

Manufactured by: Douglas Laboratories  
600 Boyce Road, Pittsburgh, PA 15205  
[www.douglaslabs.com](http://www.douglaslabs.com) 1.800.245.4440

**Suggested Usage:** As a dietary supplement, adults take 6 tablets daily with food or as directed by your health professional.

**Warning:** If you are pregnant or nursing, or if you are taking prescription medications, consult your health professional before using this supplement. Discontinue immediately if a burning sensation occurs. Not recommended for people with ulcers.

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

OptiZinc® is a registered trademark of InterHealth N.I.

KEEP OUT OF THE REACH OF CHILDREN.

Store in a cool, dry place.

Use only if safety seal is intact.

Gluten free, Non-GMO



Scan to learn about  
our manufacturing  
excellence

†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 #200571 V4



3 10539 03510 8

# Ultra Preventive® Beta

## Dietary Supplement

Multivitamin/mineral with beta-carotene  
for daily wellness†



180 Tablets

## Supplement Facts

Serving Size 6 Tablets

Servings Per Container 30

|                                                   | Amount Per Serving | %DV     |                                      | Amount Per Serving | %DV  |
|---------------------------------------------------|--------------------|---------|--------------------------------------|--------------------|------|
| Vitamin A.....                                    | 4,500 mcg          | 500%    | Selenium (as organic selenium.....   | 200 mcg            | 364% |
| (100% as natural beta-carotene)                   |                    |         | from krebs** cycle and kelp)         |                    |      |
| Vitamin C (as ascorbic acid) .....                | 1,200 mg           | 1,333%  | Manganese.....                       | 20 mg              | 870% |
| Vitamin D <sub>3</sub> .....                      | 25 mcg (1,000 IU)  | 125%    | (as manganese aspartate complex)     |                    |      |
| (as cholecalciferol)                              |                    |         | Chromium .....                       | 200 mcg            | 571% |
| Vitamin E .....                                   | 268 mg             | 1,787%  | (as chromium polynicotinate)         |                    |      |
| (as vitamin E succinate)                          |                    |         | Molybdenum .....                     | 100 mcg            | 222% |
| Thiamine (as thiamine HCl) .....                  | 100 mg             | 8,333%  | (as molybdenum krebs**)              |                    |      |
| Riboflavin .....                                  | 50 mg              | 3,846%  | Potassium .....                      | 99 mg              | 2%   |
| Niacin/Niacinamide .....                          | 190 mg             | 1,188%  | (as potassium aspartate complex)     |                    |      |
| Vitamin B <sub>6</sub> (as pyridoxine .....       | 100 mg             | 5,882%  |                                      |                    |      |
| HCl/pyridoxal-5-phosphate complex)                |                    |         | Inositol .....                       | 100 mg             | *    |
| Folate (as Metafolin®, .....                      | 1,333 mcg DFE      | 333%    | Citrus Bioflavonoids Complex .....   | 100 mg             | *    |
| L-5-MTHF) .....                                   | (800 mcg L-5-MTHF) |         | PABA (para-aminobenzoic acid).....   | 50 mg              | *    |
| Vitamin B <sub>12</sub> (as cyanocobalamin) ..... | 100 mcg            | 4,167%  | Boron .....                          | 3 mg               | *    |
| Biotin .....                                      | 300 mcg            | 1,000%  | (as boron aspartate/citrate complex) |                    |      |
| Pantothenic Acid.....                             | 500mg              | 10,000% | Trace Elements .....                 | 100 mcg            | *    |
| (as d-calcium pantothenate)                       |                    |         | (from sea seawater)                  |                    |      |
| Choline (from choline citrate/bitartrate).....    | 60 mg              | 11%     | N-Acetyl-L-Cysteine/L-Cysteine ..... | 200 mg             | *    |
| Calcium .....                                     | 500 mg             | 38%     | L-Methionine.....                    | 12.5 mg            | *    |
| (as calcium citrate/ascorbate complex)            |                    |         | Glutamic Acid .....                  | 20 mg              | *    |
| Iodine (from kelp) .....                          | 200 mcg            | 133%    | Betaine .....                        | 114 mg             | *    |
| Magnesium (as magnesium aspartate/ .....          | 500 mg             | 119%    | (from betaine HCl)                   |                    |      |
| ascorbate complex)                                |                    |         | Vanadium .....                       | 50 mcg             | *    |
| Zinc.....                                         | 30 mg              | 273%    |                                      |                    |      |
| (as zinc monomethionine^)                         |                    |         |                                      |                    |      |

\*Daily Value (DV) not established

Other ingredients: Microcrystalline cellulose, croscarmellose sodium, stearic acid, silica, tablet coating (hypromellose, glycerin), and vegetable stearate

\*\*Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex