



GUIDE TO  
**FOUNDATIONAL SUPPORT**  
FOR HEALTHY AGING<sup>‡</sup>



 **DOUGLAS**  
LABORATORIES®

PUSHING POTENTIAL.

<sup>‡</sup>These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Douglas Laboratories® researches, develops and manufactures the right suite of rigorously designed, science-based, healthy aging supplements, and provides customized practice support. For more than 60 years, we have been innovating and designing products to meet the needs of healthcare professionals, and we continue to push the potential of both clinical practices and patients to perform at their personal best, today and in the future.‡

Douglas Laboratories is both GMP and NSF International registered, and is approved to produce NSF Certified for Sport® products.



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We formulate our products with the understanding that every patient is different and that each healthcare professional brings his or her own philosophy and clinical experience into play when working with a patient. We provide a wide selection of vitamin, mineral and amino acid products to meet the unique biochemical and metabolic needs of each patient. Our selection of individual and multi-nutrient products gives the practitioner the ultimate ability to customize supplementation based on lab results, clinical presentation and other parameters to provide personalized nutrition for each patient.‡

 Denotes professional label-eligible formula

## MANUFACTURING PRACTICES AND CERTIFICATIONS



GMP Registered



Certified for Sport®



- cGMPs for nutritional supplements in accordance with 21 CFR Part 111
- NSF International has registered Douglas Laboratories® as a GMP manufacturing facility
- ISO/IEC 17025:2005 accreditation of in-house laboratories
- VCP (Vendor Certification Program) to ensure raw material quality
- Approved facility to produce NSF Certified for Sport® products
- Member of Council For Responsible Nutrition

## Ultra Preventive® Multivitamins

Ultra Preventive® is the Douglas Laboratories signature line of comprehensive multivitamin/mineral/trace element formulas featuring phytonutrients, Metafolin® methylfolate and bioavailable forms of nutrients in therapeutic dosing options.

14 Ultra Preventive® formulas in tablets or capsules are available to choose from in order to meet the personalized nutrient needs of your patients.†

	<i>Ultra Preventive® 50+</i>	<i>Ultra Preventive® X</i>	<i>Ultra Preventive® EZ</i>	<i>Ultra Preventive® 2 Daily</i>	<i>Ultra Preventive® III</i> 5 formulas available	<i>Ultra Preventive® Vision</i>	<i>Ultra Preventive® Teen</i>	<i>Ultra Preventive® Kids</i>
Features	A two-tablet daily multivitamin/mineral/trace element formula specially designed for men and women over 50 to support healthy aging, cognition and vision.‡	The signature multivitamin/mineral formula with an organic fruit, vegetable and phytonutrient blend (in tablet or capsule form).	A slightly smaller, easier-to-swallow tablet version of Ultra Preventive® X with less vitamin C, calcium and magnesium, with a natural vanilla coating.	A two-tablet daily multivitamin/mineral/trace element formula with a fruit and spinach blend, methylfolate, and the antioxidants astaxanthin and pterostilbene (methylated resveratrol).	A comprehensive multivitamin/mineral/trace element formula without the organic fruit and vegetable blend found in Ultra Preventive® X. Multiple versions of this formula are available with or without copper and iron.	A comprehensive multivitamin/mineral/trace element formula designed with phytonutrients and carotenoids based on the latest research for vision.‡	Designed with teenagers in mind providing a comprehensive multivitamin/mineral/trace element formula in small, easy swallow tablets.	Includes 28 vitamins and minerals in great-tasting chewable natural orange or grape-flavored tablets sweetened with xylitol.
Daily Dose Suggestion	2 tablets	4-8 tablets or capsules	4-8 EZ Swallow tablets	2 EZ Swallow tablets	6 tablets or capsules	4 capsules	6 EZ Swallow tablets	2 chewable tablets



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# MULTIVITAMINS



Ultra Preventive® X, Douglas Laboratories' signature formula, has been updated with new and improved ingredients, including vitamin K<sub>2</sub> for bone and vascular health, bioflavonoids from quercetin, and alpha lipoic acid for healthy blood sugar metabolism. In addition, Ultra Preventive® X now contains an organic phytonutrient blend with polyphenols, increased choline content for methylation and liver support, increased lutein and zeaxanthin for vision health, three types of vitamin B<sub>12</sub>, and improved mineral forms for bioavailability.†

## Ultra Preventive® X

● improved formula

Formula	Size
202331	120 Tablets
	240 Tablets

Suggested Usage: 4-8 daily

### SUPPLEMENT FACTS PL

Serving Size:	4 Tablets	8 Tablets
Servings Per Container:	60	30

Amount Per Serving		%DV
Vitamin A ..... 2,250 mcg	250%..... 4,500 mcg	500%
(as 67% natural beta carotene and 33% Vitamin A palmitate)		
Vitamin C (as ascorbic acid)..... 500 mg	556%..... 1,000 mg	1,111%
Vitamin D <sub>3</sub> ..... 12.5 mcg (500 IU)	63%..... 25 mcg (1,000 IU)	125%
(as cholecalciferol)		
Vitamin E ..... 67 mg	447%..... 134 mg	893%
(as natural d-alpha tocopheryl succinate plus mixed tocopherols)		
Thiamine (as thiamine HCl)..... 50 mg	4,167%..... 100 mg	8,333%
Riboflavin..... 25 mg	1,923%..... 50 mg	3,846%
(as Riboflavin/Riboflavin-5-phosphate)		
Niacin/Niacinamide..... 95 mg	594%..... 190 mg	1,188%
Vitamin B <sub>6</sub> ..... 50 mg	2,941%..... 100 mg	5,882%
(as Pyridoxine HCl/Pyridoxal-5-phosphate)		
Folate ..... 667 mcg DFE	167%..... 1,333 mcg DFE	333%
(as Metafolin®, L-5-MTHF)		
(400 mcg L-5-MTHF) (800 mcg L-5-MTHF)		
Vitamin B <sub>12</sub> ..... 250 mcg	10,417%..... 500 mcg	20,833%
(as methylcobalamin/adenosylcobalamin/hydroxycobalamin)		
Biotin..... 150 mcg	500%..... 300 mcg	1,000%
Pantothenic Acid ..... 50 mg	1,000%..... 100 mg	2,000%
(as d-calcium pantothenate)		
Choline..... 137.5 mg	25%..... 275 mg	50%
(from choline bitartrate)		

Calcium..... 210 mg	16%..... 420 mg	32%
(as calcium citrate/malate/chelate complex)		
Iodine (from kelp)..... 100 mcg	67%..... 200 mcg	133%
Magnesium ..... 210 mg	50%..... 420 mg	100%
(as magnesium citrate/chelate complex)		
Zinc ..... 12.5 mg	114%..... 25 mg	227%
(as OptiZinc®, monomethionine)		
Selenium ..... 100 mcg	182%..... 200 mcg	364%
(as selenomethionine)		
Copper ..... 1 mg	111%..... 2 mg	222%
(as copper amino acid chelate)		
Manganese ..... 4.5 mg	196%..... 9 mg	391%
(as manganese sulfate)		
Chromium ..... 100 mcg	286%..... 200 mcg	571%
(as chromium polynicotinate)		
Molybdenum ..... 50 mcg	111%..... 100 mcg	222%
(as molybdenum krebs <sup>††</sup> )		
Potassium ..... 50 mg	1%..... 100 mg	2%
(as potassium chloride)		
N-Acetyl-L-Cysteine..... 75 mg	* ..... 150 mg	*
Betaine HCl ..... 75 mg	* ..... 150 mg	*
Inositol ..... 50 mg	* ..... 100 mg	*
Quercetin (as dihydrate)..... 50 mg	* ..... 100 mg	*
Lemon bioflavonoids..... 50 mg	* ..... 100 mg	*
Papain (from <i>Carica papaya</i> , fruit) 50 mg	* ..... 100 mg	*
Bromelain ..... 25 mg	* ..... 50 mg	*
(from <i>Anana comosus</i> , pineapple stem)		
Grape seed extract..... 25 mg	* ..... 50 mg	*
(standardized to 92% polyphenols)		
Alpha Lipoic Acid..... 25 mg	* ..... 50 mg	*
Rutin..... 12.5 mg	* ..... 25 mg	*
(from <i>Sophora japonica</i> , flower)		
Boron (as boron chelate)..... 1.5 mg	* ..... 3 mg	*
Vanadium ..... 25 mcg	* ..... 50 mcg	*
(as Vanadium Krebs <sup>††</sup> )		
Vitamin K <sub>2</sub> ..... 22.5 mcg	* ..... 45 mcg	*
(as menaquinone-7)		
Proprietary Organic Fruit and Vegetable blend..... 350 mg	* ..... 700 mg	*
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 collard greens powder (leaf), Organic pomegranate powder (fruit), Organic green cabbage powder (whole plant), Organic cranberry powder (fruit), Organic kale powder (whole plant), Organic parsley powder (whole plant), Organic raspberry powder (fruit), Organic spinach powder (whole plant)		
Organic Phytonutrient Blend		
Organic Spirulina..... 50 mg	* ..... 100 mg	*
(whole plant)		
Organic Chlorella ..... 50 mg	* ..... 100 mg	*
(whole plant, broken cell wall)		
Organic Green Tea..... 25 mg	* ..... 50 mg	*
leaf extract (standardized to 50% polyphenols, 20% EGCG)		
Carotenoids		
Lutein..... 5 mg	* ..... 10 mg	*
(from marigold flower extract)		
Lycopene (from tomatoes)..... 3 mg	* ..... 6 mg	*
Zeaxanthin isomers ..... 1 mg	* ..... 2 mg	*
(from marigold flower extract)		

\*Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, hydroxypropyl cellulose, carboxymethylcellulose, ascorbyl palmitate, silica, coating (purified water, hypromellose, and glycerin).

