

Other Ingredients: Cellulose, stearic acid, silica, titanium dioxide, dextrose, magnesium silicate, glycerin, caramel color, natural vanilla flavor.

*Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

†Including Beta-Carotene, Alpha-Carotene, Zeaxanthin, Cryptoxanthin and additional Lutein and Lycopene.

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

Manufactured by:
Douglas Laboratories
530 Boyce Road
Pittsburgh, PA 15205 USA
www.douglaslabs.com
1.800.245.4440

This product contains NO yeast, gluten, soy, milk/dairy, corn, sodium, starch, artificial coloring, artificial preservatives, artificial flavoring, or genetically modified ingredients (GMOs).

Suggested Usage: As a dietary supplement, adults take 8 tablets daily or as directed by your healthcare professional. This product is best taken with meals.

KEEP OUT OF REACH OF CHILDREN. For optimal storage conditions, store in a cool, dry place (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

ez Easy Swallow
MULTIVITAMIN

Formula #200911

Ultra Preventive[®]

ez Easy Swallow
multivitamin

A Low Allergenicity
Dietary Supplement

DOUGLAS LABORATORIES

240 Tablets

Supplement Facts

Serving Size 8 Tablets • Servings Per Container 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (33% as Vitamin A Palmitate (5,000 IU)/ 67% (10,000 IU) as Natural Beta-Carotene) from D. Salina with full spectrum carotenoids†	15,000 IU 300%	Amino Acids and Enzymes	
Vitamin C (as Ascorbic Acid/Ascorbyl Palmitate)	1,000 IU 1,667%	L-Cysteine/N-Acetyl L-Cysteine	150 mg *
Calcium and Magnesium Ascorbate complex	700 IU 250%	Biotin (as Biotinyl-HCl)	114 mg *
Vitamin E (natural, as d-alpha tocopherol plus mixed tocopherols)	400 IU 1,333%	Biomelan (2,000 ODU/g)	50 mg *
Thiamine	190 mg 6,667%	Glutamic Acid (from 25 mg Glutamic Acid HCl)	20 mg *
Riboflavin	50 mg 1,667%	L-Methionine	12.5 mg *
Niacin/Niacinamide	190 mg 950%	Biotin/Inositol and Proanthocyanidins	100 mg *
Vitamin B-6 (as Pyridoxine HCl)	100 mg 5,000%	Lemon Biflavonoids	100 mg *
Folate (as L-methylfolate, Metafolin®)	800 mcg 200%	Red Wine Proanthocyanidins/Pine Bark Extract	35 mg *
Vitamin B-12 (methylcobalamin)	250 mcg 4,167%	Hesperidin	35 mg *
Pyridoxine-5-Phosphate Complex	100 mg 5,000%	Rutin	25 mg *
Folate (as L-methylfolate, Metafolin®)	800 mcg 200%	Vegetables Fruits and Herbs	
Pantothenic Acid (as d-Calcium Pantothenate)	300 mg 100%	Proprietary Organic Fruit and Vegetable Blend	700 mg *
Calcium (as Calcium Citrate/Ascorbate/Carbonate Complex)	100 mg 10%	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 grape powder (fruit), Organic kale powder (whole plant), Organic Parsley powder (whole plant), Organic pomegranate powder (fruit), Organic raspberry powder (fruit), Organic sprigach powder (whole plant), Organic cauliflower (entire plant)	100 mg *
Iodine (from Kelp)	200 mcg 133%	Green Papaya Extract (Fruit)	100 mg *
Magnesium (as Magnesium Aspartate/Ascorbate/Oxide Complex)	100 mg 25%	Blackberry (fruit)	70 mg *
Zinc (as Zinc Amino Acid Chelate)	25 mg 127%	Celery powder (leaf)	70 mg *
Selenium (as Selenium Krebs/Kalp complex)	200 mcg 286%	Black radish powder (root)	70 mg *
Copper (as Copper Amino Acid Chelate)	2 mg 100%	Apricot powder (fruit)	70 mg *
Manganese (as Manganese Aspartate/Sulfate Complex)	10 mg 500%	Green Tea Extract (leaf)	50 mg *
Chromium (Organically bound with GTF)	200 mcg 167%	Apple Pectin (fruit)	50 mg *
active-ly allergenicity	100 mcg 133%		
Molybdenum (as Molybdenum Krebs)	99 mcg 2%		
Potassium (as Potassium Aspartate/Chloride Complex)	99 mg 2%		
Lutein (natural)	6 mg *		
Lycopene (natural)	6 mg *		
Zeaxanthin	1 mg *		
Other Minerals, Nutrients and Trace Elements	100 mg *		
Trace Elements (from Sea Vegetation)	approx. 100 mcg *		
Choline (from 150 mg Choline Citrate/Bitartrate)	50 mg *		
PABA (para-aminobenzoic acid)	50 mg *		
Boron (as Boron Aspartate/Citrate complex)	1.5 mg *		
Vanadium (as Vanadium Krebs)	50 mcg *		

Other Ingredients: Cellulose, stearic acid, silica, titanium dioxide, dextrose, magnesium silicate, glycerin, caramel color, natural vanilla flavor.

*Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

†Including Beta-Carotene, Alpha-Carotene, Zeaxanthin, Cryptoxanthin and additional Lutein and Lycopene.

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

Manufactured by:
Douglas Laboratories
530 Boyce Road
Pittsburgh, PA 15205 USA
www.douglaslabs.com
1.800.245.4440

This product contains NO yeast, gluten, soy, milk/dairy, corn, sodium, starch, artificial coloring, artificial preservatives, artificial flavoring, or genetically modified ingredients (GMOs).

Suggested Usage: As a dietary supplement, adults take 8 tablets daily or as directed by your healthcare professional. This product is best taken with meals.

KEEP OUT OF REACH OF CHILDREN. For optimal storage conditions, store in a cool, dry place (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

ez Easy Swallow
MULTIVITAMIN

Formula #200911

Ultra Preventive[®]

ez Easy Swallow
multivitamin

A Low Allergenicity
Dietary Supplement

DOUGLAS LABORATORIES

120 Tablets

Supplement Facts

Serving Size 8 Tablets • Servings Per Container 15

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (33% as Vitamin A Palmitate (5,000 IU)/ 67% (10,000 IU) as Natural Beta-Carotene) from D. Salina with full spectrum carotenoids†	15,000 IU 300%	Boron (as Boron Aspartate/Citrate complex)	1.5 mg *
Vitamin C (as Ascorbic Acid/Ascorbyl Palmitate)	1,000 IU 1,667%	Vanadium (as Vanadium Krebs)	50 mcg *
Calcium and Magnesium Ascorbate complex	700 IU 250%	Amino Acids and Enzymes	
Vitamin E (natural, as d-alpha tocopherol plus mixed tocopherols)	400 IU 1,333%	L-Cysteine/N-Acetyl L-Cysteine	150 mg *
Thiamine	190 mg 6,667%	Biotin (as Biotinyl-HCl)	114 mg *
Riboflavin	50 mg 1,667%	Biomelan (2,000 ODU/g)	50 mg *
Niacin/Niacinamide	190 mg 950%	Glutamic Acid (from 25 mg Glutamic Acid HCl)	20 mg *
Vitamin B-6 (as Pyridoxine HCl)	100 mg 5,000%	L-Methionine	12.5 mg *
Folate (as L-methylfolate, Metafolin®)	800 mcg 200%	Biotin/Inositol and Proanthocyanidins	100 mg *
Vitamin B-12 (methylcobalamin)	250 mcg 4,167%	Lemon Biflavonoids	100 mg *
Pyridoxine-5-Phosphate Complex	100 mg 5,000%	Red Wine Proanthocyanidins/Pine Bark Extract	35 mg *
Folate (as L-methylfolate, Metafolin®)	800 mcg 200%	Hesperidin	35 mg *
Pantothenic Acid (as d-Calcium Pantothenate)	300 mg 100%	Rutin	25 mg *
Calcium (as Calcium Citrate/Ascorbate/Carbonate Complex)	100 mg 10%	Vegetables Fruits and Herbs	
Iodine (from Kelp)	200 mcg 133%	Proprietary Organic Fruit and Vegetable Blend	700 mg *
Magnesium (as Magnesium Aspartate/Ascorbate/Oxide Complex)	100 mg 25%	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 grape powder (fruit), Organic kale powder (whole plant), Organic Parsley powder (whole plant), Organic pomegranate powder (fruit), Organic raspberry powder (fruit), Organic sprigach powder (whole plant), Organic cauliflower (entire plant)	100 mg *
Zinc (as Zinc Amino Acid Chelate)	25 mg 127%	Green Papaya Extract (Fruit)	100 mg *
Selenium (as Selenium Krebs/Kalp complex)	200 mcg 286%	Blackberry (fruit)	70 mg *
Copper (as Copper Amino Acid Chelate)	2 mg 100%	Celery powder (leaf)	70 mg *
Manganese (as Manganese Aspartate/Sulfate Complex)	10 mg 500%	Black radish powder (root)	70 mg *
Chromium (Organically bound with GTF)	200 mcg 167%	Apricot powder (fruit)	70 mg *
active-ly allergenicity	100 mcg 133%	Green Tea Extract (leaf)	50 mg *
Molybdenum (as Molybdenum Krebs)	99 mcg 2%	Apple Pectin (fruit)	50 mg *
Potassium (as Potassium Aspartate/Chloride Complex)	99 mg 2%		
Lutein (natural)	6 mg *		
Lycopene (natural)	6 mg *		
Zeaxanthin	1 mg *		
Other Minerals, Nutrients and Trace Elements	100 mg *		
Trace Elements (from Sea Vegetation)	approx. 100 mcg *		
Choline (from 150 mg Choline Citrate/Bitartrate)	50 mg *		
PABA (para-aminobenzoic acid)	50 mg *		