

Ultra Preventive[®] X

**Next-generation multiple tablets – magnesium stearate-free
Essential nutrition for optimal health in a vegetable/fruit food base**

DESCRIPTION

Douglas Laboratories[®] is proud to announce that Ultra Preventive[®] X 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 in North America and other developed areas 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 of the body's structure as well as the optimum functioning of its various systems, including the immune and gastrointestinal systems.

Ultra Preventive[®] X has been carefully developed to contain the right proportions of vitamins, minerals, trace elements, and other nutrients without danger of toxic build-up or other side effects. Each ingredient is selected in consideration of its absorbability, competitive relationship with other nutrients, allergenic potential, and long-term safety. Certain nutrients 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, the maintenance of healthy blood cells, the nervous system, hormonal balance, and more. Minerals and trace elements are provided in their safest and most bioavailable forms.

Ultra Preventive[®] X's herbal green food base also includes important phytonutrients. Gluten-free grasses and several varieties of microalgae supply chlorophyll, carotenes, B-vitamins, and trace elements. Cruciferous vegetables, broccoli and cauliflower, offer protective sulforaphane compounds known for their ability to induce protective phase 2 detoxifying enzymes.

INDICATIONS

Ultra Preventive[®] X tablets may be a useful dietary supplement for those who wish to consume the essential nutrients for health.

FORMULA (# 200569)

Eight Tablets Contain:

Vitamin A 15,000 I.U.
(33% as Vitamin A Palmitate [5,000IU]/67%
[10,000 IU] as Natural Beta-Carotene) from
D. Salina with full spectrum carotenoids**

(continued on next page)

Vitamin C 1,400 mg.
 (as Ascorbic Acid/Ascorbyl Palmitate/
 Calcium and Magnesium Ascorbate
 complex)
 Vitamin D-3 1,000 I.U.
 Vitamin E 400 I.U.
 (natural, as d-alpha tocopheryl plus
 mixed tocopherols)
 Thiamine 100 mg.
 Riboflavin 50 mg.
 Niacin/Niacinamide 190 mg.
 Niacin/Niacinamide 95 mg.
 Vitamin B-6 100 mg.
 (as Pyridoxine HCl/ Pyridoxal-5-Phosphate
 Complex)
 Folate 800 mcg.
 (as L-methylfolate, Metafolin®)
 Vitamin B-12 250 mcg.
 (as methylcobalamin)
 Biotin 300 mcg.
 Pantothenic Acid 500 mg.
 (as d-Calcium Pantothenate)
 Calcium 500 mg.
 (as Calcium Citrate/Ascorbate Complex)
 Iodine (from kelp) 200 mcg.
 Magnesium 500 mg.
 (as Magnesium Aspartate/Ascorbate
 Complex)
 Zinc 25 mg.
 (as Zinc Amino Acid Chelate)
 Selenium 200 mcg.
 (as Selenium Krebs*/Kelp complex)
 Copper 2 mg.
 (as Copper Amino Acid Chelate)
 Manganese 10 mg.
 (as Manganese Aspartate Complex)
 Chromium 200 mcg.
 (Organically bound with GTF activity—low
 allergenicity)
 Molybdenum 100 mcg.
 (as Molybdenum Krebs*)
 Potassium 99 mg.
 (as Potassium Aspartate Complex)
 Lutein (natural) 6 mg.
 Lycopene (natural) 6 mg.
 Zeaxanthin 1 mg.
 Inositol 100 mg.
 Trace Elements approx. 100 mcg.
 (from Sea Vegetation)
 Choline 60 mg.
 (from 150 mg Choline Citrate/Bitartrate)
 PABA 50 mg.
 (para-aminobenzoic acid)
 Boron 1.5 mg.
 (as Boron Aspartate/Citrate complex)

Vanadium 50 mcg.
 (as Vanadium Krebs*)
 L-Cysteine/N-Acetyl
 L-Cysteine 150 mg.
 Betaine 114 mg.
 (from 150 mg Betaine HCl)
 Bromelain (2,000 GDU/g) 50 mg.
 Glutamic Acid 20 mg.
 (from 25 mg Glutamic Acid HCl)
 L-Methionine 12.5 mg.
 Rose Hips 100 mg.
 Lemon Bioflavonoids 100 mg.
 Red Wine Proanthocyanidins/Pine
 Bark Extract 50 mg.
 (OPC 85) (J.Mesquelier U.S.Patent
 No. 4,698,360)
 Hesperidin 35 mg.
 Rutin 25 mg.
 Fruits and Herbs
 Proprietary Organic Fruit and
 Vegetable Blend 700 mg.
 Organic beet powder, Organic carrot
 powder, Organic black currant powder,
 Organic blueberry powder, Organic
 broccoli powder, Organic Concord grape
 powder, Organic green cabbage powder,
 Organic Collard greens powder, Organic
 mountain cranberry powder, Organic kale
 powder, Organic Parsley powder, Organic
 pomegranate powder, Organic raspberry
 powder, Organic spinach Powder.
 Garlic 100 mg.
 (bulb, Pure-Gar®, odorless)
 Cauliflower (entire plant) 100 mg.
 Spirulina 100 mg.
 Chlorella (broken cell wall) 100 mg.
 Green Papaya Extract 100 mg.
 (fruit)
 Blackberry (Fruit) 80 mg.
 Celery powder (leaf) 70 mg.
 Black radish powder (root) 70 mg.
 Apricot powder (fruit) 70 mg.
 Green Tea Extract (leaf) 50 mg.
 Apple Pectin (fruit) 50 mg.

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

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

NOTE – this product is Magnesium Stearate
 FREE!

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

SUGGESTED USE

Adults take 8 tablets daily or as directed by a healthcare professional.

This product is best taken with meals in divided doses, such as 4 tablets with 2 largest meals of the day.

SIDE EFFECTS

No adverse effects have been reported.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

Giovannucci E, Stampfer MJ, Colditz GA, et al. Multivitamin use, folate, and colon cancer in women in the Nurses' Health Study [see comments]. *Ann Intern Med* 1998;129:517-24.

Hughes DA. Effects of dietary antioxidants on the immune function of middle-aged adults. *Proc Nutr Soc* 1999;58:79-84.

Johnson K, Kligman EW. Preventive nutrition: an 'optimal' diet for older adults. *Geriatrics* 1992;47:56-60.

Kelly GS. Nutritional and botanical interventions to assist with the adaptation to stress. *Altern Med Rev* 1999;4:249-65.

Miranda MS, Cintra RG, Barros SB, et al. Antioxidant activity of the microalga *Spirulina maxima*. *Braz J Med Biol Res* 1998;31:1075-9.

Mukhtar H, Ahmad N. Tea polyphenols: prevention of cancer and optimizing health. *Am J Clin Nutr* 2000;71:1698S-1702S.

Prior RL, Cao G. Antioxidant capacity and polyphenolic components of teas: implications for altering in vivo antioxidant status. *Proc Soc Exp Biol Med* 1999;220:255-61.

Shobana S, Naidu KA. Antioxidant activity of selected Indian spices . *Prostaglandins Leukot Essent Fatty Acids* 2000;62:107-10.

van Poppel G, Verhoeven DT, Verhagen H, et al. Brassica vegetables and cancer prevention. *Epidemiology and mechanisms*. *Adv Exp Med Biol* 1999;472:159-68.

Weisburger JH. Approaches for chronic disease prevention based on current understanding of underlying mechanisms. *Am J Clin Nutr* 2000;71:1710S-1714S.

†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**

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



© 2010 Douglas Laboratories. All Rights Reserved