



# Ultra-Preventive High Potency Multi Vitamin-Mineral plus Iron

by John W Jones, MD, MPH

**Ultra-Preventive plus Iron** 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.

## What makes Ultra-Preventive Special:

- 1.1 mg 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).
- 1000 IU of Vitamin D<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 who use even the weakest sun screen.
- 0.8 mg of Folic Acid. 0.4 mg of Folic Acid is the minimal amount known to prevent neural tube defects. Many practitioners recommend 0.8 mg for their pregnant ladies (or those who might become pregnant). This much folic can mask the neurological symptoms of Vitamin B12 deficiency, so Opti-Preventive plus Iron also contains 0.1 mg Vitamin B12.
- 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, which are frequently deficient in the general population, and especially in elderly individuals.
- The high levels of Folic Acid, Vitamins B6 & B12 are useful in the regulation of serum levels of cholesterol and homocysteine.
- 15 mg of iron peptonate for use when iron supplementation is required.
- Because of the adverse effects of Iron supplementation if it is not needed, no iron is present in Opti-Preventive Multi Vitamin-Mineral (without iron).
- 100 mcg Chromium is present as *preformed* Glucose Tolerance Factor (GTF).
- 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

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## How Ultra Preventive Plus Iron is supplied

VMUPI bottles of 120 capsules 4 per day see page 2 for ingredients

**Related Products:** Ultra-Preventive, Ultra-Vites, Bitamins

# Ultra-Preventive plus 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	90%
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)	1000 IU	250%
Vitamin E (as mixed tocopherols)	100 IU	333%
Thiamine (vitamin B1)	25 mg	1667%
Riboflavin (vitamin B2)	25 mg	1470%
Niacin (as niacinamide)	40 mg	200%
Vitamin B6 (pyridoxine HCl)	25 mg	1250%
Folate (Folic Acid)	0.8 mg	200%
Vitamin B12 (cyanocobalamin)	1000 ug	16667%
Biotin	100 ug	33%
Pantothenic Acid (d calcium pantothenate)	75 mg	750%
Iodine (as potassium iodide)	225 ug	150%
Magnesium (rice protein chelate)	120 mg	30%
Zinc (rice protein chelate)	15 mg	100%
Copper (rice protein chelate)	2 mg	100%
Manganese (rice protein chelate)	2.5 mg	125%
Chromium (as GTF** yeast)	100 ug	83%
Selenium (L-Selenomethionine)	50 ug	71%
Molybdenum (rice protein chelate)	20 ug	27%
Boron (rice protein chelate)	5 mg	†
Citrus Bioflavonoid Complex	50 mg	†
Lycopene	2.5 mg	†
Spirulina (Earthrise® certified organic)	1.1 g	
Percent daily values 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.		
*Ultra-Preventive Multi Vitamin-Mineral is available with and without Iron.		
** GTF = glucose tolerance factor		

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.



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[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  
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