

## **Ultra Preventive III with Copper and Iron Multiple Vitamin-Mineral-Trace Element Supplement**

### **DESCRIPTION**

Douglas Laboratories® is proud to announce that Ultra Preventive III with Copper and Iron 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 and children in North America and other developed countries 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 and prevention of chronic diseases. Ultra Preventive III has been carefully developed to contain the right proportions of vitamins, minerals, and trace elements without danger of toxic build-up and without side effects. Each ingredient is selected in consideration of its absorbability, competitive relationship with other nutrients, allergenic potential, and long-term safety. Certain nutrients are purposely omitted (phosphorus); others, 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 and maintenance of healthy blood cells, nervous system, hormonal balance, and more. Minerals and trace elements are provided in their safest and most bioavailable forms, such as amino acid chelates and other scientifically validated and clinically superior forms.

### **INDICATIONS**

Ultra Preventive III is ideal for individuals with vitamin, mineral and trace element deficiencies due to sub-optimal dietary intake, age and life style. For many individuals, Ultra Preventive III is the only daily nutritional supplement and antioxidant formula they need to take.

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**FORMULA (#200577A)**

Six Tablets Provide:

Vitamin A (palmitate) .....	10,000 I.U.
Natural Beta-Carotene (D. salina, vitamin A activity) .....	15,000 I.U.
Vitamin D-3 .....	1,000 I.U.
Vitamin E(d-alpha tocopheryl succinate).....	400 I.U.
Vitamin C (ascorbic acid) .....	1,200 mg
Vitamin D-3.....	400 I.U.
Vitamin B1 (thiamine HCL).....	100 mg
Vitamin B2 (riboflavin) .....	50 mg
Niacin 40 mg	
Niacinamide.....	150 mg
Pantothenic acid(d-calcium pantothenate).....	500 mg
Vitamin B6(pyridoxine HCl/pyridoxal-5-phosphate) .....	100 mg
Vitamin B12 (on ion exchange resin) .....	100 mcg
Folate(as L-methylfolate, Metafolin®) .....	800 mcg
Biotin 300 mcg	
Choline citrate/bitartrate .....	150 mg
Inositol 100 mg	
Citrus bioflavonoids .....	100 mg
PABA (para-amino benzoic acid) .....	50 mg
Calcium (citrate/ascorbate/carbonate complex).....	500 mg
Magnesium(aspartate/ascorbate/oxide complex) .....	500 mg
Potassium (aspartate/chloride complex) .....	99 mg
Zinc (amino acid chelate) .....	25 mg
Manganese (aspartate/sulfate complex).....	20 mg
Iodine (kelp).....	200 mcg
Chromium(organically bound with GTF activity-low allergenicity).....	200 mcg
Iron (Ferronyl®) .....	20 mg
Copper(amino acid chelate) .....	2 mg
Selenium(organic selenium in Krebs* cycle and kelp) .....	200 mcg
Molybdenum (Krebs*).....	100 mcg
Vanadium (Krebs*) .....	50 mcg
Boron (aspartate-citrate complex) .....	1.5 mg
Trace Elements(from sea vegetation) .....	approx 200 mcg
L-Cysteine/N-Acetyl-L-Cysteine.....	200 mg
L-Methionine.....	12.5 mg
GlutamicAcid .....	25 mg
Betaine HCl .....	150 mg

\*Krebs = Citrate, Fumarate, Malate, Glutarate, and Succinate complex

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

**SUGGESTED USE**

Two tablets three times daily with meals, or as directed by a healthcare professional.

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### SIDE EFFECTS

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

### STORAGE

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

### REFERENCES

Cranton EM, Frackleton JP: Free radical pathology in age-associated disease: treatment with EDTA chelation, nutrition, and antioxidants. *J Holistic Med* 1984;6:1-36.

Davis BP et al: Enhanced absorption of oral vitamin B12 from a resin ascorbate administered to normal subjects. *Manip Physiol Ter* 1982;5:123-127.

Holmes RP, Kummerow FA: The relationship of adequate and excessive intake of vitamin D to health and disease. *Am Coll Nutr* 1983;2:172-199.

**For more information on Ultra Preventive III with Copper and Iron 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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Your patients trust you.**

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