

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, milk/dairy, corn, sodium, starch, artificial coloring, artificial preservatives, artificial flavoring, or genetically modified ingredients (GMOs).

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®

240 Tablets

Supplement Facts

Serving Size 8 Tablets • Servings Per Container 30

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%	Amino Acids and Enzymes	
Vitamin C (as Ascorbic Acid/Ascorbyl Palmitate/ Calcium and Magnesium Ascorbate complex) 700 mg	1,167%	L-Cysteine/N-Acetyl L-Cysteine 150 mg	*
Vitamin D-3 1,000 IU	250%	Betaine (from 150 mg Betaine HCl) 114 mg	*
Vitamin E (natural, as d-alpha tocopheryl plus mixed tocopherols) 400 IU	1,333%	Bromelain (2,000 GDU/g) 50 mg	*
Thiamine 100 mg	6,667%	Glutamic Acid (from 25 mg Glutamic Acid HCl) 20 mg	*
Riboflavin 50 mg	2,941%	L-Methionine 12.5 mg	*
Niacin/Niacinamide 190 mg	950%	Bioflavonoids and Proanthocyanidins	
Vitamin B-6 (as Pyridoxine HCl/ Pyridoxal-5-Phosphate Complex) 100 mg	5,000%	Rose Hips 100 mg	*
Folate (as L-methylfolate, Metafolin®) 800 mcg	200%	Lemon Bioflavonoids 100 mg	*
Vitamin B-12 (methylcobalamin) 250 mcg	4,167%	Red Wine Proanthocyanidins/Pine Bark Extract 50 mg	*
Biotin 300 mcg	100%	Hesperidin 35 mg	*
Pantothenic Acid (as d-Calcium Pantothenate) 500 mg	5,000%	Rutin 25 mg	*
Calcium 100 mg	10%	Vegetables Fruits and Herbs	
(as Calcium Citrate/Ascorbate/Carbonate Complex)		Proprietary Organic Fruit and Vegetable Blend 700 mg	*
Iodine (from Kelp) 200 mcg	133%	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	*
Magnesium (as Magnesium Aspartate/ Ascorbate/Oxide Complex) 100 mg	25%	Cauliflower (entire plant) 100 mg	*
Zinc (as Zinc Amino Acid Chelate) 25 mg	167%	Spirulina 100 mg	*
Selenium (as Selenium Krebs†/Kelp complex) 200 mcg	286%	Chlorella (broken cell wall) 100 mg	*
Copper (as Copper Amino Acid Chelate) 2 mg	100%	Green Papaya Extract (fruit) 100 mg	*
Manganese (as Manganese Aspartate/Sulfate Complex) 10 mg	500%	Blackberry (fruit) 80 mg	*
Chromium (Organically bound with GTF activity—low allergenicity) 200 mcg	167%	Celery powder (leaf) 70 mg	*
Molybdenum (as Molybdenum Krebs†) 100 mcg	133%	Black radish powder (root) 70 mg	*
Potassium (as Potassium Aspartate/Chloride Complex) 99 mg	2%	Apricot powder (fruit) 70 mg	*
Lutein (natural) 6 mg	*	Green Tea Extract (leaf) 50 mg	*
Lycopene (natural) 6 mg	*	Apple Pectin (fruit) 50 mg	*
Zeaxanthin 1 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	*		
Boron (as Boron Aspartate/Citrate complex) 1.5 mg	*		
Vanadium (as Vanadium Krebs†) 50 mcg	*		

*Daily Value not established.