

Other ingredients: Cellulose, dicalcium phosphate, vegetable stearate, silica, dextrose, titanium dioxide, riboflavin, magnesium silicate, glycerin and natural vanilla flavor.

Manufactured by:
Douglas Laboratories
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This product contains NO yeast, gluten, soy protein, milk/dairy, corn, sodium, starch, artificial coloring, preservatives or flavoring.

Suggested Usage: As a dietary supplement, young adults who can safely swallow a tablet take 6 tablets daily or as directed by your healthcare professional.

KEEP OUT OF REACH OF CHILDREN.

For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35%-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

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

ez Easy Swallow
multivitamin



- Growing Together Program -

Douglas Laboratories is proud to donate
\$.25 from the sale of this product to
SOS Children's Villages

Formula #201036

Ultra Preventive[®] Teen

ez Easy Swallow
multivitamin

A Dietary Supplement



180 Tablets

Supplement Facts

Serving Size 6 tablets
Servings Per Container 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A..... 7,000 IU	140%	Manganese..... 4 mg	200%
(2,000 IU as Vitamin A Palmitate (28%)/		(from Manganese Aspartate/Sulfate Complex)	
5,000 as Beta-Carotene (72%))		Chromium..... 40 mcg	33%
Vitamin C (Ascorbic Acid)..... 500 mg	833%	(from Chromium Polynicotinate)	
Vitamin D..... 600 IU	150%	Molybdenum..... 40 mcg	53%
Vitamin E..... 200 IU	667%	(from Molybdenum Amino Acid Complex)	
(as d-alpha Tocopheryl Succinate)		Potassium..... 50 mg	1%
Thiamine..... 10 mg	667%	(from Potassium Aspartate/	
Riboflavin/Riboflavin-5-Phosphate..... 10 mg	588%	Ascorbate/Chloride Complex)	
Niacinamide/Niacin..... 25 mg	125%	Choline..... 50 mg	*
Vitamin B-6..... 10 mg	500%	(from Choline Citrate/Bitartrate)	
(As Pyridoxine HCl/Pyridoxal-5-Phosphate)		Inositol..... 25 mg	*
Folate (as L-methylfolate, Metafolin®)..... 400 mcg	100%	Citrus Bioflavonoid Complex..... 25 mg	*
Vitamin B-12..... 50 mcg	833%	Vanadium..... 10 mcg	*
Biotin..... 150 mcg	50%	(from Vanadium Amino Acid Complex)	
Pantothenic Acid..... 25 mg	250%	Boron..... 0.5 mg	*
(as calcium pantothenate)		(from Boron Aspartate/Citrate Complex)	
Calcium..... 300 mg	30%	Trace Elements..... 20 mcg	*
(from Calcium Citrate/Ascorbate/Carbonate Complex)		(Mineral Complex with Sea Vegetation)	
Iodine (from Kelp)..... 40 mcg	27%	L-Cysteine..... 48 mg	*
Magnesium..... 200 mg	50%	N-Acetyl-L-Cysteine..... 2 mg	*
(from Magnesium Aspartate/		Glutamic Acid..... 5 mg	*
Taurate/Ascorbate/Oxide Complex)		Betaine (from Betaine HCl)..... 11 mg	*
Zinc (from Zinc Amino Acid Chelate)..... 5 mg	33%	Bromelain..... 500 mcu	*
Selenium..... 40 mcg	57%		
(as Organic Selenium from Selenium			
Amino Acid Complex)			
Copper..... 0.5 mg	25%		
(from Copper Amino Acid Chelate)			

*Daily Value not established.