

Ultra Preventive™ X (Vegetarian Capsules)

Improved

NPN 80087904

DESCRIPTION

Ultra Preventive™ X (Vegetarian Capsules) is Douglas Laboratories' signature formula and the most comprehensive multivitamin and mineral supplement, with organic fruits, vegetables and phytonutrients. This unique formula provides antioxidant support and many beneficial nutrients, including carotenoids, flavonoids, polyphenols and bioavailable forms of vitamins and minerals that may contribute to optimal health.

FUNCTIONS

Ultra Preventive™ X (Vegetarian Capsules) has been carefully developed to contain adequate amounts of vitamins, minerals, and other beneficial nutrients and enzymes. Each ingredient is selected in consideration of its absorbability, competitive relationship with other nutrients, allergenic potential, and long-term safety. The specific nutrients are included in high-potency amounts because of the vital roles they play in antioxidant protection; cellular health; energy; methylation; the nervous system; vascular, bone, heart and immune support; and other functions.

Alpha-lipoic acid is a nutritional coenzyme that is able to scavenge a number of free radicals. Besides being a universal free radical scavenger, alpha-lipoic acid can also recharge other antioxidant systems, such as glutathione and vitamins C and E. **Vitamin C** is a potent, water-soluble antioxidant nutrient that also protects cells from oxygen free radical damage. It is essential for connective tissue and bone metabolism, wound healing, and immune function. Vitamin C works together with **vitamin E**, recognized as the body's most valuable fat-soluble antioxidant. It prevents oxidation of unsaturated fatty acids by inactivating free radicals, thus stabilizing and protecting cell membranes, e.g., in the lungs, eyes, and arteries.

The carotenoids **lutein and zeaxanthin** are important antioxidants in the macula of the eye, as evidenced by recent studies performed by the NIH National Eye Institute. Research has shown that these important carotenoids are the predominant pigments found in the macula and support antioxidant defence. **Lycopene** provides optimal antioxidant support for cellular health.

N-Acetyl-L-Cysteine is a precursor for the sulfur amino acid cysteine, which is used by the body to synthesize glutathione. Glutathione is a naturally occurring tripeptide that is a major component of two enzymes: glutathione peroxidase and glutathione reductase, which help scavenge toxic free radicals and inhibit peroxidation. The antioxidant activity of **quercetin** is important to the gastrointestinal tract and immune system.

Calcium and magnesium are included in a 1:1 ratio in bioavailable, hydrolyzed vegetable protein chelate and citrate forms to support bone and tissue health. **Vitamin D** is responsible for the absorption of calcium into the blood, and **vitamin K₂** deposits the blood calcium into bones and teeth. Therefore, consuming sufficient amounts of dietary calcium is not enough for bone health; the body needs to distribute and utilize the calcium properly with aid of **vitamin K₂**.

A significant dose of elemental **choline** from choline bitartrate is supplied in this formula. Choline acts as a methyl donor for homocysteine and folate metabolism in the methylation cycle following conversion to betaine, and also as a structural component of cellular membranes and synthesis of the neurotransmitter acetylcholine. Choline is also a lipotropic factor that supports liver function and mobilizes fats and bile.

This formula contains **methylated B vitamins** for increased bioavailability to the body. Hydroxocobalamin is a precursor form of vitamin B₁₂ converted in the body to both methylcobalamin and adenosylcobalamin. While methylcobalamin is found in the cytosol of cells and predominates in blood and other fluids, adenosylcobalamin is the major form of vitamin B₁₂ stored in the mitochondria of cellular tissues. **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 a reaction that involves the remethylation of homocysteine to methionine. 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)).

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Ultra Preventive™ X (Vegetarian Capsules) includes **organic phytonutrients**. **Chlorella and spirulina** are microalgae that contain chlorophyll, carotenes, B vitamins and trace elements. **Organic fruits and vegetables** in powder form are also provided. **Green tea** with EGCG and **grape seed extract** provide polyphenols for cellular and antioxidant support. Enzymes such as **papain and bromelain** aid in the digestion of foods.

INDICATIONS

- Source of important nutrients for optimal health

FORMULA (#202346-240HYC-C)

Each Capsule Contains:

Vitamin A (vitamin A palmitate)	92.81 mcg RAE (307 IU)
Beta-carotene (<i>Blakeslea trispora</i>)	376.87 mcg
Vitamin C (ascorbic acid, ascorbyl palmitate).....	67.34 mg
Vitamin D ₃ (cholecalciferol).....	1.56 mcg (62.5 IU)
Vitamin E (d-alpha tocopheryl succinate).....	8.37 mg AT (12.5 IU)
Thiamine (thiamine hydrochloride)	6.25 mg
Riboflavin (riboflavin, riboflavin 5'-phosphate sodium)	3.12 mg
Niacin (niacinamide, nicotinic acid)	11.87 mg
Vitamin B ₆ (pyridoxine hydrochloride, pyridoxal 5'-phosphate)	6.25 mg
Folate (calcium L-5-methyltetrahydrofolate, Metafolin®).....	50 mcg
Vitamin B ₁₂ (methylcobalamin, adenosylcobalamin, hydroxocobalamin)	31.25 mcg
Biotin.....	18.75 mcg
Pantothenic Acid (d-calcium pantothenate).....	6.25 mg
Choline (choline bitartrate)	17.18 mg
Calcium (calcium citrate malate, calcium HVPΔ chelate).....	26.25 mg
Japanese Kelp (<i>Laminara japonica</i>)	3.33 mg
Providing:	
Iodine	12.5 mcg
Magnesium (magnesium citrate, magnesium HVPΔ chelate)	26.25 mg
Zinc (zinc monomethionine, OptiZinc®)	1.56 mg
Selenium (selenomethionine).....	12.5 mcg
Copper (copper amino acid chelate).....	0.12 mg
Manganese (manganese sulfate)	0.56 mg
Chromium (chromium polynicotinate).....	12.5 mcg
Molybdenum (molybdenum Krebs ^{††}).....	6.25 mcg
Potassium (potassium chloride)	6.25 mg
N-Acetyl-L-Cysteine.....	9.37 mg
Betaine (betaine hydrochloride).....	7.14 mg
Inositol	6.25 mg
Quercetin (quercetin dihydrate)	6.25 mg
Citrus bioflavonoids (<i>Citrus limon</i> - fruit and fruit peel).....	6.25 mg
Papain (<i>Carica papaya</i> - fruit).....	6.25 mg (75,000 FCC PU)
Bromelain (<i>Ananas comosus</i> var. <i>comosus</i> - stem).....	3.12 mg (112,500 FCC PU)
Grape Seed Extract (<i>Vitis vinifera</i>) (12:1) (37.44 mg dried equivalent)	
(95% polyphenols).....	3.12 mg
DL-Alpha-Lipoic Acid	3.12 mg
Rutin (<i>Sophora japonica</i> - flower bud).....	1.56 mg
Boron (boron glycinate)	187.5 mcg
Vanadium (vanadium Krebs ^{††})	3.12 mcg
Vitamin K ₂ (menaquinone-7).....	2.81 mcg
Organic Spirulina (<i>Arthrospira platensis</i> - whole)	6.25 mg
Organic Chlorella (<i>Chlorella vulgaris</i> - broken cell)	6.25 mg

This product may not be right for everyone. Always read and follow the label. For more information please contact us.

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Organic Green Tea Leaf Extract (<i>Camellia sinensis</i>) (50% polyphenols, 20% EGCG).....	3.12 mg
Lutein (<i>Tagetes erecta</i> - oleoresin).....	0.62 mg
Lycopene (<i>Solanum lycopersicum</i> - fruit flesh).....	0.37 mg
Zeaxanthin (<i>Tagetes erecta</i> - oleoresin).....	0.12 mg

Non-medicinal ingredients: Hypromellose (capsule), cellulose, organic fruit and vegetable blend (beet root, carrot root, black currant fruit, blueberry fruit, broccoli whole plant, Concord grape fruit, collard greens leaf, pomegranate fruit, green cabbage whole plant, cranberry fruit, kale whole plant, parsley whole plant, raspberry fruit, spinach whole plant), hyprolose, silica, mixed tocopherols concentrate.

††Krebs = citrate, glutarate, fumarate, malate, succinate

ΔHydrolyzed vegetable protein

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

OptiZinc® is a trademark of InterHealth N.I.

SUGGESTED USAGE

Adults: Take 4 capsules twice daily with meals containing fat, a few hours before or after taking other medications or natural health products, or as directed by your healthcare practitioner. Consult your healthcare practitioner for use beyond 12 weeks.

RISK INFORMATION

Do not use if you are pregnant, breastfeeding or allergic to plants of the Asteraceae/Compositae/Daisy family, or are taking antibiotics or nitroglycerin. Consult your healthcare practitioner prior to use if you have a gastrointestinal or peptic ulcer, excess stomach acid, iron deficiency, diabetes, kidney stones, an allergy to latex or fruits, a kidney or liver disorder, have been diagnosed with estrogen-dependent cancer, or have a history of non-melanoma skin cancer. Consult your healthcare practitioner prior to use if you are taking a blood thinner, anti-inflammatory or antibiotic, or are having surgery. Consult your healthcare practitioner prior to use if you are taking prescription medication as citrus bioflavonoids may alter their effectiveness. Rare, unpredictable cases of liver injury associated with green tea extract-containing products have been reported. Stop use and consult your healthcare practitioner if hypersensitivity occurs, or if you develop symptoms of liver trouble such as yellowing of the skin or eyes, stomach pain, dark urine, sweating, nausea, unusual tiredness, or loss of appetite. Stop use if vomiting or diarrhoea occurs. People sensitive to nicotinic acid may experience flushing of the skin that is generally mild and transient.

STORAGE

Keep out of the reach of children. Store in a cool, dry place.

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For more information on Ultra Preventive™ X (Vegetarian Capsules) visit douglaslabs.ca

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