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

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

OptiZinc® is a trademark of InterHealth N.I.



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zeaxanthin for vision health, three types of vitamin B<sub>12</sub>, and improved mineral forms for bioavailability.†

## Ultra Preventive® X (Vegetarian Capsules)

● improved formula

### Formula

202346

### Size

240 Vegetarian Capsules

Suggested Usage: 8 daily

### SUPPLEMENT FACTS

Serving Size 8 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A ..... 2,250 mcg	250%
(as 67% natural beta-carotene and 33% Vitamin A palmitate)	
Vitamin C (as ascorbic acid)..... 500 mg	556%
Vitamin D <sub>3</sub> ..... 12.5 mcg (500 IU)	63%
Vitamin E ..... 67 mg	447%
(natural, as d-alpha tocopheryl succinate plus mixed tocopherols)	
Thiamine (as thiamine HCl)..... 50 mg	4,167%
Riboflavin (as Riboflavin/Riboflavin-5-phosphate)..... 25 mg	1,923%
Niacin/Niacinamide ..... 95 mg	594%
Vitamin B <sub>6</sub> ..... 50 mg	2,941%
(as Pyridoxine HCl/Pyridoxal-5-Phosphate)	
Folate (as L-methylfolate, Metafolin®) ..... 667 mcg DFE	167%
(400 mcg L-5-MTHF)	
Vitamin B <sub>12</sub> ..... 250 mcg	10,417%
(as methylcobalamin/adenosylcobalamin/hydroxocobalamin)	
Biotin ..... 150 mcg	500%
Pantothenic Acid (as d-calcium pantothenate) ..... 50 mg	1,000%
Choline (from choline bitartrate) ..... 137.5 mg	25%
Calcium (as calcium citrate/malate/chelate complex) ..... 210 mg	16%
Iodine (from kelp) ..... 100 mcg	67%
Magnesium ..... 210 mg	50%
(as magnesium citrate/chelate complex)	
Zinc (as OptiZinc®, monomethionine)..... 12.5 mg	114%
Selenium (as selenomethionine)..... 100 mcg	182%
Copper (as copper amino acid chelate)..... 1 mg	111%
Manganese (as manganese sulfate)..... 4.5 mg	196%
Chromium (as chromium polynicotinate)..... 100 mcg	286%
Molybdenum (as molybdenum krebs <sup>††</sup> )..... 50 mcg	111%
Potassium (as potassium chloride) ..... 50 mg	1%
N-Acetyl-L-Cysteine..... 75 mg	*
Betaine HCl ..... 75 mg	*

Inositol .....	50 mg	*
Quercetin (as dihydrate).....	50 mg	*
Lemon bioflavonoids.....	50 mg	*
Papain (from <i>Carica papaya</i> , fruit).....	50 mg	*
Bromelain (from <i>Anana comosus</i> , pineapple stem).....	25 mg	*
Grape seed extract.....	25 mg	*
(standardized to 92% polyphenols)		
Alpha Lipoic Acid.....	25 mg	*
Rutin (from <i>Sophora japonica</i> , flower).....	12.5 mg	*
Boron (as boron chelate).....	1.5 mg	*
Vanadium (as Vanadium Krebs <sup>††</sup> ).....	25 mcg	*
Vitamin K <sub>2</sub> (as menaquinone-7).....	22.5 mcg	*
Proprietary Organic Fruit and Vegetable Blend.....	350 mg	*
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 collard greens powder (leaf), Organic pomegranate powder (fruit), Organic green cabbage powder (whole plant), Organic cranberry powder (fruit), Organic kale powder (whole plant), Organic parsley powder (whole plant), Organic raspberry powder (fruit), Organic spinach powder (whole plant)		
Organic Phytonutrient Blend		
Organic Spirulina (whole plant) .....	50 mg	*
Organic Chlorella (whole plant, broken cell wall) .....	50 mg	*
Organic Green Tea leaf extract .....	25 mg	*
(standardized to 50% polyphenols, 20% EGCG)		
Carotenoids		
Lutein (from marigold flower extract).....	5 mg	*
Lycopene (from tomatoes).....	3 mg	*
Zeaxanthin isomers (from marigold flower extract).....	1 mg	*

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, microcrystalline cellulose, hydroxypropyl cellulose, ascorbyl palmitate, and silica.

<sup>††</sup>Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

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

OptiZinc® is a trademark of InterHealth N.I.

## Ultra Preventive® 2 Daily eZ Easy Swallow multivitamin

Formula	Size
201344	60 Tablets
Suggested Usage: 2 daily	

Ultra Preventive® 2 Daily provides important vitamins and minerals plus antioxidant support from a proprietary phytonutrient blend of standardized spinach, blueberry and strawberry extracts, carotenoids, and methylated resveratrol in just 2 easy-to-swallow tablets daily. Astaxanthin is included as a carotenoid antioxidant for healthy aging. Activated forms of B vitamins in Ultra Preventive® 2 Daily ensure proper utilization of vitamins.†

### SUPPLEMENT FACTS PL

Serving Size 2 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A (as natural beta-carotene).....	5,000 IU 100%
Vitamin C (as Ascorbic Acid).....	120 mg 200%
Vitamin D <sub>3</sub> .....	1,000 IU 250%
Vitamin E (as d-alpha tocopheryl succinate).....	100 IU 333%
Thiamine (as Thiamine HCl).....	25 mg 1,667%
Riboflavin (as Riboflavin-5-phosphate).....	10 mg 588%
Niacin/Niacinamide.....	30 mg 150%
Vitamin B <sub>6</sub> (as Pyridoxal-5-phosphate).....	10 mg 500%
Folate (as L-methylfolate, Metafolin®).....	400 mcg 100%
Vitamin B <sub>12</sub> (as methylcobalamin).....	250 mcg 4,167%
Biotin.....	300 mcg 100%
Pantothenic Acid (d-calcium pantothenate).....	25 mg 250%
Calcium (as Calcium Citrate/Malate Complex).....	50 mg 5%
Magnesium (as Magnesium Citrate).....	25 mg 6%
Iodine (from kelp).....	150 mcg 100%
Zinc (as OptiZinc®, monomethionine).....	15 mg 100%
Selenium (as amino acid chelate).....	100 mcg 143%
Copper (as amino acid chelate).....	1 mg 50%
Chromium (as amino acid chelate).....	120 mcg 100%
Molybdenum (as amino acid chelate).....	100 mcg 133%
Potassium (as Potassium Aspartate).....	30 mg <2%
Choline (as Choline Bitartrate).....	60 mg *
Inositol.....	25 mg *
Lutein.....	3 mg *
Lycopene (natural).....	3 mg *
Zeaxanthin.....	1 mg *
Astaxanthin.....	1 mg *
Pterostilbene (pTeroPure®).....	10 mg *
Proprietary Blend.....	300 mg *
Wild Blueberry Extract (fruit, <i>Vaccinium angustifolium</i> , standardized to 4% polyphenols), Strawberry Extract (fruit, <i>Fragaria vesca</i> , standardized to 2% polyphenols), Spinach Extract (leaf, <i>Spinacia oleracea</i> , standardized to 1.5% polyphenols).	

\*Daily Value (DV) not established.

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

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pTeroPure® is a trademark of ChromaDex, Inc.

OptiZinc® is a trademark of InterHealth N.I.

