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Other Ingredients: Cellulose, stearic acid, silica, titanium dioxide, dextrose, magnesium silicate, glycerin, caramel color, natural vanilla flavor.

†Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

†Including Beta-Carotene, Alpha-Carotene, Zeaxanthin, Cryptoxanthin and additional Lutein and Lycopene.

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

Manufactured by:
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205 USA
www.douglaslabs.com
1.800.245.4440

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

Suggested Usage: As a dietary supplement, adults take 8 tablets daily or as directed by your healthcare professional. This product is best taken with meals.

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.

eZ Easy Swallow
Technology

Formula #200911

Ultra Preventive[®]

eZ Easy Swallow
multivitamin

A Low Allergenicity
Dietary Supplement

DOUGLAS
LABORATORIES[®]

120 Tablets

Supplement Facts

Serving Size 8 Tablets • Servings Per Container 15

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (33% as Vitamin A Palmitate [5,000 IU]/67% [10,000 IU] as Natural Beta-Carotene) from D. Salina with full spectrum carotenoids†† 15,000 IU	300%	Boron (as Boron Aspartate/Citrate complex) 1.5 mg	*
Vitamin C (as Ascorbic Acid/Ascorbyl Palmitate/Calcium and Magnesium Ascorbate complex) 700 mg	1,167%	Vanadium (as Vanadium Krebs†) 50 mcg	*
Vitamin D-3 1,000 IU	250%	Amino Acids and Enzymes	
Vitamin E (natural, as d-alpha tocopheryl plus mixed tocopherols) 400 IU	1,333%	L-Cysteine/N-Acetyl L-Cysteine 150 mg	*
Thiamine 100 mg	6,667%	Betaine (from 150 mg Betaine HCl) 114 mg	*
Riboflavin 50 mg	2,941%	Bromelain (2,000 GDU/g) 50 mg	*
Niacin/Niacinamide 190 mg	950%	Glutamic Acid (from 25 mg Glutamic Acid HCl) 20 mg	*
Vitamin B-6 (as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex) 100 mg	5,000%	L-Methionine 12.5 mg	*
Folate (as L-methylfolate, Metafolin®) 800 mcg	200%	Bioflavonoids and Proanthocyanidins	
Vitamin B-12 (methylcobalamin) 250 mcg	4,167%	Rose Hips 100 mg	*
Biotin 300 mcg	100%	Lemon Bioflavonoids 100 mg	*
Pantothenic Acid (as d-Calcium Pantothenate) 500 mg	5,000%	Red Wine Proanthocyanidins/Pine Bark Extract 50 mg	*
Calcium 100 mg	10%	Hesperidin 35 mg	*
(as Calcium Citrate/Ascorbate/Carbonate Complex)		Rutin 25 mg	*
Iodine (from Kelp) 200 mcg	133%	Vegetables Fruits and Herbs	
Magnesium (as Magnesium Aspartate/Ascorbate/Oxide Complex) 100 mg	25%	Proprietary Organic Fruit and Vegetable Blend 700 mg	*
Zinc (as Zinc Amino Acid Chelate) 25 mg	167%	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 green cabbage powder (whole plant), Organic collard greens powder (leaf), Organic mountain cranberry powder (fruit), Organic kale powder (whole plant), Organic Parsley powder (whole plant), Organic pomegranate powder (fruit), Organic raspberry powder (fruit), Organic spinach powder (whole plant), Garlic (bulb, odorless) 100 mg	*
Copper (as Copper Amino Acid Chelate) 2 mg	100%	Cauliflower (entire plant) 100 mg	*
Manganese 10 mg	500%	Spirulina 100 mg	*
(as Manganese Aspartate/Sulfate Complex)		Chlorella (broken cell wall) 100 mg	*
Chromium (Organically bound with GTF activity—low allergenicity) 200 mcg	167%	Green Papaya Extract (fruit) 100 mg	*
Molybdenum (as Molybdenum Krebs†) 100 mcg	133%	Blackberry (fruit) 80 mg	*
Potassium 99 mg	2%	Celery powder (leaf) 70 mg	*
(as Potassium Aspartate/Chloride Complex)		Black radish powder (root) 70 mg	*
Lutein (natural) 6 mg	*	Apricot powder (fruit) 70 mg	*
Lycopene (natural) 6 mg	*	Green Tea Extract (leaf) 50 mg	*
Zeaxanthin 1 mg	*	Apple Pectin (fruit) 50 mg	*
Other Minerals, Nutrients and Trace Elements			
Inositol 100 mg	*		
Trace Elements (from Sea Vegetation) approx. 100 mcg	*		
Choline (from 150 mg Choline Citrate/Bitartrate) 60 mg	*		
PABA (para-aminobenzoic acid) 50 mg	*		

*Daily Value not established.