



Split Dose Ultra™

Evening Meal P.M.

A Dietary Supplement



**Douglas
Laboratories®**

90 Tablets

Supplement Facts

Serving Size 2 tablets • Servings Per Container 45

Amount Per Serving		%DV
Vitamin A (17% as Vitamin A Acetate/ 12,000 IU 83% [10,000] as Beta-Carotene)		240%
Vitamin C (Ascorbic Acid, Corn Free)	200 mg	333%
Vitamin D	25 IU	6%
Vitamin E (alpha Tocopherol Acetate)	100 IU	333%
Vitamin K	20 mcg	25%
Thiamine	50 mg	3,333%
Riboflavin	5 mg	294%
Niacin/Niacinamide	65 mg	325%
Vitamin B-6 (Pyridoxal-5-Phosphate)	10 mg	500%
Folate	400 mcg	100%
Vitamin B-12	150 mcg	2,500%
Biotin	1 mg	333%
Pantothenic Acid (as Calcium Pantothenate)	60 mg	600%
Calcium (from Calcium Citrate Complex)	20 mg	2%

Other ingredients: Cellulose and vegetable stearate.

Amount Per Serving		%DV
Magnesium (from Magnesium Citrate Complex)	200 mg	50%
Zinc (from Zinc Picolinate Complex)	25 mg	167%
Manganese (from Manganese Aspartate Complex)	5 mg	250%
Chromium (from Chromium Chelate)	300 mcg	250%
Molybdenum (from Molybdenum Krebs*)	125 mcg	167%
Potassium (from Potassium Aspartate Complex)	10 mg	<1%
Pyridoxal-Alpha-Ketoglutarate 50 mg*, Inositol 75 mg*, Choline 50 mg*, PABA (para-Aminobenzoic Acid) 100 mg*, Bioflavonoids 100 mg*, Seleno-Methionine 100 mcg*, Vanadium 100 mcg*, Sea Vegetation 40 mcg*, Silica 50 mcg*, Boron 0.5 mg*, L-Cysteine HCl 50 mg*, DL-Methionine 15 mg*, Glutamic Acid HCl 10 mg*, Betaine HCl 30 mg*		
*Daily Value not established		

Manufactured by:
Douglas Laboratories

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

WARNING: This product contains Vitamin K, which interferes with the prescription drugs Coumadin® and Warfarin. Do not take this product if taking either of these drugs.

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

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.

Formula #7485

