



# Ultra Preventive High Potency Multi Vitamin-Mineral

**Ultra Preventive** is a high potency, multiple vitamin, mineral and amino acid combination which is designed to *far* exceed the minimum daily requirements.

Ultra Preventive is specially manufactured using microencapsulation, enteric coating, and time release techniques which protect the nutrients and present them to the body so that absorption and utilization will be optimal.

Ultra Preventive is designed to be taken by adults of all ages. Its use will help solve many common ailments and will minimize the necessity of taking additional nutrients.

We have converted to the Active Methyl B Vitamins (folate, B12 and B6). Many people have a genetic impairment - an inability to convert folic acid into its active form. L-Methylfolate solves this problem. Methylcobalamin, the active form of B12, has been studied for its potential analgesic effect - but it also has been studied and shown to be effective for diabetic neuropathy, low back pain and neuralgia. Riboflavin (b6) must be converted to its active form (riboflavin 5'-phosphate) in order for it to be used by the body in its key role - *the conversion of the other B vitamins*. Since this conversion happens in the upper GI tract, if you have a compromised digestive system or are taking certain medications, you may not have adequate stores of this critical nutrient.

## What makes this product Special:

- Organic Spirulina, which supplies a balance of all the essential and non essential amino acids. Spirulina includes phytonutrients, Super Oxide Dismutase (SOD), and Gamma Linolenic Acid (GLA).
- 4000 IU of Vitamin<sup>3</sup> is included to prevent the very common deficiency of this vitamin seen in individuals who receive inadequate exposure to sunlight due to life style, aging, and some medical conditions. Vitamin D deficiency is very common in individuals who live north of the 37<sup>th</sup> parallel or. It is a major problem for those who use even the weakest sun screen.
- 800 mcg of Folic Acid is the minimal amount known to prevent neural tube defects in pregnant women. 800 mcg is the amount recommended for pregnant women (or those who might become pregnant) by most obstetricians. L-Methylfolate is the best form.
- Ultra-Preventive contains 500 mcg Vitamin B12 as methylcobalamin.
- 4500 IU of vitamin A, which is a safe level for women who are or might become pregnant.
- High levels of all of the B Vitamins. These are frequently deficient in the general population. This is more of a problem for elderly and chronically ill individuals.
- The high levels of Folic Acid, Vitamins B6 & B12 are useful in the regulation of serum levels of cholesterol and homocysteine.
- Because of the adverse effects of Iron supplementation if it is not needed, no iron is present in Ultra-Preventive Multi Vitamin-Mineral. The use of Ultra-Preventive Multi Vitamin-Mineral Plus Iron is recommended if iron supplementation is needed.
- 2.5 mg Lycopene, which is the parent substance from which all natural carotenoid pigments are derived.
- 5 mg Boron is included because of its function in the prevention of osteoporosis.
- Copper and magnesium are present to balance the zinc.
- Copper, Magnesium, Manganese, Molybdenum, and Zinc are chelates for maximum bioavailability.
- 100 IU Vitamin E as mixed tocopherols is added to protect the cell membrane

How Ultra Preventive is Supplied:

VMUPC bottles of 120 capsules      4/Day see *page 2 for the ingredients*

# Ultra-Preventive with & without Iron

with Certified Organic Spirulina

Supplement Facts	Serving Size: 4 Capsules, Servings Per Container: 30	
	Amount Per Serving	% Daily value
Potassium (as potassium citrate)	40 mg	1%
Vitamin A (as vitamin A acetate)	4500 IU	100%
Vitamin C (as ascorbic acid)	250 mg	417%
Calcium (as calcium carbonate)	.18 g	18%
* Iron (as Iron peptonate)	15 mg	83%
Vitamin D (as cholecalciferol)	4000 IU	250%
Vitamin E (dl-Alpha tocopheryl acetate)	100 IU	333%
Vitamin K (phylloquinone)	120 mcg	100%
Thiamine (vitamin B1)	10 mg	667%
Riboflavin (vitamin B2 as R-5-P)	10 mg	588%
Niacin (as 40 mg n'amide, 20 mg niacin)	60 mg	300%
Vitamin B6 (as P-5-P)	10 mg	500%
Folate (l-Methylfolate)	800 mcg	200%
Vitamin B12 (Methylcobalamin)	500 ug	8333%
Biotin	500 ug	167%
Pantothenic Acid (d calcium pantothenate)	75 mg	750%
Iodine (as potassium iodide)	225 ug	150%
Magnesium (amino acid chelate)	120 mg	30%
Zinc (amino acid chelate)	15 mg	100%
Copper (amino acid chelate)	2 mg	100%
Manganese (amino acid chelate)	2.5 mg	125%
Chromium (amino acid chelate)	100 ug	83%
Selenium (as L-selenomethionine)	50 ug	71%
Molybdenum (amino acid chelate)	20 ug	27%
Boron (amino acid chelate)	5 mg	†
Citrus Bioflavonoid Complex	50 mg	†
Lycopene	2.5 mg	†

Percent daily values (DV) are based on a 2,000 calorie diet. † No daily value established.

**Other Ingredients:** Earthrise® Certified Organic Spirulina containing the following naturally occurring phyto-nutrients and amino acids: Phycocyanin, Chlorophyll, Mixed Carotenoids, Polysaccharides, Sulfolipids, Gamma Linoleic Acid, SOD (Super Oxide Dismutase), Zeaxanthin, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Threonine, Tryptophan, Valine, Alanine, Arginine, Aspartic Acid, Cystine, Glutamic Acid, Glycine, Histidine, Proline, Serine, Tyrosine, gelatin.

**Suggested Use:** 4 capsules daily with breakfast or lunch or as directed by a health professional.

\*Ultra Preventive Multi Vitamin-Mineral is available with and without Iron.

*All of the vitamins and herbs in this product are supplied by well respected USA and/or European vendors and all are analyzed for purity and quality.*



Phone: 888.953.5553  
[www.nutritionpureandsimple.com](http://www.nutritionpureandsimple.com)

*These statements have not been evaluated by the Food and Drug Administration  
 Products are not intended to diagnose, treat, cure, or prevent any disease*