



# Ultra Preventive®-Beta with Copper & Iron

A Dietary Supplement  
with Natural Mixed Carotenoids



**Douglas  
Laboratories®**

**180 Tablets**

## Supplement Facts

Serving Size 6 tablets  
Servings Per Container 30

Amount Per Serving		%DV
Vitamin A (100% as natural Beta-Carotene with full spectrum Carotenoids**)	15,000 IU	300%
Vitamin C (Ascorbic Acid)	1200 mg	2000%
Vitamin D-3	100 IU	25%
Vitamin E (as Vitamin E Succinate)	400 IU	1333%
Thiamine (as Thiamine HCl)	100 mg	6667%
Riboflavin	50 mg	2941%
Niacin/Niacinamide	190 mg	950%
Vitamin B-6 (as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	100 mg	5000%
Folic Acid	800 mcg	200%
Vitamin B-12 (on Ion Exchange Resin)	100 mcg	1667%
Biotin	300 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate)	500 mg	5000%
Calcium (from Calcium Citrate/Ascorbate Complex)	500 mg	50%
Iron (from Iron Amino Acid Chelate)	20 mg	111%
Iodine (from Kelp)	200 mcg	133%
Magnesium (from Magnesium Aspartate/Ascorbate Complex)	500 mg	125%
Zinc (as OPTI-ZINC®)	30 mg	200%
Selenium (Organic Selenium from Krebs† Cycle and Kelp)	200 mcg	286%

Amount Per Serving		%DV
Copper (from Copper Amino Acid Chelate)	3 mg	150%
Manganese (from Manganese Aspartate Complex)	20 mg	1000%
Chromium (Organically bound with GTF activity—low allergenicity)	200 mcg	167%
Molybdenum (from Molybdenum Krebs†)	100 mcg	133%
Potassium (from Potassium Aspartate Complex)	99 mg	2%
Choline (from Choline Citrate/Bitartrate)	60 mg	*
Inositol	100 mg	*
Citrus Bioflavonoid Complex	100 mg	*
PABA (Para-Aminobenzoic Acid)	50 mg	*
Vanadium (from Vanadium Krebs†)	50 mcg	*
Boron (from Boron Aspartate/Citrate Complex)	3 mg	*
Trace Elements (from Sea Vegetation)	100 mcg	*
N-Acetyl-L-Cysteine/L-Cysteine HCl	200 mg	*
L-Methionine	12.5 mg	*
Glutamic Acid (from Glutamic Acid HCl)	20 mg	*
Betaine (from Betaine HCl)	114 mg	*

\*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.  
\*\*Including Beta-Carotene, Alpha-Carotene, Zeaxanthin, Cryptoxanthin and additional Lutein and Lycopene.  
†Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

Manufactured by: **Douglas Laboratories**  
Pittsburgh, PA 15205  
[www.douglaslabs.com](http://www.douglaslabs.com)

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

### Suggested Usage:

As a dietary supplement, adults take 6 tablets daily or as directed by physician. This product is best taken with meals.

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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.



Formula #82465