

Other ingredients: Microcrystalline cellulose, hydroxypropyl cellulose, croscarmellose sodium, ascorbyl palmitate, silica, coating (purified water, hypromellose and glycerin)
[†]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 tablets twice 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. Take with food. If you have liver problems, consult your health professional before use.

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

OptiZinc® is a trademark of Lonza
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 #202331 V5



Ultra Preventive® X

Dietary Supplement

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



120 Tablets

Supplement Facts

Serving Size	4 Tablets	8 Tablets
Servings Per Container	30	15
Amount Per Serving	%DV	%DV
Vitamin A (as 67% natural beta-carotene and 33% vitamin A palmitate)	2,250 mcg 250%	4,500 mcg 500%
Vitamin C (as ascorbic acid)	500 mg 556%	1,000 mg 1,111%
Vitamin D ₃ (as cholecalciferol)	12.5 mcg (500 IU) 63%	25 mcg (1,000 IU) 125%
Vitamin E (as natural d-alpha tocopheryl succinate plus mixed tocopherols)	67 mg 447%	134 mg 893%
Thiamine (as thiamine HCl)	50 mg 4,167%	100 mg 8,333%
Riboflavin (as riboflavin/riboflavin-5-phosphate)	25 mg 1,923%	50 mg 3,846%
Niacin/Niacinamide	95 mg 594%	190 mg 1,188%
Vitamin B ₆ (as pyridoxine HCl/pyridoxal-5-phosphate)	50 mg 2,941%	100 mg 5,882%
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE 167%	1,333 mcg DFE 333%
	(400 mcg L-5-MTHF)	(800 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin/adenosylcobalamin/hydroxocobalamin)	250 mcg 10,417%	500 mcg 20,833%
Biotin	150 mcg 500%	300 mcg 1,000%
Pantothenic Acid (as d-calcium pantothenate)	50 mg 1,000%	100 mg 2,000%
Choline (from choline bitartrate)	137.5 mg 25%	275 mg 50%
Calcium (as calcium citrate/malate/chelate complex)	210 mg 16%	420 mg 32%
Iodine (from kelp)	100 mcg 67%	200 mcg 133%
Magnesium (as magnesium citrate/chelate complex)	210 mg 50%	420 mg 100%
Zinc (as OptiZinc®, monomethionine)	12.5 mg 114%	25 mg 227%
Selenium (as selenomethionine)	100 mcg 182%	200 mcg 364%
Copper (as copper chelate)	1 mg 111%	2 mg 222%
Manganese (as manganese sulfate)	4.5 mg 196%	9 mg 391%
Chromium (as chromium polynicotinate)	100 mcg 286%	200 mcg 571%
Molybdenum (as molybdenum krebs [†])	50 mcg 111%	100 mcg 222%
Potassium (as potassium chloride)	50 mg 1%	100 mg 2%
N-Acetyl-L-Cysteine	75 mg *	150 mg *
Betaine HCl	75 mg *	150 mg *
Inositol	50 mg *	100 mg *

Serving Size	4 Tablets	8 Tablets
Servings Per Container	30	15
Amount Per Serving	%DV	%DV
Quercetin (as dihydrate)	50 mg *	100 mg *
Lemon Bioflavonoids	50 mg *	100 mg *
Papain (from <i>Carica papaya</i> , fruit)	50 mg *	100 mg *
Bromelain (from <i>Anana comosus</i> , pineapple stem)	25 mg *	50 mg *
Grape Seed Extract (standardized to 95% polyphenols)	25 mg *	50 mg *
Alpha Lipoic Acid	25 mg *	50 mg *
Rutin (from <i>Sophora japonica</i> , flower)	12.5 mg *	25 mg *
Boron (as boron glycinate)	1.5 mg *	3 mg *
Vanadium (as vanadium krebs [†])	25 mcg *	50 mcg *
Vitamin K ₂ (as menaquinone-7)	22.5 mcg *	45 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 (fruit), Organic Collard Greens Powder (leaf), Organic Pomegranate Powder (fruit), Organic Green Cabbage Powder (whole plant), Organic Cranberry Powder (fruit), Organic Kale Powder (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, broken cell wall)	50 mg *	100 mg *
Organic Green Tea Leaf Extract (standardized to 50% polyphenols, 20% EGCG)	25 mg *	50 mg *
Carotenoids		
Lutein (from marigold flower (<i>Tagetes erecta</i>) extract)	5 mg *	10 mg *
Lycopene (from tomatoes)	3 mg *	6 mg *
Zeaxanthin Isomers (from marigold (<i>Tagetes erecta</i>) flower extract)	1 mg *	2 mg *
*Daily Value (DV) not established		