

Other ingredients: Cellulose, dicalcium phosphate, vegetable stearate, silica, dextrose, titanium dioxide, riboflavin, magnesium silicate, glycerin and natural vanilla flavor.

Manufactured in the USA by:
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205
www.douglaslabs.com
1.800.245.4440

This product contains NO yeast, gluten, soy protein, milk/dairy, corn, sodium, starch, artificial coloring, preservatives or flavoring.

Suggested Usage: As a dietary supplement, young adults who can safely swallow a tablet take 6 tablets daily or as directed by your healthcare professional.

KEEP OUT OF REACH OF CHILDREN.

For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

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

ez Easy Swallow
multivitamin

Formula #201036



Ultra Preventive[®] Teen

ez Easy Swallow
multivitamin

A Dietary Supplement

 **DOUGLAS**
LABORATORIES[®]

180 Tablets

Supplement Facts

Serving Size 6 tablets
Servings Per Container 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A 7,000 IU (2,000 IU as Vitamin A Palmitate (28%)/ 5,000 as Beta-Carotene (72%))	140%	Manganese 4 mg (from Manganese Aspartate/Sulfate Complex)	200%
Vitamin C (Ascorbic Acid) 500 mg	833%	Chromium 40 mcg (from Chromium Polynicotinate)	33%
Vitamin D 600 IU	150%	Molybdenum 40 mcg (from Molybdenum Amino Acid Complex)	53%
Vitamin E 200 IU (as d-alpha Tocopheryl Succinate)	667%	Potassium 50 mg (from Potassium Aspartate/Ascorbate Complex)	1%
Thiamine 10 mg	667%	Choline 50 mg (from Choline Citrate/Bitartrate)	*
Riboflavin/Riboflavin-5-Phosphate 10 mg	588%	Inositol 25 mg	*
Niacinamide/Niacin 25 mg	125%	Citrus Bioflavonoid Complex 25 mg	*
Vitamin B-6 10 mg (As Pyridoxine HCl/Pyridoxal-5-Phosphate)	500%	Vanadium 10 mcg (from Vanadium Amino Acid Complex)	*
Folate (as L-methylfolate, Metafolin [®]) 400 mcg	100%	Boron 0.5 mg (from Boron Aspartate/Citrate Complex)	*
Vitamin B-12 50 mcg	833%	Trace Elements 20 mcg (Mineral Complex with Sea Vegetation)	*
Biotin 150 mcg	50%	L-Cysteine 48 mg	*
Pantothenic Acid 25 mg (as calcium pantothenate)	250%	N-Acetyl-L-Cysteine 2 mg	*
Calcium 300 mg (from Calcium Citrate/Ascorbate Complex)	30%	Glutamic Acid 5 mg	*
Iodine (from Kelp) 40 mcg	27%	Betaine (from Betaine HCl) 11 mg	*
Magnesium 200 mg (from Magnesium Aspartate/Taurate/Ascorbate Complex)	50%	Bromelain 500 mcu	*
Zinc (from Zinc Amino Acid Chelate) 5 mg	33%		
Selenium 40 mcg (as Organic Selenium from Selenium Amino Acid Complex)	57%		
Copper 0.5 mg (from Copper Amino Acid Chelate)	25%		

*Daily Value not established.