## Ultra Preventive® 50+

● new product

Formula	Size
202363	60 Tablets
Suggested Usage: 2 daily	

Ultra Preventive® 50+ is specially formulated with important vitamins, minerals, antioxidants and a proprietary fruit blend to support healthy aging in adults age 50+. This product features CoQ<sub>10</sub> for metabolic energy and heart health, lutein and zeaxanthin for healthy vision, lycopene for cellular support, bioavailable B vitamins, and Neurophenol®, a proprietary blend of blueberry and grape seed extract clinically studied for memory in healthy aging adults.†

### SUPPLEMENT FACTS PL

Serving Size 2 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A.....	2,100 mcg 233%
(as 70% beta carotene and 30% Vitamin A palmitate)	
Vitamin C (as ascorbic acid).....	120 mg 133%
Vitamin D <sub>3</sub> (as cholecalciferol).....	25 mcg (1,000 IU) 125%
Vitamin E (as d-alpha-tocopheryl succinate).....	65 mg 433%
Thiamine (as Thiamine HCl).....	25 mg 2,083%
Riboflavin (as Riboflavin-5-phosphate).....	10 mg 769%
Niacin/Niacinamide.....	30 mg 188%
Vitamin B <sub>6</sub> (as pyridoxal-5-phosphate).....	10 mg 588%
Folate.....	667 mcg DFE 167%
(as L-methylfolate, Metafolin®) (400 mcg L-5-MTHF)	
Vitamin B <sub>12</sub> .....	350 mcg 14,583%
(as methylcobalamin, adenosylcobalamin, hydroxycobalamin)	
Biotin.....	300 mcg 1,000%
Pantothenic Acid (as d-calcium pantothenate).....	25 mg 500%
Choline (as choline bitartrate).....	60 mg 11%
Calcium (as calcium citrate/malate complex).....	50 mg 4%
Iodine (as potassium iodide).....	150 mcg 100%
Magnesium (as magnesium citrate).....	50 mg 12%
Zinc (as OptiZinc®, monomethionine).....	20 mg 182%
Selenium (as amino acid chelate).....	100 mcg 182%
Chromium (as amino acid chelate).....	120 mcg 343%
Molybdenum (as amino acid chelate).....	100 mcg 222%
Potassium (as potassium citrate).....	30 mg <1%
Proprietary Neurophenol® blend.....	300 mg *
Providing 85 mg of flavonoids (flavan-3-ols, phenolic acids, flavonols, anthocyanins, resveratrol) from: Grape extract (fruit, <i>Vitis vinifera</i> ) and Wild Blueberry Extract (fruit, <i>Vaccinium angustifolium</i> )	
Co-Enzyme Q <sub>10</sub> (as ubiquinone).....	50 mg *
Lutein (from marigold flower extract).....	10 mg *
Lycopene (from tomatoes).....	3 mg *
Zeaxanthin isomers (from marigold flower extract).....	2 mg *

\*Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, carboxymethyl cellulose, hydroxypropyl cellulose, ascorbyl palmitate, tablet coating (hypromellose, glycerin), stearic acid, silica.

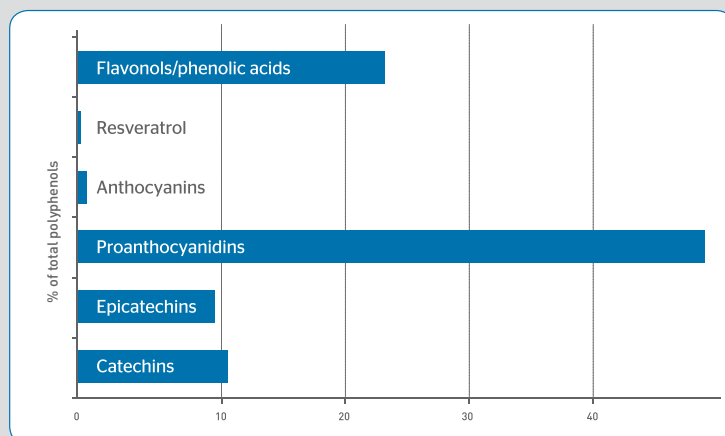
OptiZinc® is a trademark of InterHealth N.I.

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

Neurophenol® is a registered trademark used with permission.

# The Research: Neurophenol®

## Neurophenol® typical content

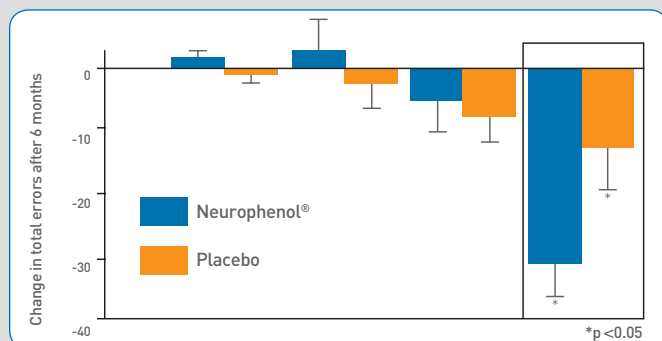


Neurophenol® is a standardized blend of polyphenols obtained from Canadian wild blueberries and French grapes. Blueberries are a source of proanthocyanidins and phenolic acids, while grapes are a source of stilbenes and flavonols. The organic molecules are concentrated according to a proprietary manufacturing process in order to achieve highly purified extracts.

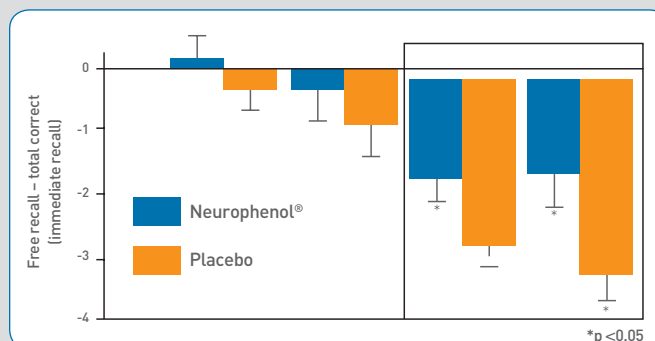
These extracts contain a blend of polyphenols, including monomers, oligomers, flavonols, anthocyanidins and phenolic acids.

Neurophenol® supports cognitive function, as demonstrated in several recent studies. In a recent randomized, double-blind study of 200 healthy individuals between the ages of 60-70, Neurophenol®

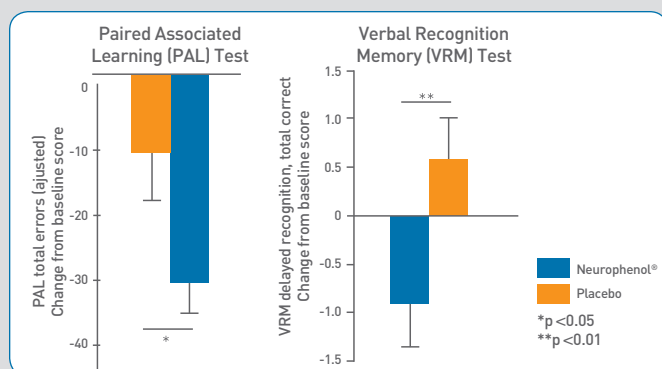
provided significant support for episodic memory and verbal recognition memory. Animal research suggests that Neurophenol® may also support spatial memory. Spatial memory is essential for recording information about orientation in the environment, while recognition memory is a key factor in the ability to recognize previous events. In a multi-national study of 200 older adults, Neurophenol® provided significant support for cognitive performance and memory at a dose of 600 mg per day over a six-month period. The supplement supported episodic memory or the ability to remember a past event (Figure 1). Neurophenol® also promoted the ability to encode and retrieve verbal information (Figure 2). For both outcomes, significant support was evident in the lowest quartiles of initial performance (Figures 1-3). These actions may be explained, in part, by modulation of the expression of genes involved in neuronal plasticity (Figure 4).†



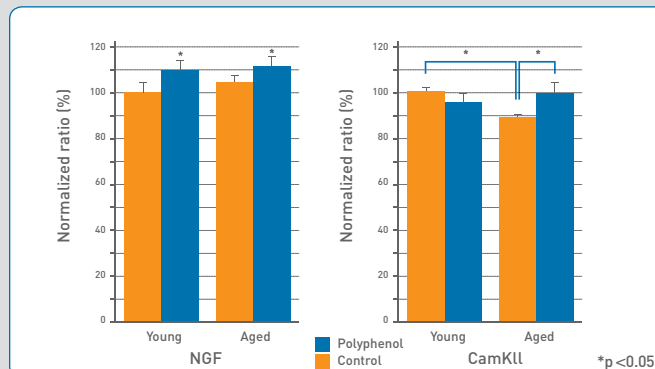
**Figure 1:** Neurophenol® supplementation supported episodic memory in older adults, as determined by paired associate learning test. Significant support was evident in the lowest quartile of initial performance ( $p < 0.05$ ). (box, far right)†



**Figure 2:** Neurophenol® supplementation supported recognition memory in older adults, as determined by verbal recognition memory test. Significant support was evident in the lowest quartiles of initial performance ( $p < 0.05$ ). (box, far right)†



**Figure 3:** Neurophenol® provided significant cognitive benefit to individuals whose scores were lowest at baseline. Results from this group only are shown above. Neurophenol® supported episodic memory (left), indicated by the reduction of total errors in the Paired Associates Learning (PAL) test. Neurophenol® also provided significant support for verbal recognition memory (right).†



**Figure 4:** Neurophenol® supplementation promoted nerve growth factor (NGF) gene expression in both young and aged mice, and  $Ca^{2+}$  / calmodulin-dependent protein kinase (CamKII) in aged mice. NGF promotes cholinergic nerve function to support spatial memory, while CamKII is involved in signaling cascades related to learning and memory.†



Douglas Laboratories is proud to offer an easy-to-swallow version similar to the Ultra Preventive® X tablets. The EZ tablets are smaller and contain a natural vanilla coating.

