



Split Dose Ultra™

Morning Meal

AM

A Dietary Supplement



**Douglas
Laboratories®**

90 Tablets

Supplement Facts

Serving Size 2 tablets
Servings Per Container 45

Amount Per Serving	%DV
Vitamin A (71% as Beta-Carotene)	7,000 IU 140%
Vitamin C (as Ascorbic Acid)	300 mg 500%1
Vitamin D-3	75 IU 9%667
Vitamin E	200 IU %
Vitamin K	50 mcg 63%33
Thiamine (as Thiamine Mononitrate)	50 mg 33%29
Riboflavin	5 mg 4%325
Niacin/Niacinamide	65 mg %
Vitamin B-6 (as Pyridoxine HCl)	10 mg 500%2
Folate	800 mcg 00%83
Vitamin B-12	50 mcg 3%
Biotin	1 mg 333%
Pantothenic Acid (from Calcium Pantothenate)	60 mg 600%
Calcium (from Calcium Citrate Complex)	100 mg 10%
Magnesium (from Magnesium Citrate Complex)	100 mg 25%
Copper (from Copper Chelate)	3 mg 150%
Manganese (from Manganese Aspartate Complex)	15 mg 750%

Other ingredients: Vegetable stearate, cellulose and silica.

Amount Per Serving	%DV
Chromium (from Chromium Chelate)	100 mcg 83%
Molybdenum (from Molybdenum Krebs†)	75 mcg 100%
Potassium (from Potassium Aspartate Complex)	10 mg <1%
Pyridoxal-Alpha-Ketoglutarate	50 mg *
Choline (from Choline Bitartrate)	50 mg *
Inositol	75 mg *
Bioflavonoid Complex	100 mg *
PABA (Para-Aminobenzoic Acid)	100 mg *
Vanadium (from Vanadium Krebs†)	50 mcg *
Boron (from Boron Citrate Complex)	1 mg *
Trace Elements (from Sea Vegetation)	40 mcg *
L-Cysteine (from L-Cysteine HCl)	50 mg *
L-Methionine	15 mg *
Glutamic Acid (from Glutamic Acid HCl)	10 mg *
Betaine (from Betaine HCl)	30 mg *
Seleno-Methionine	200 mcg *
Silica	50 mcg *

*Daily Value not established.

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

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

Suggested Usage:
As a dietary supplement, adults take 2 tablets with or after morning meal or as directed by your healthcare professional.

WARNING: This product contains Vitamin K, which interferes with the perscription drugs Coumadin® and Warfarin. If you are taking these or similar drugs, consult your physician before using this product.

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)
Tampor resistant package, do not use if outer seal is missing.



Formula #7484