

# Ultra Preventive® X

Next-generation multiple tablets – magnesium stearate-free

Essential nutrition for optimal health in a vegetable/fruit food base

## DESCRIPTION

Ultra Preventive® X, provided by Douglas Laboratories®, is a comprehensive, highly concentrated vitamin-mineral-trace element daily supplement containing more than 50 nutritional ingredients, all in a special herbal green food base. Its formula is carefully balanced to provide the essential nutrients for optimal health. Ultra Preventive® X is also a potent antioxidant formula that includes natural beta-carotene, vitamin C, vitamin E, selenium, L-cysteine/N-acetyl-L-cysteine, lutein, lycopene, red wine proanthocyanidins and select extracts and powders from over 25 fruits, vegetables and herbs.

## 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's herbal green food base also includes important phytonutrients. Gluten-free grasses

and several varieties of microalgae supply chlorophyll, carotenes, B-vitamins, and trace elements. Cruciferous vegetables, broccoli and cauliflower, offer protective sulfurophane compounds known for their ability to induce protective phase 2 detoxifying enzymes.

## INDICATIONS

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

## FORMULA (#45410)

### Eight Tablets Contain:

Vitamin A .....	5,000 I.U.
(Palmitate)	
Beta-Carotene (Vitamin A Activity) .....	10,000 I.U.
As natural carotenes (alpha, beta, cryptoxanthin, & zeaxanthin) from <i>D. salina</i> )	
Lutein (elemental, all natural) .....	6 mg
Lycopene (elemental, all natural) .....	6 mg
Zeaxanthin (elemental) .....	1 mg
Vitamin D-3 .....	400 I.U.
Vitamin E.....	400 I.U.
(as d-alpha tocopheryl, natural plus mixed tocopherols)	
Vitamin C (as Ascorbic Acid, Corn Free, 1,400 mg buffered ascorbates and ascorbyl palmitate)	
Vitamin B-1 (Thiamin HCl) .....	100 mg
Vitamin B-2 (Riboflavin) .....	50 mg
Niacin .....	40 mg
Niacinamide .....	150 mg
Pantothenic Acid .....	500 mg
(d-Calcium Pantothenate)	
Vitamin B-6 .....	100 mg
(as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	
Vitamin B-12 .....	250 mcg
(as cyanocobalamin and methylcobalamin)	
Folic Acid .....	800 mcg
Biotin .....	300 mcg
Choline Citrate/Bitartrate .....	150 mg

(continued on reverse)

Inositol .....	100 mg
PABA (Para-Aminobenzoic Acid) .....	50 mg
Calcium (Citrate/Ascorbate Complex) .....	500 mg
Magnesium .....	500 mg
(Aspartate/Ascorbate Complex)	
Potassium (Aspartate Complex) .....	99 mg
Zinc (Amino Acid Chelate) .....	25 mg
Manganese (Aspartate Complex) .....	10 mg
Iodine (Kelp) .....	200 mcg
Chromium GTF .....	200 mcg
(Organically bound with GTF activity- low allergenicity)	
Selenium .....	200 mcg
(Organic Selenium in Krebs <sup>†</sup> Cycle and Kelp)	
Copper (Amino Acid Chelate) .....	2 mg
Molybdenum (Krebs <sup>†</sup> ) .....	100 mcg
Vanadium (Krebs <sup>†</sup> ) .....	50 mcg
Boron (Aspartate/Citrate Complex) .....	1.5 mg
Trace Elements .....	approx. 100 mcg
(from Sea Vegetation)	
L-Cysteine/N-Acetyl-L-Cysteine .....	150 mg
L-Methionine .....	12.5 mg
Glutamic Acid HCl .....	25 mg
Betaine HCl .....	150 mg

<sup>†</sup>Krebs=Citrate, Fumarate, Malate, Glutarate and Succinate Complex

**Plus:**

Over 2000 mg of our Special Ultra Preventive<sup>®</sup>  
Vegetable, Fruit, Herb and Green Food Base  
supplying:

Red Wine Proanthocyanidins and OPC .....	50 mg
Pine Bark Extract	
Blueberry (fruit) .....	100 mg.
Garlic (Pure-Gar <sup>®</sup> , Odorless) .....	100 mg
Green Tea Extract .....	50 mg
Sprouted Barley Juice (dry) .....	50 mg
Wheat Grass Juice (dry) .....	50 mg
Broccoli (freeze-dried) .....	100 mg
Cauliflower (freeze-dried) .....	100 mg
Spirulina .....	100 mg
Chlorella (broken cell wall) .....	100 mg
Green Papaya Extract (dry) .....	100 mg
Beet Extract (dry) .....	50 mg
Apple Pectin .....	50 mg
Bromelain (Pineapple 2,000 GDU/gm) .....	50 mg
Rose Hips .....	100 mg

Lemon Bioflavonoids .....	100 mg
Rutin .....	25 mg
Hesperidin.....	35 mg

With over 700 mg of additional proprietary  
Vegetable and Fruit base of:  
Kale, Spinach, Carrot, Radish, Celery, Apricot,  
Blackberry, Cranberry, Grape and Pineapple.

NOTE – this product is Magnesium Stearate-FREE!

**SUGGESTED USE**

Adults take 8 tablets daily or as directed by physician.  
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.

**REFERENCES**

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**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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