## Ultra Preventive® EZ Easy Swallow multivitamin

Formula	Size
200911	120 Tablets
	240 Tablets

Suggested Usage: 8 daily

### SUPPLEMENT FACTS

Serving Size 8 Tablets

Amount Per Serving	%DV
Vitamin A ..... 15,000 IU	300%
(33% as Vitamin A Palmitate, 67% as Natural Beta-Carotene from D. Salina with carotenoids)	
Vitamin C (as Ascorbic Acid/Ascorbyl Palmitate/Calcium and Magnesium Ascorbate complex) ..... 700 mg	1,167%
Vitamin D <sub>3</sub> (as cholecalciferol) ..... 1,000 IU	250%
Vitamin E ..... 400 IU	1,333%
(as d-alpha tocopheryl plus mixed tocopherols)	
Thiamine ..... 100 mg	6,667%
Riboflavin ..... 50 mg	2,941%
Niacin/Niacinamide ..... 90 mg	950%
Vitamin B <sub>6</sub> ..... 100 mg	5,000%
(as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	
Folate (as L-methylfolate, Metafolin®) ..... 800 mcg	200%
Vitamin B <sub>12</sub> (as methylcobalamin) ..... 250 mcg	4,167%
Biotin ..... 300 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate) ..... 500 mg	5,000%
Calcium ..... 100 mg	10%
(as Calcium Citrate/Ascorbate/Carbonate Complex)	
Iodine (from Kelp) ..... 200 mcg	133%
Magnesium ..... 100 mg	25%
(as Magnesium Aspartate/Ascorbate/Oxide Complex)	
Zinc (as Zinc Amino Acid Chelate) ..... 25 mg	167%
Selenium (as Selenium Krebs <sup>††</sup> /Kelp complex) ..... 200 mcg	286%
Copper (as Copper Amino Acid Chelate) ..... 2 mg	100%
Manganese (as Manganese Aspartate/Sulfate Complex) ..... 10 mg	500%
Chromium (as Chromium polynicotinate) ..... 200 mcg	167%
Molybdenum (as Molybdenum Krebs <sup>††</sup> ) ..... 100 mcg	133%
Potassium (as Potassium Aspartate/Chloride Complex) ..... 99 mg	2%
Lutein ..... 6 mg	*
Lycopene ..... 6 mg	*
Zeaxanthin ..... 1 mg	*

#### Other Minerals, Nutrients and Trace Elements

Inositol	100 mg	*
Trace Elements (from Sea Vegetation)	approx. 100 mcg	*
Choline (from 150 mg Choline Citrate/Bitartrate)	60 mg	*
PABA (para-aminobenzoic acid)	50 mg	*
Boron (as Boron Aspartate/Citrate complex)	1.5 mg	*
Vanadium (as Vanadium Krebs <sup>††</sup> )	50 mcg	*

#### Amino Acids and Enzymes

L-Cysteine/N-Acetyl-L-Cysteine	150 mg	*
Betaine (from 150 mg Betaine HCl)	14 mg	*
Bromelain (from pineapple stem) (2,000 GDU/g)	50 mg	*
Glutamic Acid (from 25 mg Glutamic Acid HCl)	20 mg	*
L-Methionine	12.5 mg	*

#### Bioflavonoids and Proanthocyanidins

Rose Hips	100 mg	*
Lemon Bioflavonoids	100 mg	*
Red Wine Proanthocyanidins/Pine Bark Extract	50 mg	*
Hesperidin	35 mg	*
Rutin	25 mg	*

#### Vegetables Fruits and Herbs

Proprietary Organic Fruit and Vegetable Blend	700 mg	*
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 powder (fruit), Organic kale powder (whole plant), Organic parsley powder (whole plant), Organic pomegranate powder (fruit), Organic raspberry powder (fruit), Organic spinach powder (whole plant)		
Garlic (bulb)	100 mg	*
Cauliflower (sprout)	100 mg	*
Spirulina	100 mg	*
Chlorella (broken cell wall)	100 mg	*
Green Papaya Extract (fruit)	100 mg	*
Blackberry (fruit)	80 mg	*
Celery powder (leaf and stalk)	70 mg	*
Black radish powder (root)	70 mg	*
Apricot powder (fruit)	70 mg	*
Green Tea Extract (leaf)	50 mg	*
Apple Pectin (fruit)	50 mg	*

\*Daily Value (DV) not established.

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

<sup>††</sup>Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

<sup>†</sup>Including Beta-Carotene, Alpha-Carotene, Zeaxanthin, Cryptoxanthin and additional Lutein and Lycopene.

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



Ultra Preventive® Kids is a great-tasting, chewable multivitamin/mineral/trace element supplement designed for children ages 4 and up. The chewable tablets provide 28 vitamins, minerals and trace elements in bioavailable forms and nutritionally meaningful amounts.†

## Ultra Preventive® Kids

Formula	Size
202134	60 Chewable Tablets (Orange Flavor)
202135	60 Chewable Tablets (Grape Flavor)

**Suggested Usage:** 2 daily

Ultra Preventive® Kids now features Metafolin® methylfolate and B<sub>12</sub> 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.†

### SUPPLEMENT FACTS

Serving Size 2 Round Chewable Tablets • Servings Per Container 30

Amount Per Serving	%DV
Calories .....	5
Calories from Fat.....	0
Total Carbohydrates.....	2 g <1% <sup>^</sup>
Sugar Alcohols (Xylitol).....	2 g *
Vitamin A.....	3,500 IU 70%
(29% as Vitamin A Acetate /71% as natural beta-carotene)	
Vitamin C.....	250 mg 417%
(as calcium and magnesium ascorbate/ascorbic acid)	
Vitamin D <sub>3</sub> .....	400 IU 100%
Vitamin E.....	30 IU 100%
(as d-alpha Tocopheryl Succinate and mixed tocopherols including alpha, beta, delta and gamma tocopherols)	
Thiamine.....	3 mg 200%
Riboflavin.....	1.7 mg 100%
Niacinamide/Niacin.....	25 mg 125%
Vitamin B <sub>6</sub> .....	2 mg 100%
Folate (as L-methylfolate, Metafolin®) .....	400 mcg 100%
Vitamin B <sub>12</sub> (as methylcobalamin).....	6 mcg 100%
Biotin .....	300 mcg 100%
Pantothenic Acid (as calcium pantothenate).....	12 mg 120%
Calcium.....	125 mg 13%
(from Calcium Citrate/Ascorbate/Carbonate Complex)	
Iodine (from Kelp) .....	15 mcg 10%
Magnesium.....	40 mg 10%
(from Magnesium Aspartate/Ascorbate/Oxide Complex)	

Zinc (from Zinc Aspartate) .....	2 mg	13%
Selenium (from Selenium Amino Acid Chelate) .....	20 mcg	29%
Copper (from Copper Amino Acid Chelate).....	0.2 mg	10%
Manganese (from Manganese Amino Acid Chelate).....	2 mg	100%
Chromium Chromax™ <sup>v</sup> (from Chromium Picolinate) .....	40 mcg	33%
Molybdenum (from Molybdenum Amino Acid Chelate) .....	5 mcg	7%
Potassium (from Potassium Aspartate/Chloride Complex) .....	10 mg	<1%
Lutein (from Marigold Flower) .....	3 mg	*
Lemon Bioflavonoids.....	10 mg	*
Boron (from Boron Citrate Complex).....	20 mcg	*
Vanadium (from Vanadium Krebs <sup>††</sup> ).....	3 mcg	*
Choline (from Choline Bitartrate) .....	40 mg	*

\*Daily Value (DV) not established.

<sup>^</sup>Percent Daily Value (DV) based on a 2,000 calorie diet.

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

Grape flavor other ingredients: Xylitol, cellulose, natural grape flavor, vegetable stearate, and silica.

<sup>v</sup>Chromax™ trademark of Nutrition 21.

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

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

<sup>††</sup>Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.



Ultra Preventive® III provides a comprehensive vitamin/mineral/trace element formula with bioavailable forms to support optimal health and wellness. This formula contains no iron or copper. Ultra Preventive® III contains Metafolin®, a patented, natural form of (6S) 5-methyltetrahydrofolate (5-MTHF) as well as 1,000 IU of vitamin D<sub>3</sub> 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.†

Also available in Capsule form.

