Ultra Preventive® X

Essential nutrition for optimal health with an organic fruit/vegetable blend

DESCRIPTION

Ultra Preventive® X is Douglas Laboratories' signature formula and the most comprehensive multivitamin and mineral supplement with a special organic fruit and vegetable blend. This unique formula provides an antioxidant equivalent of 4-5 servings of fruits and vegetables, along with bioavailable forms of vitamins, minerals, trace elements and beneficial nutrients.

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 contains Metafolin®, a patented, natural form of (6S) 5-methyltetrahydrofolate (5-MTHF). 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.

Ultra Preventive® X includes important phytonutrients. Greens and several varieties of microalgae supply chlorophyll, carotenes, B-vitamins, and trace elements. Fruits and vegetables in powder form provide naturally occurring nutrients and antioxidants to help fight free radical damage and support cellular health. Cruciferous vegetables, broccoli and cauliflower, offer protective sulforophane compounds known for their ability to induce protective phase 2 liver detoxifying enzymes. Lutein, lycopene, and zeaxanthin are carotenoid antioxidants known for ocular health and other healthy aging parameters. Enzymes such as betaine and bromelain aid in digestion of foods and contribute to healthy inflammatory levels within the body. Bioflavanoids (including hesperidin and rutin) and proanthocyanidins support and enhance the activity of vitamin C, and are known for their ability to help support the health of the body's capillary system and connective tissues.

INDICATIONS

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

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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**	
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.
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/Carbonate Complex)	
Iodine (from kelp)	200 mcg.
Magnesium	500 mg.
(as Magnesium Aspartate/Ascorbate/Oxide 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/Sulfate Complex)	
Chromium	200 mcg.
(Organically bound with GTF activity–low allergenicity)	
Molybdenum	100 mcg.
(as Molybdenum Krebs*)	
Potassium	99 mg.
(as Potassium Aspartate/Chloride 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.

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(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.
Hesperidin ..... 35 mg.
Rutin ..... 25 mg.
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.
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.

Other Ingredients: cellulose, stearic acid, and silica
*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.

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SUGGESTED USE

Adults take 8 tablets daily with food 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

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For more information on Ultra Preventive® X, visit douglaslabs.com

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

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