

## Ultra Preventive® X

Essential nutrition for optimal health with an organic fruit/vegetable blend

### DESCRIPTION

Ultra Preventive® X is Douglas Laboratories' signature formula and the most comprehensive multivitamin and mineral supplement with a special organic fruit and vegetable blend. This unique formula provides an antioxidant equivalent of 4-5 servings of fruits and vegetables, along with bioavailable forms of vitamins, minerals, trace elements and beneficial nutrients.

### FUNCTIONS

Studies show that a high percentage of adults in North America and other developed areas eat less than the minimum daily allowance of 10 or more essential nutrients. Adequate amounts and proper balance of these nutrients are needed not only for maintaining good health, but also for the dietary management of the body's structure as well as the optimum functioning of its various systems, including the immune and gastrointestinal systems. †

Ultra Preventive® X has been carefully developed to contain the right proportions of vitamins, minerals, trace elements, and other nutrients without danger of toxic build-up or other side effects. Each ingredient is selected in consideration of its absorbability, competitive relationship with other nutrients, allergenic potential, and long-term safety. Certain nutrients such as beta-carotene, vitamin C, vitamin E, and B-complex vitamins are included in high-potency amounts because of the vital roles they play in antioxidant protection, energy production, the maintenance of healthy blood cells, the nervous system, hormonal balance, and more. † Minerals and trace elements are provided in their safest and most bioavailable forms.

Ultra Preventive® X contains Metafolin®, a patented, natural form of (6S) 5-methyltetrahydrofolate (5-MTHF). 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.

Ultra Preventive® X includes important phytonutrients. Greens and several varieties of microalgae supply chlorophyll, carotenes, B-vitamins, and trace elements. Fruits and vegetables in powder form provide naturally occurring nutrients and antioxidants to help fight free radical damage and support cellular health. † Cruciferous vegetables, broccoli and cauliflower, offer protective sulfurophane compounds known for their ability to induce protective phase 2 liver detoxifying enzymes. Lutein, lycopene, and zeaxanthin are carotenoid antioxidants known for ocular health and other healthy aging parameters. † Enzymes such as betaine and bromelain aid in the digestion of foods. Bioflavonoids (including hesperidin and rutin) and proanthocyanidins are potent antioxidants.

### INDICATIONS

Ultra Preventive® X tablets may be a useful dietary supplement for those who wish to consume the essential nutrients for optimal health.

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### FORMULA (# 200569)

Eight Tablets Contain:

Vitamin A .....	15,000 I.U.
(33% as Vitamin A Palmitate [5,000IU]/67% [10,000 IU] as Natural Beta-Carotene) from D. Salina with full spectrum carotenoids**	
Vitamin C .....	1,400 mg.
(as Ascorbic Acid/Ascorbyl Palmitate/Calcium and Magnesium Ascorbate complex)	
Vitamin D-3.....	1,000 I.U.
Vitamin E.....	400 I.U.
(natural, as d-alpha tocopheryl plus mixed tocopherols)	
Thiamine.....	100 mg.
Riboflavin.....	50 mg.
Niacin/Niacinamide.....	190 mg.
Vitamin B-6.....	100 mg.
(as Pyridoxine HCl/ Pyridoxal-5-Phosphate Complex)	
Folate.....	800 mcg.
(as L-methylfolate, Metafolin®)	
Vitamin B-12.....	250 mcg.
(as methylcobalamin)	
Biotin.....	300 mcg.
Pantothenic Acid .....	500 mg.
(as d-Calcium Pantothenate)	
Calcium.....	500 mg.
(as Calcium Citrate/Ascorbate/Carbonate Complex)	
Iodine (from kelp) .....	200 mcg.
Magnesium.....	500 mg.
(as Magnesium Aspartate/Ascorbate/Oxide Complex)	
Zinc.....	25 mg.
(as Zinc Amino Acid Chelate)	
Selenium.....	200 mcg.
(as Selenium Krebs*/Kelp complex)	
Copper.....	2 mg.
(as Copper Amino Acid Chelate)	
Manganese.....	10 mg.
(as Manganese Aspartate/Sulfate Complex)	
Chromium .....	200 mcg.
(Organically bound with GTF activity—low allergenicity)	
Molybdenum.....	100 mcg.
(as Molybdenum Krebs*)	
Potassium.....	99 mg.
(as Potassium Aspartate/Chloride Complex)	
Lutein (natural) .....	6 mg.
Lycopene (natural) .....	6 mg.
Zeaxanthin.....	1 mg.
Inositol .....	100 mg.
Trace Elements approx. 100 mcg. (from Sea Vegetation)	
Choline.....	60 mg.
(from 150 mg Choline Citrate/Bitartrate)	
PABA.....	50 mg.

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(para-aminobenzoic acid)	
Boron	1.5 mg.
(as Boron Aspartate/Citrate complex)	
Vanadium.....	50 mcg.
(as Vanadium Krebs*)	
L-Cysteine/N-Acetyl	
L-Cysteine .....	150 mg.
Betaine .....	114 mg.
(from 150 mg Betaine HCl)	
Bromelain (2,000 GDU/g).....	50 mg.
Glutamic Acid .....	20 mg.
(from 25 mg Glutamic Acid HCl)	
L-Methionine.....	12.5 mg.
Rose Hips.....	100 mg.
Lemon Bioflavonoids .....	100 mg.
Red Wine Proanthocyanidins/Pine	
Bark Extract.....	50 mg.
Hesperidin .....	35 mg.
Rutin .....	25 mg.
Proprietary Organic Fruit and	
Vegetable Blend.....	700 mg.
Organic beet powder, Organic carrot	
powder, Organic black currant powder,	
Organic blueberry powder, Organic	
broccoli powder, Organic Concord grape	
powder, Organic green cabbage powder,	
Organic Collard greens powder, Organic	
mountain cranberry powder, Organic kale	
powder, Organic Parsley powder, Organic	
pomegranate powder, Organic raspberry	
powder, Organic spinach Powder.	
Garlic .....	100 mg.
Cauliflower (entire plant) .....	100 mg.
Spirulina.....	100 mg.
Chlorella (broken cell wall) .....	100 mg.
Green Papaya Extract .....	100 mg.
(fruit)	
Blackberry (Fruit).....	80 mg.
Celery powder (leaf) .....	70 mg.
Black radish powder (root) .....	70 mg.
Apricot powder (fruit) .....	70 mg.
Green Tea Extract (leaf).....	50 mg.
Apple Pectin (fruit).....	50 mg.

Other Ingredients: cellulose, stearic acid, and silica

\*Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

\*\*Including Beta-Carotene, Alpha-Carotene, Zeaxanthin, Cryptoxanthin and additional Lutein and Lycopene.

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

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### SUGGESTED USE

Adults take 8 tablets daily with food or as directed by a healthcare professional.

This product is best taken with meals in divided doses, such as 4 tablets with 2 largest meals of the day.

### SIDE EFFECTS

No adverse effects have been reported.

### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

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**For more information on Ultra Preventive® X, visit [douglaslabs.com](http://douglaslabs.com)**

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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**You trust Douglas Laboratories.  
Your patients trust you.**