## Ultra Preventive® III (Tablets)

Formula	Size
200568	180 Tablets

Suggested Usage: 6 daily

### SUPPLEMENT FACTS

Serving Size 6 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A ..... 25,000 IU (40% as Vitamin A Palmitate/60% [15,000 IU] as Beta-Carotene)	500%
Vitamin C (Ascorbic Acid) ..... 1,200 mg	2,000%
Vitamin D <sub>3</sub> ..... 1000 IU	250%
Vitamin E (as Vitamin E Succinate) ..... 400 IU	1,333%
Thiamine (as Thiamine HCl) ..... 100 mg	6,667%
Riboflavin ..... 50 mg	2,941%
Niacin/Niacinamide ..... 190 mg	950%
Vitamin B <sub>6</sub> ..... 100 mg (as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	5,000%
Folate (as L-methylfolate, Metafolin®) ..... 800 mcg	200%
Vitamin B <sub>12</sub> (Cyanocobalamin) ..... 100 mcg	1,667%
Biotin ..... 300 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate) ..... 500 mg	5,000%
Calcium ..... 500 mg (from Calcium Citrate/Ascorbate/Carbonate complex)	50%
Iodine (from Kelp) ..... 200 mcg	133%
Magnesium ..... 500 mg (from Magnesium Aspartate/Ascorbate/Oxide Complex)	125%
Zinc (from Zinc Amino Acid Chelate) ..... 25 mg	167%
Selenium ..... 200 mcg (Organic Selenium from Krebs <sup>††</sup> Cycle and Kelp)	286%
Manganese (as Manganese Aspartate/Sulfate Complex) ..... 20 mg	1,000%
Chromium ..... 200 mcg (Organically bound with GTF activity—low allergenicity)	167%
Molybdenum (from Molybdenum Krebs <sup>††</sup> ) ..... 100 mcg	133%
Potassium (from Potassium Aspartate/Chloride Complex) ..... 99 mg	2%
Choline (from Choline Citrate/Bitartrate) ..... 60 mg	*
Inositol ..... 100 mg	*

Citrus Bioflavonoid Complex	100 mg	*
PABA (para-Aminobenzoic Acid)	50 mg	*
Vanadium (from Vanadium Krebs <sup>††</sup> )	50 mcg	*
Boron (from Boron Aspartate/Citrate Complex)	1.5 mg	*
Trace Elements (from Sea Vegetation)	100 mcg	*
L-Cysteine/N-Acetyl-L-Cysteine	200 mg	*
L-Methionine	12.5 mg	*
Glutamic Acid (from Glutamic Acid HCl)	20 mg	*
Betaine (from Betaine HCl)	114 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, vegetable stearate and silica.

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

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

Visit [douglaslabs.com/foundation](http://douglaslabs.com/foundation) for

## ADDITIONAL MULTIVITAMIN FORMULAS:

Name	Formula
Basic Preventive® 5 Iron Free	201387
Essential-4 Nutrition Pack™	66873
Essential Female Pack™	66360
Essential Male Pack™	66359
Executive Stress Formula	4541
Prenatal	201811
Ultra Vite 75™ II	7921
Ultra Preventive® Vision	202027
Ultra Preventive® Teen	201036

For a full listing of our Multivitamin formulas,  
visit [douglaslabs.com](http://douglaslabs.com)

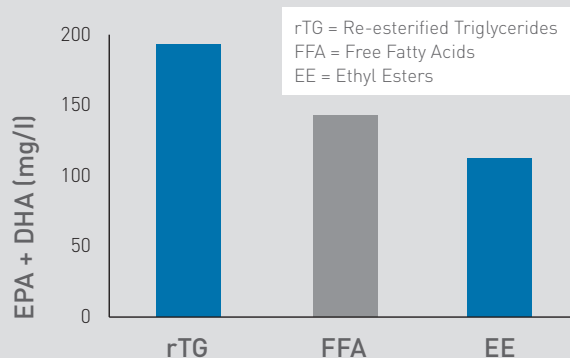
**QÜELL® | FISH OIL**

Douglas Laboratories® offers QÜELL® Fish Oil, a suite of ultra-pure supercritical CO<sub>2</sub> extracted omega-3 fish oils that provides a concentrated triglyceride form of EPA and DHA in a fish gelatin capsule. A growing body of scientific evidence supports the triglyceride (or re-esterified triglyceride) form of these fatty acids as exhibiting greater absorption (compared to the ethyl ester form), significantly increasing the index of EPA and DHA in the blood. Supercritical CO<sub>2</sub> extraction technology ensures that omega-3 fatty acids are extracted without high temperatures, oxygen or traditional chemical solvents, yielding oil that is protected from oxidation, microbiological contamination, solvent residues and isomer formation.

## The QÜELL® Fish Oil Difference

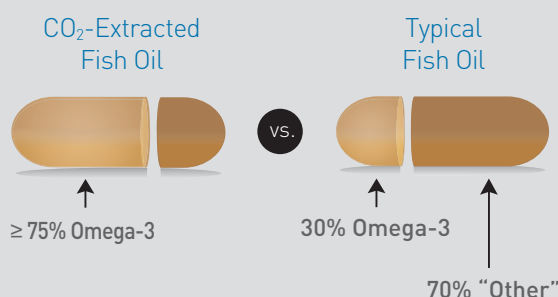
## Comparison of Supercritical Fluid Extraction to Molecular Distillation

	QÜELL® Supercritical CO <sub>2</sub> Technology	Typical Molecular Distillation
Use of chemical solvents	NO	YES
Exposure of oil to high temperatures	NO (<50°C)	YES (160-200°C)
Risk of undesired isomer formation	NO	YES
Environmental Impact	LOW	MODERATE
The ability to produce extremely concentrated EPA and DHA (see images below)	YES	NO



A double-blind clinical trial compared the bioavailability of omega-3 fatty acids delivered as ethyl esters, free fatty acids or re-esterified triglycerides in 72 subjects. Blood levels of EPA and DHA (depicted above as change from baseline) were highest among participants receiving EPA and DHA as re-esterified triglycerides. Data do not represent the QÜELL® study specifically.<sup>1</sup>

<sup>1</sup>Adapted from Dyerberg J. Bioavailability of marine n-3 fatty acid formulations. Prostaglandins Leukot Essent Fatty Acids. 2010 Sep;83(3):137-41.



Supercritical CO<sub>2</sub> Extraction | Triglyceride Form | Fish Gelatin Softgel

Ultra Concentration | Ultra Purity

	QÜELL® Fish Oil EPA/DHA Plus D	QÜELL® Fish Oil Ultra EPA	QÜELL® Fish Oil Clinical Strength EPA	QÜELL® Fish Oil Ultra DHA	QÜELL® Fish Oil Clinical Strength DHA	QÜELL® Fish Oil EFA Plus	QÜELL® Fish Oil Junior
Features	3:2 ratio of EPA:DHA plus 1,000 IU of Vitamin D <sub>3</sub>	5:1 ratio of EPA:DHA omega fatty acids	90% EPA omega fatty acid	4:1 ratio of DHA:EPA omega fatty acids	90% DHA omega fatty acid	Essential fatty acids of Omega-3, 6 plus Astaxanthin, Vitamins A, D, C, B <sub>6</sub> , Magnesium	4:1 ratio of DHA:EPA omega fatty acids
Omega-3 Dosages Per Serving	EPA 600 mg DHA 400 mg	EPA 800 mg DHA 150 mg	EPA 900 mg	DHA 775 mg EPA 200 mg	DHA 900 mg	EPA 340 mg DHA 220 mg GLA 100 mg	DHA 387 mg EPA 100 mg
Benefits‡	• General Health • Cardiovascular Health • Immune Health	• Cardiovascular Health • Joint Health	• Mood <sup>1</sup> • Omega-3 Index <sup>3</sup> • Cardiovascular Health <sup>2</sup>	• Cognitive Health • Maternity Health	• Cardiometabolic Health <sup>2</sup> • Cognitive Health • Omega-3 Index <sup>3</sup>	• Skin Health • Eye Moisture • Joint Health	• Children's Health • Cognitive Development
Daily Dose Suggestion	1 oblong softgel	2 small oblong softgels	1-3 oblong softgels	2 small oblong softgels	1-3 oblong softgels	2 oblong softgels	1 small oblong softgel to swallow

OMEGA FATTY ACIDS

QÜELL® Fish Oil  
Clinical Strength EPA

● new product

Formula	Size
202403	60 Softgels
Suggested Usage: 1, 1-3 times daily	

SUPPLEMENT FACTS <span>PL</span>	
Serving Size 1 Softgel • Servings Per Container 60	
Amount Per Serving	%DV
Calories .....	10
Total Fat .....	1 g 1%^
Omega-3 Supercritical CO <sub>2</sub>	
Triglyceride Concentrate .....	1,000 mg *
Providing:	
EPA (Eicosapentaenoic Acid) .....	900 mg *

\*Daily Value (DV) not established.

