### Essential nutrition for optimal health in an herbal food base

#### **DESCRIPTION**

Douglas Laboratories® is proud to announce that Ultra Preventive® IX now contains Metafolin®, a patented, natural form of (6S) 5-methyltetrahydrofolate (5-MTHF) as well as 1,000 IU of vitamin D3 per serving. 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.

### **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® IX 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® IX'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 sulforophane compounds known for their ability to induce protective phase 2 detoxifying enzymes.

#### **INDICATIONS**

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

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# FORMULA (#200576)

| Seven Tablets Contain: 550 mg Special Ultra Preventive® Green Base of: Green Tea Extract (dry) |                   |
|------------------------------------------------------------------------------------------------|-------------------|
| Sprouted Barley Juice (dry)                                                                    | 50mg              |
| Wheat Grass Juice (dry)                                                                        |                   |
| Broccoli (freeze-dried)                                                                        |                   |
| Cauliflower (freeze-dried)                                                                     |                   |
| Chlorella (broken cell wall)                                                                   | 100mg             |
| Ultra Preventive® Green Base supplies:                                                         | 5.000             |
| RNA                                                                                            | ,                 |
| DNA                                                                                            | ,                 |
| Carotenoids                                                                                    |                   |
| • •                                                                                            | •                 |
| Vitamin A(Palmitate, Water Dispersible)                                                        | 10,000I.U.        |
| Beta-Carotene (Vitamin A Activity)                                                             | 15,000I.U.        |
| Vitamin D-3                                                                                    |                   |
| Vitamin E (Succinate) Vitamin C (Ascorbic Acid, Corn Free)                                     | 1 200mg           |
| Vitamin B-1 (Thiamin HCI)                                                                      |                   |
| Vitamin B-2 (Riboflavin)                                                                       |                   |
| Niacin 40mg                                                                                    |                   |
| Niacinamide                                                                                    | 150mg             |
| Pantothenic Acid (d-Calcium Pantothenate)                                                      |                   |
| Vitamin B-6(as Pyridoxine HCI / Pyridoxal-5-Phosphate Complex)                                 |                   |
| Vitamin B-12 (on Ion Exchange Resin)                                                           |                   |
| Folate(as L-methylfolate, Metafolin®)                                                          | 800 mcg           |
| Biotin 300mcg                                                                                  |                   |
| Choline Citrate/Bitartrate                                                                     | 150mg             |
| Inositol 100mg                                                                                 | 400               |
| Citrus Bioflavonoid Complex                                                                    |                   |
| PABA (Para-Aminobenzoic Acid)                                                                  |                   |
| Calcium (Citrate/Ascorbate Complex)                                                            |                   |
| Potassium (Aspartate Complex)                                                                  |                   |
| Zinc (Amino Acid Chelate)                                                                      |                   |
| Manganese (Aspartate Complex)                                                                  |                   |
| Iodine (Kelp)                                                                                  |                   |
| Chromium GTF(Organically bound with GTF activity- low allergenicity                            | y) 200 mcg        |
| Selenium(Organic Selenium in Krebs† Cycle and Kelp)                                            |                   |
| Copper (Amino Acid Chelate)                                                                    | 2mg               |
| Molybdenum (Krebs†)                                                                            |                   |
| Vanadium (Krebs†)                                                                              | 50 mcg            |
| Boron (Aspartate/Citrate Complex)                                                              | 1.5mg             |
| Trace Elements(from Sea Vegetation)                                                            | . approx. 100 mcg |
| L-Cysteine/N-Acetyl-L-Cysteine                                                                 |                   |
| L-Methionine                                                                                   | 12.5mg            |

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| Glutamic Acid HCI                                                  | 25mg<br>150mg |
|--------------------------------------------------------------------|---------------|
| †Krebs=Citrate, Fumaratre, Malate, Glutarate and Succinate Complex |               |
| Plus:                                                              |               |
| Pycnogenol®                                                        | 25mg          |
| Red Wine Proanthocyanidins                                         | 50mg          |
| Ginkgo biloba                                                      | 40mg          |
| (24% total ginkgoflavonglycosides and                              |               |
| 6% total terpenes)                                                 |               |
| Eleutherococcus senticosus                                         |               |
| Echinacea purpurea                                                 | 25mg          |
| Echinacea angustifolia                                             | 25mg          |
| Garlic (Pure-Gar®, Odorless)                                       |               |
| Green Papaya Extract (dry)                                         | 100mg         |
| Beet Extract (dry)                                                 | 50mg          |
| Apple Pectin                                                       | 50mg          |
| Bromelain (Pineapple 2,000 GDU/gm)                                 |               |
| Rose Hips                                                          | 100mg         |
| Lemon Bioflavonoids                                                |               |
| Rutin 25mg                                                         |               |
| Hesperidin                                                         | 10mg          |

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

## **SUGGESTED USE**

Adults take 7 tablets daily or as directed by physician. This product is best taken with meals.

## 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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### REFERENCES

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### For more information on Ultra Preventive® IX visit 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.

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