

## Ultra Preventive® 2 Daily

Essential nutrition for optimal health in just 2 tablets daily

Easy-to-swallow multiple vitamin tablets 

### DESCRIPTION

Douglas Laboratories® is proud to introduce Ultra Preventive® 2 Daily tablets with important vitamins and minerals plus powerful antioxidant support from a proprietary phytonutrient blend of standardized spinach, blueberry and strawberry extracts, carotenoids, and methylated resveratrol in just 2 easy-to-swallow tablets daily. Astaxanthin is included as the most powerful carotenoid antioxidant for healthy aging.† Activated forms of B vitamins in Ultra Preventive® 2 Daily ensure proper utilization of vitamins.

### 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® 2 Daily 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 D, 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® 2 Daily contains Metafolin®, a patented, natural form of (6S) 5-methyltetrahydrofolate (5-MTHF). L-methylfolate 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, L-methylfolate 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.

Ultra Preventive® 2 Daily also includes important phytonutrients in a proprietary blend of wild blueberry, strawberry and spinach extracts to supply active polyphenols for protection against free radical damage. Lutein, lycopene, zeaxanthin, and astaxanthin are carotenoid antioxidants for ocular health and beyond. Astaxanthin, the most powerful carotenoid sourced from algae, is increasingly popular due to its' numerous health benefits studied such as cardiovascular, and immune support. † Pterostilbene, a methylated form of resveratrol is considered the *next generation of resveratrol*. Pterostilbene has advantages over resveratrol: superior biological activity, better oral bioavailability, and slower metabolism in the body. As another potent antioxidant, pterostilbene has been clinically studied for cardiovascular, blood sugar, cognitive and longevity support. †

### INDICATIONS

Ultra Preventive® 2 Daily tablets may be a useful dietary supplement for those who wish to consume the essential nutrients for health and aging support in 2 easy-to-swallow tablets daily.†

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### FORMULA (# 201344-60X)

#### Supplement Facts

##### Serving Size 2 tablets

Vitamin A (as natural beta-carotene).....	5,000 IU
Vitamin C (as Ascorbic Acid) .....	120 mg
Vitamin D-3.....	1,000 IU
Vitamin E .....	100 IU
(as d-alpha tocopheryl succinate)	
Thiamine (as Thiamine HCl).....	25 mg
Riboflavin (as Riboflavin-5-phosphate).....	10 mg
Niacin/Niacinamide.....	30 mg
Vitamin B-6 (as Pyridoxal-5-phosphate).....	10 mg
Folate (as L-methylfolate, Metafolin®) .....	400 mcg
Vitamin B-12 (as methylcobalamin).....	250 mcg
Biotin .....	300 mcg
Pantothenic Acid.....	25 mg
(d-calcium pantothenate)	
Calcium.....	50 mg
(as Calcium Citrate/Malate Complex)	
Magnesium (as Magnesium Citrate).....	25 mg
Iodine (from kelp).....	150 mcg
Zinc (as Opti-Zinc, monomethionine) .....	15 mg
Selenium (as amino acid chelate) .....	100 mcg
Copper (as amino acid chelate).....	1 mg
Chromium (as amino acid chelate).....	120 mcg
Molybdenum (as amino acid chelate).....	100 mcg
Potassium (as Potassium Aspartate).....	30 mg
Choline (as Choline Bitartrate) .....	60 mg
Inositol .....	25 mg
Lutein.....	3 mg
Lycopene (natural).....	3 mg
Zeaxanthin.....	1 mg
Astaxanthin.....	1 mg
Pterostilbene (PteroPure™**) .....	10 mg
Proprietary Blend.....	300 mg
Wild Blueberry Extract (fruit, <i>Vaccinium angustifolium</i> , standardized to 4% polyphenols), Strawberry Extract (fruit, <i>Fragaria vesca</i> , standardized to 2% polyphenols), Spinach Extract (leaf, <i>Spinacia oleracea</i> , standardized to 1.5% polyphenols).	

Other ingredients: Cellulose, silica, titanium dioxide, dextrose, magnesium silicate, glycerin, caramel color, natural vanilla flavor.

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

#### SUGGESTED USE

Adults take 2 tablets daily with food or as directed by a healthcare professional.

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### 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.

### REFERENCES

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**For more information on Ultra Preventive® 2 Daily, 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.

Manufactured by  
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Your patients trust you.**

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