^Percent Daily Value (DV) based on a 2,000 calorie diet.

Other ingredients: Gelatin (capsule, from fish [Tilapia], glycerin, purified water, natural-source mixed tocopherols.

This product contains fish oil (anchovies, sardines, mackerel).



QÜELL® Fish Oil Clinical Strength EPA is supercritical CO<sub>2</sub> extracted eicosapentaenoic acid in triglyceride form, manufactured exclusively for Douglas Laboratories. The product contains 90% essential omega-3 fatty acid EPA, which has been shown in research to support mood and cardiovascular health. QÜELL® Fish Oil is unique among other fish oils for its supercritical extraction, purity, bioavailability and concentration.‡

1. Jazayeri S, Tehrani-Doost M, Keshavarz SA, et al. Aust N Z J Psychiatry. 2008;42(3):192-198.  
2. Allaire J, Couture P, Leclerc M, et al. Am J Clin Nutr. 2016;104(2):280-7.  
3. Allaire J, et al. PLEFA; Volume 120, 8 - 14



QÜELL® Fish Oil Clinical Strength DHA is supercritical CO<sub>2</sub> extracted docosahexaenoic acid (DHA) in triglyceride form, manufactured exclusively for Douglas Laboratories. The product contains 90% essential omega-3 fatty acid DHA which has been shown in recent research to support cardiometabolic biomarkers.†

## QÜELL® Fish Oil Clinical Strength DHA

### Formula

202248

### Size

60 Softgels

Suggested Usage: 1 softgel, 1-3 times daily

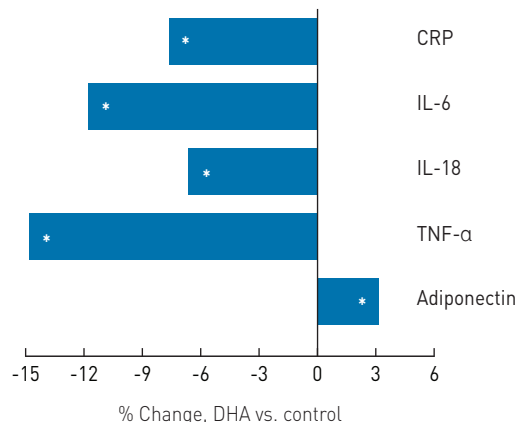
### SUPPLEMENT FACTS

Serving Size 1 Softgel • Servings Per Container 60

Amount Per Serving	%DV
Calories .....	10
Calories from Fat.....	10
Total Fat.....	1 g 2%^
Omega-3 Supercritical CO <sub>2</sub> Triglyceride Concentrate.....	1,000 mg *
Providing:	
DHA (Docosahexaenoic Acid) .....	900 mg *

\*Daily Value (DV) not established.

## DHA Modulates Cytokine Production and Supports Healthy Levels of Adiponectin†



In a double-blind, randomized, crossover, controlled study, men and women were administered 2.7 grams/day of purified DHA or 3.0 grams/day of corn oil (control) for 10 weeks. Immune and metabolic markers were compared between treatment groups.

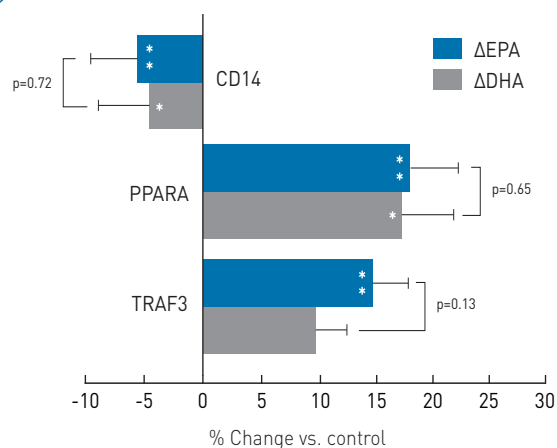
Interleukins (IL-6, IL-18) and Tumor Necrosis Factor alpha (TNF-α) are immune mediators that influence metabolic homeostasis. Adiponectin is a protective hormone that helps maintain healthy glucose disposal.

Supplemental DHA modulated cytokine production and supported healthy levels of adiponectin.†

\* p value < 0.05

Allaire J, Couture P, Leclerc M, et al. *Am J Clin Nutr*. 2016 Aug;104(2):280-7.

## EPA and DHA Favorably Affect Immunological Gene Expression†



Gene expression of immune markers was compared across three treatment groups (EPA, DHA and control), in the same study outlined above.

Cluster of differentiation 14 (CD14) is involved in cytokine activating pathways, while peroxisome proliferator-activated receptor alpha (PPARA) and tumor necrosis factor receptor associated factor 3 (TRAF3) help moderate immune activity in tissues.

Supplementation of either EPA or DHA similarly affect immunological gene expression.

\* p value < 0.05 \*\* p value < 0.01

Vors C, Allaire J, Marin J, et al. *Atherosclerosis*. 2017 Feb;257:116-122.



QÜELL® Fish Oil EPA/DHA Plus D provides a 3:2 ratio of EPA to DHA plus 25 mcg (1,000 IU) of Vitamin D<sub>3</sub> per softgel.

QÜELL® Fish Oil EPA/DHA Plus D

Formula	Size
200981	30 Softgels 60 Softgels

Suggested Usage: 1 daily

SUPPLEMENT FACTS PL  
Serving Size 1 Softgel

Amount Per Serving	%DV
Calories .....	10
Calories from Fat.....	10
Total Fat .....	1.3 g 2%^
Vitamin D <sub>3</sub> .....	1,000 IU 250%
Omega-3 Supercritical CO <sub>2</sub> Triglyceride Concentrate .....	1,250 mg
Providing:	
EPA (Eicosapentaenoic Acid) .....	600 mg *
DHA (Docosahexaenoic Acid) .....	400 mg *

\*Daily Value (DV) not established.  
^Percent Daily Value (DV) based on a 2,000 calorie diet.  
Other ingredients: Gelatin (capsule, from fish [Tilapia]), glycerin,water, natural-source mixed tocopherols, rosemary extract (leaf).  
This product contains fish oil (anchovies, sardines, mackerel).



This unique essential fatty acid formula utilizes QÜELL® Fish Oil supercritical CO<sub>2</sub> extracted EPA and DHA for ultimate purity and concentration. It also contains organic borage seed oil to provide GLA and astaxanthin, an important carotenoid, to help support skin, joints, and eye moisture.‡

QÜELL® Fish Oil EFA Plus

Formula	Size
202260	60 Softgels

Suggested Usage: 2 daily

SUPPLEMENT FACTS PL  
Serving Size 2 Softgels • Servings Per Container 30

Amount Per Serving	%DV
Calories .....	10
Calories from Fat.....	10
Total Fat .....	1 g 2%^
Vitamin A (as retinyl palmitate) .....	500 IU 10%
Vitamin C (as ascorbic acid) .....	50 mg 83%
Vitamin D <sub>3</sub> (as cholecalciferol).....	1,000 IU 250%
Vitamin B <sub>6</sub> (as pyridoxine HCl) .....	25 mg 1,250%
Magnesium (from magnesium glycinate).....	100 mg 25%
Omega-3 Supercritical CO <sub>2</sub> Triglyceride Concentrate .....	750 mg *
Providing:	
EPA (Eicosapentaenoic acid) .....	340 mg *
DHA (Docosahexaenoic acid).....	220 mg *
GLA (from organic borage seed oil) .....	100 mg *
Astaxanthin .....	1.5 mg *

\*Daily Value (DV) not established.  
^Percent Daily Value (DV) based on a 2,000 calorie diet.  
Other ingredients: Sunflower lecithin, beeswax, capsule (gelatin from fish [tilapia], glycerin, water, carob).  
This product contains fish oil (anchovies, sardines, mackerel).



QÜELL® Fish Oil Ultra DHA contains a significantly higher ratio of DHA to EPA that is indicated for cognitive or maternal health.†

## QÜELL® Fish Oil Ultra DHA

Formula	Size
200980	60 Softgels

Suggested Usage: 2 daily

### SUPPLEMENT FACTS

Serving Size 2 Softgels • Servings Per Container 30

Approximate Amount Per Serving	%DV
Calories .....	10
Calories from Fat.....	10
Total Fat .....	1.25 g 2%^
Omega-3 Supercritical CO <sub>2</sub> Triglyceride Concentrate .....	1,250 mg *
Providing:	
DHA (Docosahexaenoic Acid) .....	775 mg *
EPA (Eicosapentaenoic Acid) .....	200 mg *

\*Daily Value (DV) not established.

^Percent Daily Value (DV) is based on a 2,000 calorie diet.

Other ingredients: Gelatin (capsule, from fish [Tilapia]), glycerin, water, natural-source mixed tocopherols, rosemary extract (leaf).

This product contains fish oil (anchovies, sardines, mackerel).

