

**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 (age 14+) 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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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 #201036 V5

ez Easy Swallow
Technology

Ultra Preventive^{ez} Teen

Dietary Supplement

Multivitamin/mineral for daily wellness[†]

DOUGLAS
LABORATORIES

180 Tablets

Supplement Facts

Serving Size 6 tablets
Servings Per Container 30

	Amount Per Serving	%DV		Amount Per Serving	%DV
Vitamin A	2,100 mcg	233%	Zinc	5 mg	45%
(600 mcg as vitamin A palmitate [29%]/ 1500 mcg as beta-carotene [71%])			(as zinc amino acid chelate)		
Vitamin C	500 mg	556%	Selenium	40 mcg	73%
(as ascorbic acid)			(as selenium krebs [†])		
Vitamin D ₃	15 mcg (600 IU)	75%	Copper	0.5 mg	56%
(as cholecalciferol)			(as copper amino acid chelate)		
Vitamin E	134 mg	893%	Manganese	4 mg	174%
(as d-alpha tocopheryl succinate)			(as manganese aspartate/sulfate complex)		
Thiamine	10 mg	833%	Chromium	40 mcg	114%
Riboflavin/Riboflavin-5-Phosphate	10 mg	767%	(as chromium polynicotinate)		
Niacin/Niacinamide	25 mg	156%	Molybdenum	40 mcg	89%
Vitamin B ₆	10 mg	588%	(as molybdenum krebs [†])		
(as pyridoxine HCl/ pyridoxal-5-phosphate)			Potassium	50 mg	1%
Folate (as Metafolin [®])	1,112 mcg DFE	278%	(as potassium aspartate/ ascorbate/chloride complex)		
(667 mcg L-5-MTHF)			Inositol	25 mg	*
Vitamin B ₁₂	50 mcg	2,083%	Citrus Bioflavonoids Complex	25 mg	*
(as cyanocobalamin)			Vanadium	10 mcg	*
Biotin	150 mcg	500%	(as vanadium krebs [†])		
Pantothenic Acid	25 mg	500%	Boron	0.5 mg	*
(as calcium pantothenate)			(as boron aspartate/citrate complex)		
Choline	50 mg	9%	Trace Minerals	20 mcg	*
(from choline citrate/bitartrate)			(from seawater)		
Calcium	300 mg	23%	L-Cysteine/N-Acetyl-L-Cysteine	50 mg	*
(as calcium citrate/ ascorbate/carbonate complex)			Glutamic Acid	5 mg	*
Iodine	30 mcg	20%	Betaine	11 mg	*
(from kelp)			(as betaine HCl)		
Magnesium	200 mg	48%	Bromelain (2400 GDU/g)	50 mg	*
(as magnesium aspartate/ taurate/ascorbate/oxide complex)					

*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