

**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, young adults who can safely swallow a tablet take 6 tablets daily with meals or as directed by your health professional.

Warning: Not to be taken by pregnant or lactating women. If you have any health condition or are taking and medication, consult your health professional before use. Discontinue immediately if a burning sensation occurs. Not recommended for people with ulcers.

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

KEEP OUT OF THE REACH OF CHILDREN.

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



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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 #201036 V4

Ultra Preventive[®] Teen

Dietary Supplement

Multivitamin/mineral for daily wellness[†]



180 Tablets

Supplement Facts

Serving Size 6 tablets
Servings Per Container 30

	Amount Per Serving	%DV
Vitamin A.....	2,100 mcg	233%
(600 mcg as vitamin A palmitate [29%]/ 1500 mcg as beta-carotene [71%])		
Vitamin C.....	500 mg	556%
(as ascorbic acid)		
Vitamin D ₃	15 mcg (600 IU)	75%
(as cholecalciferol)		
Vitamin E.....	134 mg	893%
(as d-alpha tocopheryl succinate)		
Thiamine.....	10 mg	833%
Riboflavin/Riboflavin-5-Phosphate.....	10 mg	769%
Niacin/Niacinamide.....	25 mg	156%
Vitamin B ₆	10 mg	588%
(as pyridoxine HCl/ pyridoxal-5-phosphate)		
Folate (as Metafolin [®] ,.....	1,112 mcg DFE	278%
L-5-MTHF) (667 mcg L-5-MTHF)		
Vitamin B ₁₂	50 mcg	2,083%
(as cyanocobalamin)		
Biotin.....	150 mcg	500%
Pantothenic Acid.....	25 mg	500%
(as calcium pantothenate)		
Choline.....	50 mg	9%
(from choline citrate/bitartrate)		
Calcium.....	300 mg	23%
(as calcium citrate/ ascorbate/carbonate complex)		
Iodine.....	30 mcg	20%
(from kelp)		
Magnesium.....	200 mg	48%
(as magnesium aspartate/ taurate/ascorbate/oxide complex)		

	Amount Per Serving	%DV
Zinc.....	5 mg	45%
(as zinc amino acid chelate)		
Selenium.....	40 mcg	73%
(as selenium krebs ^{††})		
Copper.....	0.5 mg	56%
(as copper amino acid chelate)		
Manganese.....	4 mg	174%
(as manganese aspartate/sulfate complex)		
Chromium.....	40 mcg	114%
(as chromium polynicotinate)		
Molybdenum.....	40 mcg	89%
(as molybdenum krebs ^{††})		
Potassium.....	50 mg	1%
(as potassium aspartate/ ascorbate/chloride complex)		
Inositol.....	25 mg	*
Citrus Bioflavonoids Complex.....	25 mg	*
Vanadium.....	10 mcg	*
(as vanadium krebs ^{††})		
Boron.....	0.5 mg	*
(as boron aspartate/citrate complex)		
Trace Minerals.....	20 mcg	*
(from seawater)		
L-Cysteine/N-Acetyl-L-Cysteine.....	50 mg	*
Glutamic Acid.....	5 mg	*
Betaine.....	11 mg	*
(as betaine HCl)		
Bromelain (2400 GDU/g).....	50 mg	*

*Daily Value (DV) not established

Other ingredients: Microcrystalline cellulose, dicalcium phosphate, tablet coating [cellulose gum, dextrose, titanium dioxide, riboflavin, cellulose, magnesium silicate, glycerin, natural vanilla flavor], stearic acid, croscarmellose sodium, vegetable stearate, and silica