## QÜELL® Fish Oil Ultra EPA

Formula	Size
200979	60 Softgels

Suggested Usage: 2 daily

QÜELL® Fish Oil Ultra EPA contains a higher ratio of EPA to DHA that is indicated for cardiovascular, joint or general health.†

### SUPPLEMENT FACTS

Serving Size 2 Softgels • Servings Per Container 30

Approximate Amount Per Serving	%DV
Calories .....	10
Calories from Fat.....	10
Total Fat .....	1.25 g 2%^
Omega-3 Supercritical CO <sub>2</sub> Triglyceride Concentrate .....	1,250 mg *
Providing:	
EPA (Eicosapentaenoic Acid) .....	800 mg *
DHA (Docosahexaenoic Acid) .....	150 mg *

\*Daily Value (DV) not established.

^Percent Daily Value (DV) is based on a 2,000 calorie diet.

Other ingredients: Gelatin (capsule, from fish [Tilapia]), glycerin, water, natural-source mixed tocopherols, rosemary extract (leaf).

This product contains fish oil (anchovies, sardines, mackerel).

Visit [douglaslabs.com/foundation](https://douglaslabs.com/foundation) for  
ADDITIONAL  
OMEGA FATTY ACID FORMULAS:

Name	Formula
DEPA .....	7980
Opti-DHA™ Enteric-Coated .....	98531
Opti-EPA™ Enteric-Coated .....	99276
Opti-EPA™ 500 Marine Lipid Concentrate .....	7089
QÜELL® Fish Oil Junior .....	201398
Ultra G.L.A. (Borage Oil) .....	7046

For a full listing of our Omega Fatty Acids formulas,  
visit [douglaslabs.com](https://douglaslabs.com)

# PROTEIN POWDER



Ultra Protein Green™ is a plant-based protein powder that contains five sources of protein from pea, chia, brown rice, flaxseed, and chlorella. Additional organic greens, soluble fiber, inulin, probiotics, enzymes, vitamins and minerals, along with a phytonutrient blend make this formula a nutritionally satisfying, great-tasting vanilla shake. The

Spectra™ phytonutrient proprietary blend of powdered fruits and vegetables contributes antioxidant activity, and has been clinically shown to support healthy levels of oxidative stress markers and cellular metabolic activity. This formula is vegan, gluten-free, soy-free, and sweetened with stevia.†

[ Formulated by Shelena Lalji, M.D. ]\*

## Ultra Protein Green™ Plant-Based Protein with Phytonutrients

Formula	Size
57658P	619 g Powder 10 Sachets/Carton

**Suggested Usage:** 1 scoop or sachet daily

### SUPPLEMENT FACTS

Serving Size 1 Scoop (approx. 30.9 g) • Servings Per Container Approx. 20  
Serving Size 1 Sachet (approx. 30.9 g) • Servings Per Carton 10

Amount Per Serving	%DV
Calories .....	115
Calories from Fat.....	20
Total Fat .....	2 g 3% <sup>^</sup>
Total Carbohydrates .....	7 g 2% <sup>^</sup>
Dietary Fiber .....	2 g 10% <sup>^</sup>
Protein .....	17 g 34% <sup>^</sup>
Vitamin A (as Vitamin A Palmitate) .....	1,100 IU 22%
Vitamin C (as Sodium Ascorbate) .....	20 mg 33%
Vitamin D <sub>3</sub> (as Cholecalciferol from lichen) .....	65 IU 16%
Vitamin E (as D-Alpha Tocopheryl Acetate) .....	5 IU 17%
Vitamin K <sub>1</sub> (as Phytonadione) .....	25 mcg 31%
Thiamine (as Thiamine Mononitrate) .....	0.4 mg 27%
Riboflavin .....	0.5 mg 29%
Niacin (as Niacinamide) .....	7.5 mg 38%
Vitamin B <sub>6</sub> (as Pyridoxine HCl) .....	0.6 mg 30%
Folate (as L-Methylfolate, Metafolin®) .....	200 mcg 50%
Vitamin B <sub>12</sub> (as Methylcobalamin) .....	0.6 mcg 10%
Biotin .....	10 mcg 3%

Pantothenic Acid (Calcium Pantothenate) .....	2 mg	20%
Calcium (Calcium Carbonate) .....	365 mg	37%
Phosphorus (as Potassium Phosphate) .....	39 mg	4%
Iodine (as Potassium Iodide) .....	50 mcg	33%
Magnesium (as Magnesium Citrate) .....	100 mg	25%
Zinc (as Zinc Citrate) .....	3 mg	20%
Selenium (as L-Selenomethionine) .....	16 mcg	23%
Copper (as Copper Citrate) .....	0.6 mg	30%
Manganese (as Manganese Citrate) .....	0.6 mg	30%
Chromium (as Chromium Citrate) .....	100 mcg	83%
Molybdenum (as Molybdenum Citrate) .....	25 mcg	33%
Sodium .....	335 mg	14%
Potassium (as Potassium Phosphate) .....	98 mg	3%
Apple Pectin .....	1,000 mg	*
Organic Alfalfa grass .....	400 mg	*
Organic Spinach ( <i>Spinacia oleracea</i> , leaf) .....	50 mg	*
Organic Kale ( <i>Brassica oleracea</i> , leaf) .....	50 mg	*
Organic Spirulina .....	200 mg	*
<i>Bacillus coagulans</i> .....	1 Billion CFU	*
Protease .....	10,000 HUT	*
Hemicellulase .....	800 HCU	*
Fiber Blend (Inulin, pea fiber) .....	1,100 mg	*
Spectra™ Phytonutrient Blend .....	100 mg	*

*Coffea arabica* Extract (coffee cherry), Broccoli sprout concentrate (seed), Green Tea Extract (leaf), Onion Extract (bulb), Apple Extract (skin), Acerola Extract (fruit), Camu Camu Concentrate (fruit), Quercetin (flower), Tomato concentrate (fruit), Broccoli concentrate (floret and stems), Acai concentrate (fruit), Turmeric concentrate (root), Garlic concentrate (clove), Basil concentrate (leaf), Oregano concentrate (leaf), Cinnamon concentrate (bark and stem), Elderberry concentrate (fruit), Carrot concentrate (root), Mang steen concentrate (fruit), Blackcurrant Extract (fruit), Blueberry Extract (fruit), Sweet Cherry concentrate (fruit), Blackberry concentrate (fruit), Chokeberry concentrate (fruit), Raspberry concentrate (fruit), Spinach concentrate (leaf), Kale concentrate (leaf), Bilberry Extract (fruit), Brussels sprout concentrate (edible head).

\*Daily Value (DV) not established.

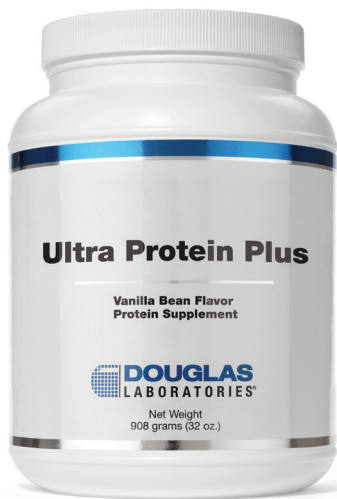
<sup>^</sup>Percent Daily Value (DV) based on a 2,000 calorie diet.

Other ingredients: Plant-based protein blend (pea protein, organic chia seed, brown rice protein, flax seed and organic chlorella protein), natural french vanilla flavor and other natural flavors, and purified stevia extract.

Vitashine D3™ is a registered trademark of Health Specialties Manufacturing Inc.

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

Spectra™ is a trademark of VDF FutureCeuticals, Inc., used under license.



