



Natural Preventive

Ideal for individuals with vitamin, mineral and trace element deficiencies due to sub-optimal dietary intake, age and lifestyle. For many individuals, Natural Preventive is the only daily nutritional supplement and antioxidant formula they need to take.

Natural Health Improvement Center

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Ultra Preventive® III (capsules)

Formula	Size	S.R.P.
200585	180 Capsules	\$30.40
Health Function: General Health		
Suggested Usage: 6 Daily		

Douglas Laboratories is proud to announce that Ultra Preventive® III now contains Metafolin®, a patented, natural form of (6S) 5-methyltetrahydrofolate (5-MTHF) as well as 500 IU of vitamin D3 per serving. 5-MTHF is the naturally occurring, predominant form of folate commonly found in cells and is essential for overall health, as it participates as a cofactor in a reaction that involves the remethylation of homocysteine to methionine. Unlike synthetic folic acid, 5-MTHF can be used directly by the body, without the need for an additional conversion via the enzyme (5,10-methylenetetrahydrofolate reductase (MTHFR)). In certain populations, the body's ability to convert folic acid to 5-MTHF by use of this enzyme may be compromised due to genetic differences. Metafolin® contains only the S isomer of 5-MTHF and has been shown to be the only form of folate to be able to cross the blood-brain barrier. Additional vitamin D3 (also known as cholecalciferol) has been added to this formula as numerous scientists now feel that supplementation with vitamin D at levels greater than previously thought necessary is critical to helping maintain overall health.

SUPPLEMENT FACTS

Serving Size 6 Capsules • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A (40% as Vitamin A Palmitate/ 60% [7,500 IU] as Beta-Carotene).....12,500 IU	250%
Vitamin C (Ascorbic Acid).....600 mg.	1,000%
Vitamin D-3.....500 IU	125%
Vitamin E (as Vitamin E Succinate).....200 IU	667%
Thiamine (as Thiamine HCl).....50 mg.	3,333%
Riboflavin.....25 mg.	1,471%
Niacin/Niacinamide.....95 mg.	475%
Vitamin B-6 (as Pyridoxine HCl/ Pyridoxal-5-Phosphate Complex).....50 mg.	2,500%
Folate (as L-methylfolate, Metafolin®).....400 mcg.	100%
Vitamin B-12 (Cyanocobalamin).....50 mcg.	833%
Biotin.....150 mcg.	50%
Pantothenic Acid (as d-Calcium Pantothenate).....250 mg.	2,500%
Calcium.....250 mg.	25%
(from Calcium Citrate/Ascorbate/Carbonate Complex)	
Iodine (from Kelp).....100 mcg.	67%
Magnesium.....250 mg.	63%
(from Magnesium Aspartate/Ascorbate/Oxide Complex)	
Zinc (from Zinc Amino Acid Chelate).....12.5 mg.	83%
Selenium (Organic Selenium from Krebs' Cycle and Kelp).....100 mcg.	143%
Manganese (as Manganese Aspartate/Sulfate Complex).....10 mg.	500%
Chromium (Organically bound with GTF activity—low allergenicity).....100 mcg.	83%
Molybdenum (from Molybdenum Krebs¹).....50 mcg.	67%
Potassium.....49.5 mg.	1%
(from Potassium Aspartate/Chloride Complex)	
Choline (from Choline Citrate/Bitartrate).....30 mg.	*

Inositol.....	50 mg.	*
Citrus Bioflavonoid Complex.....	50 mg.	*
PABA (para-Aminobenzoic Acid).....	25 mg.	*
Vanadium (from Vanadium Krebs¹).....	25 mcg.	*
Boron (from Boron Aspartate/ Citrate Complex).....	0.75 mg.	*
Trace Elements (from Sea Vegetation).....	50 mcg.	*
L-Cysteine/N-Acetyl-L-Cysteine.....	100 mg.	*
L-Methionine.....	6 mg.	*
Glutamic Acid (from Glutamic Acid HCl).....	10 mg.	*
Betaine (from Betaine HCl).....	57 mg.	*

*Daily Value not established.

Other ingredients: Gelatin (capsule), vegetable stearate, silica and cellulose.

¹Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

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