

Other ingredients: Cellulose, dicalcium phosphate, vegetable stearate, silica, dextrose, titanium dioxide, riboflavin, magnesium silicate, glycerin and natural vanilla flavor.

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

This product contains NO yeast, gluten, soy, milk/dairy, corn, sodium, starch, artificial preservatives or flavoring.

Suggested Usage: As a dietary supplement, young adults who can safely swallow a tablet take 6 tablets daily with meals or as directed by your healthcare professional.

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.

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

ez Easy Swallow
 multivitamin



- Growing Together Program -

Douglas Laboratories is proud to donate
 \$.25 from the sale of this product to
 SOS Children's Villages

Formula #201036

Ultra Preventive[®] Teen

ez Easy Swallow
 multivitamin

A Dietary Supplement



180 Tablets

Supplement Facts

Serving Size 6 tablets
 Servings Per Container 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A..... 7,000 IU (2,000 IU as Vitamin A Palmitate (28%)/ 5,000 as Beta-Carotene (72%))	140%	Manganese..... 4 mg (from Manganese Aspartate/Sulfate Complex)	200%
Vitamin C (Ascorbic Acid)..... 500 mg	833%	Chromium..... 40 mcg (from Chromium Polynicotinate)	33%
Vitamin D..... 600 IU	150%	Molybdenum..... 40 mcg (from Krebs ¹)	53%
Vitamin E..... 200 IU (as d-alpha Tocopheryl Succinate)	667%	Potassium..... 50 mg (from Potassium Aspartate/ Ascorbate/Chloride Complex)	1%
Thiamine..... 10 mg	667%	Choline..... 50 mg (from Choline Citrate/Bitartrate)	*
Riboflavin/Riboflavin-5-Phosphate..... 10 mg	588%	Inositol..... 25 mg	*
Niacinamide/Niacin..... 25 mg	125%	Citrus Bioflavonoid Complex..... 25 mg	*
Vitamin B-6..... 10 mg (As Pyridoxine HCl/Pyridoxal-5-Phosphate)	500%	Vanadium..... 10 mcg (from Krebs ¹)	*
Folate (as L-methylfolate, Metafolin®)..... 400 mcg	100%	Boron..... 0.5 mg (from Boron Aspartate/Citrate Complex)	*
Vitamin B-12..... 50 mcg	833%	Trace Elements..... 20 mcg (Mineral Complex with Sea Vegetation)	*
Biotin..... 150 mcg	50%	L-Cysteine..... 48 mg	*
Pantothenic Acid..... 25 mg (as calcium pantothenate)	250%	N-Acetyl-L-Cysteine..... 2 mg	*
Calcium..... 300 mg (from Calcium Citrate/Ascorbate/Carbonate Complex)	30%	Glutamic Acid..... 5 mg	*
Iodine (from Kelp)..... 40 mcg	27%	Betaine (from Betaine HCl)..... 11 mg	*
Magnesium..... 200 mg (from Magnesium Aspartate/ Taurate/Ascorbate/Oxide Complex)	50%	Bromelain..... 500 mcu	*
Zinc (from Zinc Amino Acid Chelate)..... 5 mg	33%		
Selenium..... 40 mcg (as Krebs ¹)	57%		
Copper..... 0.5 mg (from Copper Amino Acid Chelate)	25%		

*Daily Value not established.