Ultra Protein Plus is a delicious, vanilla flavored, nutritionally comprehensive protein powder that contains all the indispensable amino acids essential to health, as well as 25% of the nutrition provided by Douglas Laboratories' Ultra Preventive® III, a multivitamin/mineral dietary supplement. Ultra Protein Plus sources its protein from low

allergenicity yellow peas that contain no genetically modified plant tissue and are pesticide free. This formula also provides a significant amount of the prebiotic fructooligosaccharide (FOS). Ultra Protein Plus can easily be added to water or other liquid to create a ready-to-drink protein shake.†

## Ultra Protein Plus

### Vanilla Bean Flavor

Formula	Size
57054	908 g Powder (Vanilla Flavor)

**Suggested Usage:** 1 scoop daily, mixed with 8-10 ounces of water or other liquid. Blend well.

### SUPPLEMENT FACTS

Each Serving Contains 1 Heaping Scoop (approx. 30.3 grams)  
Servings Per Container Approx. 30

Amount Per Serving	%DV
Calories.....	95
Total Carbohydrates.....	8 g 2% <sup>^</sup>
Soluble Fiber.....	1 g *
Sugars (as Fructose).....	5 g *
Protein.....	16 g 32% <sup>^</sup>
Each Serving also provides approximately:	
Vitamin A.....	6,105 IU 122%
(as 39% Vitamin A palmitate and 61% beta carotene)	
Vitamin C (Ascorbic Acid).....	260 mg 433%
Vitamin D <sub>3</sub> (Cholecalciferol).....	25 IU 6%
Vitamin E (as d-alpha tocopheryl acetate).....	100 IU 333%
Vitamin B <sub>1</sub> (Thiamine HCl).....	24 mg 1,600%
Vitamin B <sub>2</sub> (Riboflavin).....	12 mg 706%
Niacin/Niacinamide.....	43 mg 215%
Vitamin B <sub>6</sub> (Pyridoxine HCl/Pyridoxal-5-Phosphate Complex).....	24 mg 1,200%
Folic Acid.....	200 mcg 50%
Vitamin B <sub>12</sub> (as cyanocobalamin).....	25 mcg 417%
Biotin.....	75 mcg 25%
Pantothenic Acid (d-Calcium Pantothenate).....	125 mg 1,250%
Calcium (Citrate/Ascorbate/Carbonate Complex).....	112 mg 11%
Phosphorus (from pea protein).....	176 mg 18%
Iodine (Kelp).....	45 mcg 30%

Magnesium (Aspartate/Ascorbate/Oxide Complex).....	115 mg 29%
Zinc (Amino Acid Chelate).....	5 mg 33%
Selenium (Krebs <sup>††</sup> ).....	45 mcg 64%
Manganese (Aspartate/Sulfate Complex).....	4.5 mg 225%
Chromium GTF.....	45 mcg 38%
(Organically Bound with GTF activity-Low Allergenicity)	
Molybdenum (Krebs <sup>††</sup> ).....	23 mcg 31%
Sodium (from pea protein).....	240 mg 10%
Potassium (Aspartate/Chloride Complex).....	22 mg <1%
Choline (Citrate/Bitartrate).....	34 mg *
Inositol.....	23 mg *
Citrus Bioflavonoid Complex.....	23 mg *
PABA (para-Aminobenzoic Acid).....	11 mg *
Vanadium (Krebs <sup>††</sup> ).....	11 mcg *
Boron (Aspartate/Citrate Complex).....	0.3 mg *
Trace Elements (from Sea Vegetation).....	20 mcg *
L-Cysteine/N-Acetyl-L-Cysteine.....	45 mg *
Betaine HCl.....	34 mg *

\*Daily Value (DV) not established.

<sup>^</sup>Percent Daily Value (DV) based on a 2,000 calorie diet.

<sup>††</sup>Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

Other ingredients: Yellow pea protein, fructose, natural vanilla flavor (contains milk), maltodextrin, BeFlora™ soluble fiber, cellulose, vegetable stearate, silica and stearic acid.

The yellow pea protein will yield naturally occurring amino acids with a typical profile such as this:

Glutamic Acid.....	2,672 mg
Aspartic Acid.....	1,840 mg
Arginine.....	1,392 mg
Lysine.....	1,136 mg
Leucine.....	1,312 mg
Phenylalanine.....	880 mg
Serine.....	816 mg
Valine.....	800 mg
Alanine.....	688 mg
Glycine.....	640 mg
Isoleucine.....	752 mg
Proline.....	688 mg
Threonine.....	608 mg
Tyrosine.....	608 mg
Histidine.....	400 mg
Cystine.....	160 mg
Methionine.....	176 mg
Tryptophan.....	160 mg

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**ADDITIONAL**  
**PROTEIN POWDER FORMULAS:**

Name	Formula
Ultra Protein Plus (Chocolate Almond Flavor).....	57053

<sup>^</sup>Dr. Shelena Lalji is a retained consultant for Douglas Laboratories.

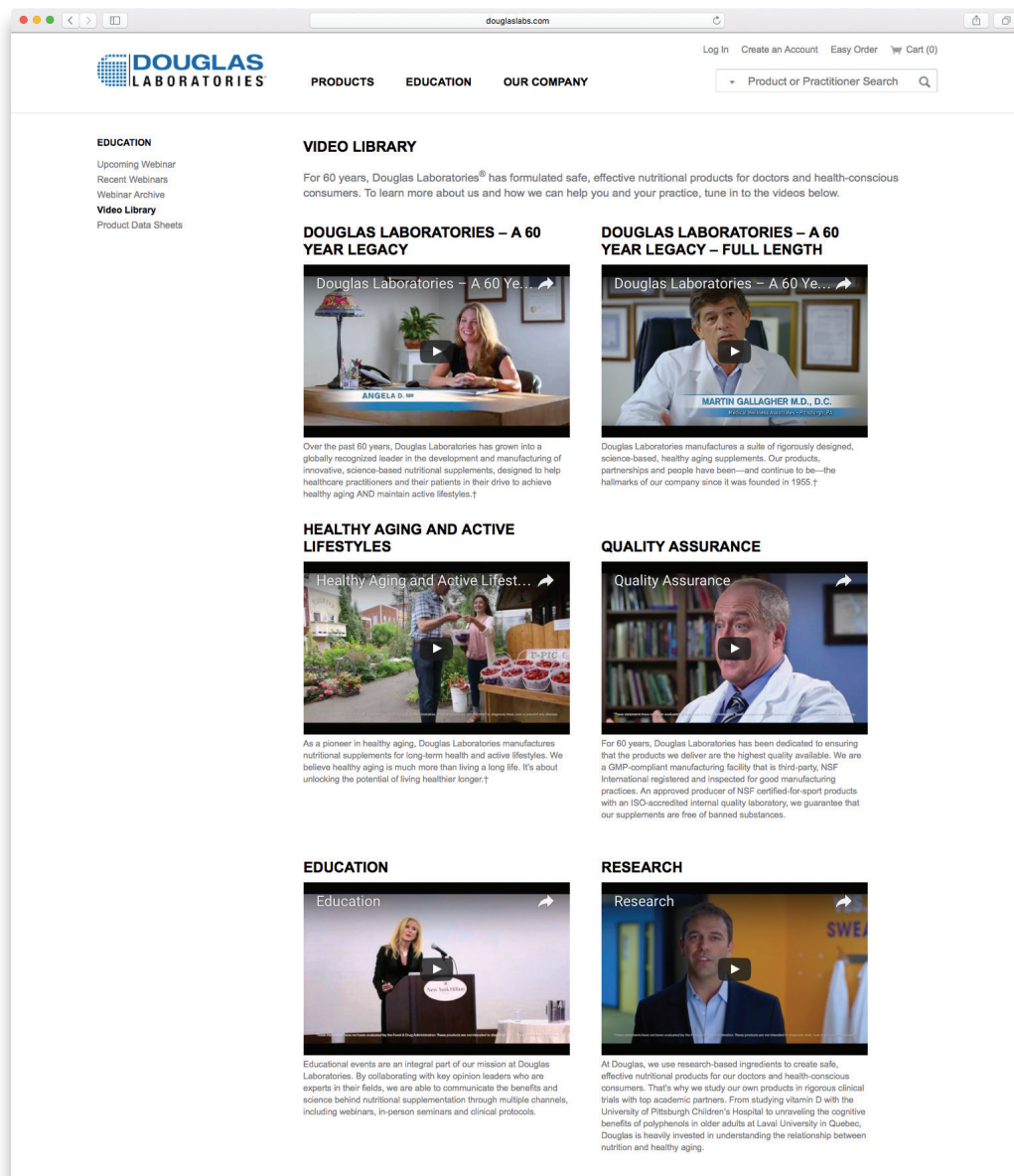
<sup>†</sup>These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## EDUCATION

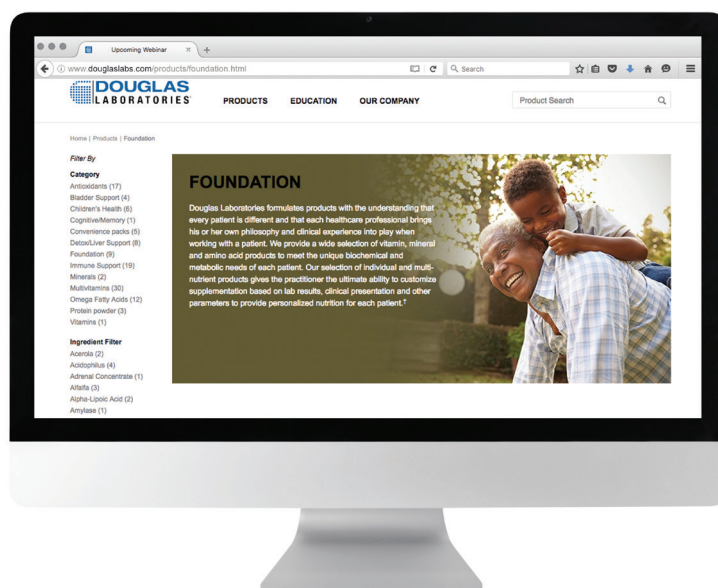
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