

## Ultra Preventive® Kids Orange Flavor

### DESCRIPTION

Ultra Preventive® Kids provided by Douglas Laboratories® is a great tasting, chewable multiple vitamin-mineral-trace element supplement designed for children ages four and up. The chewable tablets provide 28 vitamins, minerals and trace elements in bioavailable forms and nutritionally meaningful amounts.

Ultra Preventive® Kids is more than just another children's multivitamin-mineral supplement. Research shows that going beyond RDA amounts of many vitamins may have significant positive effects on the structure and function of growing bodies.† Ultra Preventive® Kids provides important antioxidant vitamins C and E, a complete vitamin B complex, calcium and magnesium, as well as a full spectrum of bioavailable trace elements. Additionally, Ultra Preventive® Kids now features Metafolin® methylfolate and B12 as methylcobalamin, which are bioavailable methylated versions of B vitamins that the body can utilize without conversion. Lutein is added for its benefits to children's developing eyes.

Ultra Preventive® Kids uses only the purest, most hypoallergenic ingredients and contains no artificial colors, flavors or preservatives.

### FUNCTIONS

Studies show that a high percentage of children in North America and other developed countries eat less than the minimum daily allowance of many essential nutrients. Adequate amounts and proper balance of these nutrients are needed not only for maintaining good health, but also for satisfying the special nutritional demands of growth and development during childhood. †

Ultra Preventive® Kids has been carefully designed and formulated 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, taste, allergenic potential, and long-term safety. Adequate vitamin D has been included in this formula, as new research indicates that both children and adults may not receive enough of this nutrient due to reduced sun exposure and limited dietary sources. Vitamin D plays many roles in the body and is vital for supporting strong healthy bones. † Choline, a nutrient related to B vitamins, is important for optimal neurological and liver health and is especially needed for children's healthy, growing bodies.†

This formula contains Metafolin®, a patented, natural form of (6S) 5-methyltetrahydrofolate (5-MTHF). L-methylfolate 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 the methylation cycle. Unlike synthetic folic acid, L-methylfolate 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.

Children often fall short in vegetable intake, particularly in regards to the consumption of dark green vegetables, which implies that young children may not get sufficient lutein and zeaxanthin in their diets. Since this period of time coincides with a period of significant macular development, which approaches adult maturity at about the age of 4, it may be prudent to increase the intake of dark green leafy vegetables or supplement with natural lutein in order to help support the maturing childhood eyes.†

### INDICATIONS

Ultra Preventive® Kids is ideal for children that are at risk for vitamin, mineral and trace element deficiencies due to sub-optimal dietary intake and life style.

**Ultra Preventive® Kids**  
**Orange Flavor**

**FORMULA (#201034)**

2 round Chewable Tablets Contain:

Calories .....	5
Calories from Fat.....	0
Total Carbohydrates.....	2 g
Sugar Alcohols (Xylitol) .....	2 g
Vitamin A .....	3,500 IU
(29% as Vitamin A and 71% as natural beta-carotene)	
Vitamin C (ascorbic acid) .....	250 mg
Vitamin D-3.....	400 IU
Vitamin E .....	30 IU
(as d-alpha Tocopheryl Succinate and mixed tocopherols including alpha, beta,delta and gamma tocopherols)	
Thiamine.....	3 mg
Riboflavin.....	1.7 mg
Niacinamide/Niacin.....	25 mg
Vitamin B-6.....	2 mg
Folate (as L-methylfolate, Metafolin®) .....	400 mcg
Vitamin B-12 (as methylcobalamin) .....	6 mcg
Biotin.....	300 mcg
Pantothenic Acid .....	12 mg
(as calcium pantothenate)	
Calcium.....	125 mg
(from Calcium Citrate/Ascorbate/Carbonate Complex)	
Iodine (from Kelp).....	15 mcg
Magnesium.....	40 mg
(from Magnesium Aspartate/Ascorbate/Oxide Complex)	
Zinc (from Zinc Aspartate).....	2 mg
Selenium.....	20 mcg
(from Selenium Amino Acid Chelate)	
Copper.....	0.2 mg
(from Copper Amino Acid Chelate)	
Manganese.....	2 mg
(from Manganese Amino Acid Chelate)	
Chromium (Chromax).....	40 mcg
(from Chromium Picolinate)	
Molybdenum.....	5 mcg
(from Molybdenum Amino Acid Chelate)	
Potassium.....	10 mg
(from Potassium Aspartate/Chloride Complex)	
Lutein (from Marigold flower) .....	3 mg
Citrus Bioflavonoids.....	10 mg
Boron (from Boron Citrate Complex).....	20 mcg
Vanadium .....	3 mcg
(from Vanadium Krebs)	
Choline (from choline bitartrate).....	40 mg

Other ingredients: Xylitol, cellulose, natural orange flavor, vegetable stearate, and silica.

Chromadex® is a Trademark of Nutrition 21.

## Ultra Preventive® Kids Orange Flavor

FloraGlo® Lutein is a Trademark of Kemin Industries, Inc, U.S.A

Metafolin® is a registered trademark of Merck KGaA

### SUGGESTED USE

Children take 2 tablets daily with meals or as directed by a healthcare practitioner.

### 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.

### REFERENCES

Kang M, Kim D, Song Y, et al. European Journal of Clinical Nutrition [serial online]. September 16, 2015.

Albertson AM, Tobelmann RC, Engstrom A, Asp EH. J Am Diet Assoc 1992;92:1492-6.

Litchfield A, Hayes R, Shuler F, Flesher S. The West Virginia Medical Journal [serial online]. January 2015;111(1):32-37.

Wozniak J, Fuglestad A, Georgieff M, et al. The American Journal Of Clinical Nutrition [serial online]. November 2015;102(5):1113-1125.

Carroll A, et al. Clinical Pediatrics [serial online]. December 2014;53(14):1345-1351.

Schall J, Mascarenhas M, Stallings V, et al. Journal Of Pediatric Gastroenterology And Nutrition [serial online]. October 9, 2015.

American Academy of Pediatrics, Committee on Nutrition. Pediatric Nutrition Handbook, Barnes LA, 1993.

Berenson GS, Srinivasan SR, Nicklas TA. Am J Cardiol 1998;82:22T-29T.

Breslow RA, Subar AF, Patterson BH, Block G. Nutr Cancer 1997;28:86-92.

Lee WT, Leung SS, Leung DM, Tsang HS, Lau J, Cheng JC. Br J Nutr 1995;74:125-39.

Lee WT, et al. Acta Paediatr 1997;86:570-6.

National Research Council, Food and Nutrition Board. Recommended Dietary Allowances. National Academy Press, Washington DC, 1989.

Nicklas TA. J Am Diet Assoc 1995;95:1127-33.

Pennington JA. J Nutr 1996;126:2304S-2308S.

Pennington JA, Schoen SA. Int J Vitam Nutr Res 1996;66:350-62.

## Ultra Preventive® Kids

### Orange Flavor

Riordan DJ. Am J Orthod Dentofacial Orthop 1997;111:554-61.

Krinsky NI, Landrum JT, Bone RA. Annu Rev Nutr. 2003;23:171-201. [lutein]

Ford ES, Gillespie C, Ballew C, Sowell A, and Mannino DM. Am J Clin Nutr 76:818-827, 2002. [lutein]

**For more information 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.

Manufactured by  
Douglas Laboratories  
600 Boyce Road  
Pittsburgh, PA 15205  
800-245-4440  
[douglaslabs.com](http://douglaslabs.com)



© 2016 Douglas Laboratories. All Rights Reserved  
DL202134-1216