,000%	275 mg 50%
Choline (from choline bitartrate)..... 137.5 mg	25%	210 mg 16%
Calcium..... 105 mg (as calcium citrate/malate/chelate complex)	8%	200 mcg 133%
Iodine (from kelp)..... 100 mcg	67%	210 mg 50%
Magnesium (as magnesium citrate/..... 105 mg chelate complex)	25%	25 mg 227%
Zinc (as OptiZinc [®] monomethionine)..... 12.5 mg	114%	200 mcg 364%
Selenium (as selenomethionine)..... 100 mcg	182%	2 mg 222%
Copper (as copper amino acid chelate)..... 1 mg	111%	9 mg 391%
Manganese (as manganese sulfate)..... 4.5 mg	196%	200 mcg 571%
Chromium..... 100 mcg (as chromium polynicotinate)	286%	100 mcg 222%
Molybdenum (as molybdenum krebs ^{††})..... 50 mcg	111%	100 mg 2%
Potassium (as potassium chloride)..... 50 mg	1%	
N-Acetyl-L-Cysteine..... 75 mg	*	150 mg *
Betaine HCl..... 75 mg	*	150 mg *
Inositol..... 50 mg	*	100 mg *
Quercetin (as dihydrate)..... 50 mg	*	100 mg *
Citrus Bioflavonoids (lemon)..... 50 mg	*	100 mg *

Other ingredients: Microcrystalline cellulose, coating (hydroxypropyl methylcellulose, starch [rice], gum acacia, glycerine, natural vanilla flavor, fruit and vegetable juice [natural colorant], spirulina extract [natural colorant]), hydroxypropyl cellulose, croscarmellose sodium, silica and ascorbyl palmitate

Amount Per Serving	%DV	%DV
Papain (<i>Carica papaya</i> , papaya latex)..... 50 mg	* 100 mg *	
Bromelain..... 25 mg	* 50 mg *	
(<i>Anana comosus</i> , pineapple stem)		
Grape Seed Extract..... 25 mg	* 50 mg *	
(standardized to 92% polyphenols)		
Alpha Lipoic Acid..... 25 mg	* 50 mg *	
Vitamin K ₂ (as menaquinone-7)..... 22.5 mcg	* 45 mcg *	
Rutin (<i>Sophora japonica</i> , flower)..... 12.5 mg	* 25 mg *	
Boron (as boron amino acid chelate)..... 1.5 mg	* 3 mg *	
Vanadium (as vanadium krebs ^{††})..... 25 mcg	* 50 mcg *	
Proprietary Organic Fruit and Vegetable Blend 350 mg	* 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 (<i>Vitis labrusca</i> , fruit), Organic Collard Greens Powder (leaf), Organic Pomegranate Powder (fruit), Organic Green Cabbage Powder (<i>Brassica oleracea</i> L. var <i>Capitata</i> , whole plant), Organic Cranberry Powder (fruit), Organic Kale Powder (<i>Brassica oleracea acephala</i> , whole plant), Organic Parsley Powder (whole plant), Organic Raspberry Powder (fruit), Organic Spinach Powder (whole plant)		
Organic Phytonutrient Blend		
Organic Spirulina (whole plant)..... 50 mg	* 100 mg *	
Organic Chlorella (whole plant,..... 50 mg	* 100 mg *	
broken cell wall)		
Organic Green Tea Leaf Extract..... 25 mg	* 50 mg *	
(<i>Camellia sinensis</i> , standardized to 50% polyphenols, 20%EGCG)		
Carotenoids		
Lutein (from marigold flower..... 5 mg	* 10 mg *	
(<i>Tagetes erecta</i>) extract)		
Lycopene (from tomatoes)..... 3 mg	* 6 mg *	
Zeaxanthin Isomers..... 1 mg	* 2 mg *	
(from marigold flower [<i>Tagetes erecta</i>] extract)		

*Daily Value (DV) not established