

Next-generation multiple tablets – magnesium stearate-free

Essential nutrition for optimal health in a vegetable/fruit food base

## DESCRIPTION

**HD Ultra** contains Metafolin®, a patented, natural form of (6S) 5-methyltetrahydrofolate (5-MTHF) as well as 500 IU of vitamin D3 per serving. 5-MTHF is the naturally occurring, predominant form of folate commonly found in cells and is essential for overall health, as it participates as a cofactor in a reaction that involves the remethylation of homocysteine to methionine. Unlike synthetic folic acid, 5-MTHF can be used directly by the body, without the need for an additional conversion via the enzyme (5,10-methylenetetrahydrofolate reductase (MTHFR)). In certain populations, the body's ability to convert folic acid to 5-MTHF by use of this enzyme may be compromised due to genetic differences. Metafolin® contains only the S isomer of 5-MTHF and has been shown to be the only form of folate to be able to cross the blood-brain barrier.

Additional vitamin D3 (also known as cholecalciferol) has been added to this formula as numerous scientists now feel that supplementation with vitamin D at levels greater than previously thought necessary is critical to helping maintain overall health.

## FUNCTIONS

Studies show that a high percentage of adults in North America and other developed areas eat less than the minimum daily allowance of 10 or more essential nutrients. Adequate amounts and proper balance of these nutrients are needed not only for maintaining good health, but also for the dietary management of the body's structure as well as the optimum functioning of its various systems, including the immune and gastrointestinal systems.

**HD Ultra** has been carefully developed to contain the right proportions of vitamins, minerals, trace elements, and other nutrients without danger of toxic build-up or other side effects. Each ingredient is selected in consideration of its absorbability, competitive relationship with other nutrients, allergenic potential, and long-term safety. Certain nutrients such as beta-carotene, vitamin C, vitamin E, and B-complex vitamins are included in high-potency amounts because of the vital roles they play in antioxidant protection, energy production, the maintenance of healthy blood cells, the nervous system, hormonal balance, and more. Minerals and trace elements are provided in their safest and most bioavailable forms.

**HD Ultra's** herbal green food base also includes important phytonutrients. Glutenfree grasses and several varieties of microalgae supply chlorophyll, carotenes, B-vitamins, and trace elements. Cruciferous vegetables, broccoli and cauliflower, offer protective sulfurophane compounds known for their ability to induce protective phase 2 detoxifying enzymes.

## INDICATIONS

**HD Ultra** tablets may be a useful dietary supplement for those who wish to consume the essential nutrients for health.

### Medicinal Ingredients per 1 Tablet:

Vitamin A	187.5 mcg RAE ( 625 IU)
Beta-Carotene	750 mcg (1,250 IU)
Vitamin C	175 mg
Vitamin D	3.125 mcg (125 IU)
Vitamin E	33.5 mg AT (50 IU)
Thiamine	12.5 mg
Riboflavin	6.25 mg
Niacin	5 mg
Niacinamide	18.75 mg
Vitamin B6	12.5 mg
Folate	100 mcg
Vitamin B12	31.25 mcg
Biotin	37.5 mcg
Pantothenic Acid	62.5 mg
L-Methionine	1.56 mg
Choline	7.5 mg
Inositol	12.5 mg
Boron	188 mcg
Iodine	25 mcg
Calcium	62.5 mg
Magnesium	62.5 mg
Potassium	12.375 mg
Zinc	3.125 mg
Manganese	1.25 mg
Vanadium	6.25 mcg
Chromium	25 mcg
Selenium	25 mcg
Copper	0.25 mg
Molybdenum	12.5 mcg
Lutein	0.75 mg
Lycopene	0.75 mg
Zeaxanthin	0.125 mg
PABA	6.25 mg
N-Acetyl-L-Cysteine	1.25 mg
L-Cysteine	12 mg
Betaine	14.25 mg
L-Glutamic Acid	2.5 mg
Bromelain	50 mg (1.8 Million FCC PU)
Citrus Bioflavonoids	12.5 mg
Grape seed extract	6.25 mg
Rutin	3 mg
Allium sativum, Garlic	
(Pure-Gar®, bulb, odorless)	12.5 mg
Brassica oleracea var. botrytis	
(Cauliflower-florets)	12.5 mg
Spirulina pratensis (Spirulina-entire plant)	12.5 mg
Chlorella pyrenoidosa (broken cell wall)	12.5 mg
Papain (Carica papaya-fruit)	12.5 mg (150 000 FCC PU)
Rosa canina (Rose hips - fruit)	12.5 mg

Rubus fruticosus (Blackberry - fruit) .....	10 mg
Apium graveolens var. dulce (Celery-leaf and stalk) ...	8.75 mg
Raphanus Sativus niger (Black radish-root) .....	8.75 mg
Prunus armeniaca (Apricot - fruit) .....	8.75 mg
Camellia sinensis (Green Tea Extract-leaf) .....	6.25 mg
Malus pumila (Apple Pectin - fruit) .....	6.25 mg
Pinus pinaster (Pine bark extract) .....	0.13 mg

**Non-Medicinal Ingredients :**

Vegetables Fruits and Herbs

Proprietary Organic Fruit and Vegetable Blend.....	87.5 mg
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)	

\*Krebs = citrate, glutarate, fumarate, malate, succinate

**SUGGESTED USE**

Take 4 tablets daily with meals providing protein, a few hours before or after taking other medications or as directed by your healthcare practitioner.

**SIDE EFFECTS**

No adverse effects have been reported.

**STORAGE**

Store in a cool, dry place, away from direct light. Keep out of reach of children.

**REFERENCES**

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