

Ultra Preventive® X

Next-generation multiple tablets – magnesium stearate-free

Essential nutrition for optimal health in a vegetable/fruit food base

DESCRIPTION

Ultra Preventive® X, provided by Douglas Laboratories®, is a comprehensive, highly concentrated vitamin-mineral-trace element daily supplement containing more than 50 nutritional ingredients, all in a special herbal green food base. Its formula is carefully balanced to provide the essential nutrients for optimal health. Ultra Preventive® X is also a potent antioxidant formula that includes natural beta-carotene, vitamin C, vitamin E, selenium, L-cysteine/N-acetyl-L-cysteine, lutein, lycopene, red wine proanthocyanidins and select extracts and powders from over 25 fruits, vegetables and herbs.

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 sulfurophane 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 (#45410)

Eight Tablets Contain:

Vitamin A	5,000 I.U.
(Palmitate, Water Dispersible)	
Beta-Carotene (Vitamin A Activity)	10,000 I.U.
As natural carotenes (alpha, beta, cryptoxanthin, & zeaxanthin) from <i>D. salina</i>)	
Lutein (elemental, all natural)	6 mg
Lycopene (elemental, all natural)	6 mg
Zeaxanthin (elemental)	1 mg
Vitamin D-3	400 I.U.
Vitamin E.....	400 I.U.
(as d-alpha tocopheryl, natural plus mixed tocopherols)	
Vitamin C (as Ascorbic Acid, Corn Free, 1,400 mg buffered ascorbates and ascorbyl palmitate)	
Vitamin B-1 (Thiamin HCl)	100 mg
Vitamin B-2 (Riboflavin)	50 mg
Niacin	40 mg
Niacinamide	150 mg
Pantothenic Acid	500 mg
(d-Calcium Pantothenate)	
Vitamin B-6	100 mg
(as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	
Vitamin B-12	250 mcg
(as cyanocobalamin and methylcobalamin)	
Folic Acid	800 mcg
Biotin	300 mcg
Choline Citrate/Bitartrate	150 mg

(continued on reverse)

Inositol	100 mg
PABA (Para-Aminobenzoic Acid)	50 mg
Calcium (Citrate/Ascorbate Complex)	500 mg
Magnesium	500 mg
(Aspartate/Ascorbate Complex)	
Potassium (Aspartate Complex)	99 mg
Zinc (Amino Acid Chelate)	25 mg
Manganese (Aspartate Complex)	10 mg
Iodine (Kelp)	200 mcg
Chromium GTF	200 mcg
(Organically bound with GTF activity- low allergenicity)	
Selenium	200 mcg
(Organic Selenium in Krebs [†] Cycle and Kelp)	
Copper (Amino Acid Chelate)	2 mg
Molybdenum (Krebs [†])	100 mcg
Vanadium (Krebs [†])	50 mcg
Boron (Aspartate/Citrate Complex)	1.5 mg
Trace Elements	approx. 100 mcg
(from Sea Vegetation)	
L-Cysteine/N-Acetyl-L-Cysteine	150 mg
L-Methionine	12.5 mg
Glutamic Acid HCl	25 mg
Betaine HCl	150 mg

[†]Krebs=Citrate, Fumarate, Malate, Glutarate and Succinate Complex

Plus:

Over 2000 mg of our Special Ultra Preventive[®]
Vegetable, Fruit, Herb and Green Food Base
supplying:

Red Wine Proanthocyanidins and OPC	50 mg
Pine Bark Extract	
Blueberry (fruit)	100 mg.
Garlic (Pure-Gar [®] , Odorless)	100 mg
Green Tea Extract	50 mg
Sprouted Barley Juice (dry)	50 mg
Wheat Grass Juice (dry)	50 mg
Broccoli (freeze-dried)	100 mg
Cauliflower (freeze-dried)	100 mg
Spirulina	100 mg
Chlorella (broken cell wall)	100 mg
Green Papaya Extract (dry)	100 mg
Beet Extract (dry)	50 mg
Apple Pectin	50 mg
Bromelain (Pineapple 2,000 GDU/gm)	50 mg
Rose Hips	100 mg

Lemon Bioflavonoids	100 mg
Rutin	25 mg
Hesperidin.....	35 mg

With over 700 mg of additional proprietary
Vegetable and Fruit base of:

Kale, Spinach, Carrot, Radish, Celery, Apricot,
Blackberry, Cranberry, Grape and Pineapple.

NOTE – this product is Magnesium Stearate-FREE!

SUGGESTED USE

Adults take 8 tablets daily or as directed by physician.
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

Giovanucci 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**