



Ultra-AM Capsules

A Dietary Supplement



Douglas Laboratories® 60 Capsules

Supplement Facts

Serving Size 4 capsules • Servings Per Container 15

Amount Per Serving	%DV
Vitamin A (29% as Vitamin A Palmitate/17,500 IU 71% [12,500 IU] as Beta-Carotene)	350%
Vitamin C (Ascorbic Acid).....400 mg	667%
Vitamin D-3.....100 IU	25%
Vitamin E (as d-alpha Tocopheryl Succinate)265 IU	883%
Thiamine65 mg	4,333%
Riboflavin (as Riboflavin/.....25 mg Riboflavin-5-Phosphate)	1,471%
Niacin/Niacinamide80 mg	400%
Vitamin B-6 (as Pyridoxine HCl/70 mg Pyridoxal-5-Phosphate Complex)	3,500%
Folic Acid.....260 mcg	65%
Vitamin B-12 (on Ion Exchange Resin)200 mcg	3,333%
Biotin600 mcg	200%
Pantothenic Acid250 mg	2,500%
Calcium (from Calcium Carbonate/25 mg Citrate Complex)	3%
Magnesium (from Magnesium.....200 mg Aspartate Complex)	50%
Zinc (from Zinc Amino Acid Chelate)25 mg	167%
Selenium (from Selenium Selenate/250 mcg Seleno-Methionine Complex)	357%

Amount Per Serving	%DV
Manganese (from Manganese Aspartate Complex) 6.5 mg	325%
Chromium GTF.....130 mcg	108%
(from Chromium Polynicotinate)	
Molybdenum (from Molybdenum Amino100 mcg	133%
Acid Complex)	
Potassium (from Potassium Aspartate/65 mg	<2%
Chloride Complex)	
Bioflavonoid Complex.....150 mg	*
Inositol30 mg	*
Betaine (from 25 mg Betaine HCl).....19 mg	*
Choline (Choline Bitartrate).....25 mg	*
Glutamic Acid (from 15 mg Glutamic Acid HCl).....12 mg	*
L-Methionine.....2 mg	*
Boron (from Boron Aspartate/Citrate Complex).....1.3 mg	*
Trace Minerals-72 Complex.....150 mcg	*
Vanadium (from Vanadium Amino Acid Chelate) ..65 mcg	*
Silica.....75 mcg	*

*Daily Value not established.

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

Manufactured by:
Douglas Laboratories
Pittsburgh, PA 15205
www.douglaslabs.com

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 to 4 capsules daily with the morning meal or as directed by physician.

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 #9434

