

Ultra Preventive® X

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

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INDICATIONS

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

FORMULA (#200574)

Serving size 8 capsules:

Vitamin A (33% as Vitamin A Palmitate [2,500 IU]/ 67% [5,000 IU] as Natural Beta-Carotene) from D. Salina with full spectrum carotenoids††	7,500 IU
Lutein (elemental, all natural)	3 mg
Lycopene (elemental, all natural)	3 mg
Zeaxanthin (elemental)	0.5 mg
Vitamin D-3	500 I.U.
Vitamin E (as d-alpha tocopheryl, natural plus mixed tocopherols)	200 I.U. 700 mg
Vitamin C (as Ascorbic Acid, ascorbates and ascorbyl palmitate)	700 mg
Vitamin B-1 (Thiamin HCl)	50 mg
Vitamin B-2 (Riboflavin)	25 mg
Niacin	20 mg
Niacinamide	75 mg
Pantothenic Acid (d-Calcium Pantothenate)	250 mg
Vitamin B-6 (as Pyridoxine HCl / Pyridoxal-5-Phosphate Complex)	50 mg
Vitamin B-12 (as methylcobalamin)	125 mcg
Folate (as L-methylfolate, Metafolin®)	400 mcg
Biotin	150 mcg
Choline (from 75 mg Choline Citrate/Bitartrate)	30 mg
Inositol	50 mg
PABA (Para-Aminobenzoic Acid)	25 mg
Calcium (as Citrate/Ascorbate/Carbonate Complex)	250 mg
Magnesium (as Aspartate/Ascorbate/Oxide Complex)	250 mg
Potassium (as Aspartate/Chloride Complex)	50 mg
Zinc (as Amino Acid Chelate)	12.5 mg
Manganese (as Aspartate/Sulfate Complex)	5 mg
Iodine (Kelp)	100 mcg
Chromium GTF (Organically bound with GTF activity-low allergenicity)	100 mcg
Selenium (Organic Selenium in Krebs† Cycle and Kelp)	100 mcg
Copper (as Amino Acid Chelate)	1 mg
Molybdenum (Krebs†)	50 mcg
Vanadium (Krebs†)	25 mcg
Boron (as Aspartate/Citrate Complex)	0.75 mg

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Trace Elements	approx. 50 mcg
(from Sea Vegetation)	
L-Cysteine/N-Acetyl-L-Cysteine	75 mg
L-Methionine	6 mg
Glutamic Acid	10 mg
(from 13 mg Glutamic Acid HCl)	
Betaine (from 75 mg Betaine HCl)	57 mg
Bromelain (Pineapple 2,000 GDU/gm)	25 mg
Plus:	
Red Wine Proanthocyanidins and OPC	25 mg
Pine Bark Extract	
Blackberry (fruit)	40 mg.
Garlic	50 mg
Green Tea Extract	25 mg
Cauliflower (freeze-dried)	50 mg
Spirulina	50 mg
Chlorella (broken cell wall)	50 mg
Green Papaya Extract (dry)	50 mg
Black radish powder (root)	35 mg
Celery powder (leaf).....	35 mg
Apple Pectin	25 mg
Apricot powder (fruit).....	35 mg
Rose Hips	50 mg
Lemon Bioflavonoids	50 mg
Rutin	12.5 mg
Hesperidin	18 mg
Proprietary Organic Fruit and Vegetable Blend	350 mg *
Organic beet powder (root), Organic carrot powder (root), Organic black currant powder (fruit), Organic blueberry powder (fruit), Organic broccoli powder (whole plant), Organic Concord grape powder (fruit), Organic green cabbage powder (whole plant), Organic collard greens powder (leaf), Organic mountain cranberry powder (fruit), Organic kale powder (whole plant), Organic Parsley powder (whole plant), Organic pomegranate powder (fruit), Organic raspberry powder (fruit), Organic spinach powder (whole plant).	
Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose and silica.	

†Krebs=Citrate, Fumarate, Malate, Glutarate and Succinate Complex

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

SUGGESTED USE

Adults take 8 vegetarian capsules daily or as directed by your healthcare professional. This product is best taken with meals in divided doses, such as 4 capsules with 2 largest meals of the day.

SIDE EFFECTS

No adverse side 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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† 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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