

Other ingredients: Cellulose, gelatin (capsule), glycerin, silica, water, hydroxypropyl methylcellulose and glycerin triacetate.

\*Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

\*\*Including Beta-Carotene, Alpha-Carotene, Zeaxanthin, Cryptoxanthin and additional Lutein and Lycopene.

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

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

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

**Suggested Usage:**  
As a dietary supplement, adults take 1-2 packs daily in doses with meals, or as directed by physician.

**Each Pack Contains:**  
Four oval shaped, coated, olive green Ultra Preventive® X tablets with specks.  
One cloudy-yellow Opti-DHA™ enteric coated softgel capsule.

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.

Formula #65418 / #2087015

Dr. Charles Glassman's

# Optimal Prevention

A Dietary Supplement

with Omega-3 and Phytonutrients

60 Packs

## Supplement Facts

Serving Size 2 Packs (4 tablets/1 softgel per 1 pack) • Servings Per Container 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories .....	9	Boron (as Boron Aspartate/Citrate complex) .....	1.5 mg *
Calories from Fat .....	0	Vanadium (as Vanadium Krebs†) .....	50 mcg *
Total Fat .....	1 g 2%	L-Cysteine/N-Acetyl L-Cysteine .....	150 mg *
Vitamin A (33% as Vitamin A Palmitate [5,000 IU]/ 67% [10,000 IU] as Natural Beta-Carotene) from D. Salina with full spectrum carotenoids†† .....	15,000 IU 300%	Betaine (from 150 mg Betaine HCl) .....	114 mg *
Vitamin C (as Ascorbic Acid/Ascorbyl Palmitate/ Calcium and Magnesium Ascorbate complex) .....	1,400 mg 2,333%	Bromelain (2,000 GDU/g) .....	50 mg *
Vitamin D-3 .....	1,000 IU 250%	Glutamic Acid (from 25 mg Glutamic Acid HCl) .....	20 mg *
Vitamin E (natural, as d-alpha tocopheryl plus mixed tocopherols) .....	403 IU 1,343%	L-Methionine .....	12.5 mg *
Thiamine .....	100 mg 6,667%	Rose Hips .....	100 mg *
Riboflavin .....	50 mg 2,941%	Lemon Bioflavonoids .....	100 mg *
Niacin/Niacinamide .....	190 mg 950%	Red Wine Proanthocyanidins/Pine Bark Extract ...	50 mg *
Vitamin B-6 (as Pyridoxine HCl/ Pyridoxal-5-Phosphate Complex) .....	100 mg 5,000%	(OPC 85) (J.Mesquellier U.S. Patent No. 4,698,360)	
Folate (as L-methylfolate, Metafolin®) .....	800 mcg 200%	Hesperidin .....	35 mg *
Vitamin B-12 (methylcobalamin) .....	250 mcg 4,167%	Rutin .....	25 mg *
Biotin .....	300 mcg 100%	Marine Lipid Triglycerides .....	1,000 mg *
Pantothenic Acid (as d-Calcium Pantothenate) .....	500 mg 5,000%	yielding:	
Calcium (as Calcium Citrate/Ascorbate Complex) ...	500 mg 50%	DHA (Docosahexaenoic acid) .....	450 mg *
Iodine (from Kelp) .....	200 mcg 133%	EPA (Eicosapentaenoic acid) .....	150 mg *
Magnesium (as Magnesium Aspartate/ Ascorbate Complex) .....	500 mg 125%	Proprietary Organic Fruit and Vegetable Blend ...	700 mg *
Zinc (as Zinc Amino Acid Chelate) .....	25 mg 167%	Organic beet powder (root), Organic carrot powder (root), Organic black currant powder (fruit), Organic blueberry powder (fruit), Organic broccoli powder (whole plant), Organic Concord grape powder (fruit), Organic green cabbage powder (whole plant), Organic collard greens powder (leaf), Organic mountain cranberry powder (fruit), Organic kale powder (whole plant), Organic Parsley powder (whole plant), Organic pomegranate powder (fruit), Organic raspberry powder (fruit), Organic spinach powder (whole plant)	
Selenium (as Selenium Krebs†/Kelp complex) .....	200 mcg 286%	Garlic (bulb, Pure-Gar®, odorless) .....	100 mg *
Copper (as Copper Amino Acid Chelate) .....	2 mg 100%	Cauliflower (entire plant) .....	100 mg *
Manganese (as Manganese Aspartate Complex) .....	10 mg 500%	Spirulina .....	100 mg *
Chromium (Organically bound with GTF activity-low allergenicity) .....	200 mcg 167%	Chlorella (broken cell wall) .....	100 mg *
Molybdenum (as Molybdenum Krebs†) .....	100 mcg 133%	Green Papaya Extract (fruit) .....	100 mg *
Potassium (as Potassium Aspartate Complex) .....	99 mg 2%	Blackberry (fruit) .....	80 mg *
Lutein (natural) .....	6 mg *	Celery powder (leaf) .....	70 mg *
Lycopene (natural) .....	6 mg *	Black radish powder (root) .....	70 mg *
Zeaxanthin .....	1 mg *	Apricot powder (fruit) .....	70 mg *
Inositol .....	100 mg *	Green Tea Extract (leaf) .....	50 mg *
Trace Elements (from Sea Vegetation) .....	approx. 100 mcg *	Apple Pectin (fruit) .....	50 mg *
Choline (from 150 mg Choline Citrate/Bitartrate) .....	60 mg *		
PABA (para-aminobenzoic acid) .....	50 mg *		

\*Daily Value not established.