

## **Ultra Preventive III with Iron**

### **Multiple Vitamin-Mineral-Trace Element Supplement**

#### **DESCRIPTION**

Douglas Laboratories® is proud to announce that Ultra Preventive III with 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. Iron is one of the most abundant metals in the universe. It is also one of the most useful in biochemical functions. In the human body, iron is present in all cells and has several vital functions -- as a carrier of oxygen to the tissues from the lungs in the form of hemoglobin (Hb), as a facilitator of oxygen use and storage in the muscles as myoglobin, as a transport medium for electrons within the cells in the form of cytochromes, and as an integral part of enzyme reactions in various tissues. Too little iron can interfere with these vital functions and lead to morbidity and mortality.

#### **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 (#200584)**

Vitamin A.....	25,000 IU
(40% as Vitamin A Palmitate/60% [15,000 IU] as Beta-Carotene)	
Vitamin C (Ascorbic Acid).....	1,200 mg
Vitamin D-3.....	1,000 IU
Vitamin E (as Vitamin E Succinate) .....	400 IU
Thiamine (as Thiamine HCl) .....	100 mg
Riboflavin.....	50 mg
Niacin/Niacinamide.....	190 mg
Vitamin B-6 (as Pyridoxine HCl/ Pyridoxal-5-Phosphate Complex).....	100 mg
Folate (as L-methylfolate, Metafolin®) .....	800 mcg
Vitamin B-12(on Ion Exchange Resin) .....	100 mcg
Biotin .....	300 mcg
Pantothenic Acid(as d-Calcium Pantothenate) .....	500 mg
Calcium (from Calcium Citrate/Ascorbate Complex) .....	500 mg
Iron (from Ferronyl®/ Iron Amino Acid Chelate).....	20 mg
Iodine (from Kelp).....	200 mcg
Magnesium (from Magnesium Aspartate/Ascorbate Complex) .....	500 mg
Zinc (from Zinc Amino Acid Chelate) .....	25 mg
Selenium (Organic Selenium from Krebs† Cycle and Kelp) .....	200 mcg
Manganese (from Manganese Aspartate Complex) .....	20 mg
Chromium (Organically bound with GTF activity—low allergenicity) .....	200 mcg
Molybdenum(from Molybdenum Krebs†).....	100 mcg
Potassium (from Potassium Aspartate Complex) .....	99 mg
L-Cysteine/N-Acetyl-L-Cysteine .....	200 mg
Betaine (from Betaine HCl) .....	114 mg
Inositol .....	100 mg
Citrus Bioflavonoid Complex .....	100 mg
Choline (from Choline Citrate/Bitartrate) .....	60 mg
PABA (para-Aminobenzoic Acid) .....	50 mg
Glutamic Acid (from Glutamic Acid HCl) .....	20 mg
L-Methionine.....	12.5 mg
Boron (from Boron Aspartate/ Citrate Complex) .....	1.5 mg
Trace Elements (from Sea Vegetation).....	100 mcg
Vanadium (from Vanadium Krebs†).....	50 mcg

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

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

**SUGGESTED USE**

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**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

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 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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**You trust Douglas Laboratories.  
Your patients trust you.**