

Other ingredients: Modified cellulose gum, methylcellulose, silica, cellulose, vegetable stearine, titanium dioxide, magnesium stearate, gum ghatti, natural tangerine flavor and canthaxanthin (carotene color).

Manufactured in the USA by:

Douglas Laboratories

600 Boyce Road • Pittsburgh, PA 15205

USA www.douglaslabs.com

1,800,245,4440

**U.S. Patent Number 4,599,152 Albion Laboratories

***ChromeMate® brand. U.S. Patent Number 4,923,855 InterHealth Co.

WARNING: This product contains Vitamin K, which interferes with the prescription drugs Coumadin and Warfarin. Do not take this if taking either of these drugs.

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 #200579



Basic Preventive 5[®] Plus Extra Vitamin D

A Dietary Supplement



180 Tablets



Supplement Facts

Serving Size 6 tablets • Servings Per Container 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (as fish liver oil and 25,000 IU 60% [15,000 IU] as natural beta-carotene from D. salina)	500%	Zinc (as zinc amino acid chelate**) 20 mg	133%
Vitamin C (as calcium ascorbate 1,200 mg and magnesium/potassium aspartate-ascorbate complex)	2,000%	Selenium..... 200 mcg (as selenium amino acid complex)	286%
Vitamin D3 (from fish liver oil)..... 1,000 IU	250%	Copper..... 2 mg (as copper amino acid chelate**)	100%
Vitamin E (as d-alpha 400 IU tocopheryl succinate)	1,333%	Manganese..... 20 mg (as manganese amino acid chelate**)	1,000%
Vitamin K1 (as phytonadione) 60 mcg	75%	Chromium..... 200 mcg (as chromium polynicotinate***)	167%
Thiamine (as thiamine mononitrate)..... 100 mg	6,667%	Molybdenum 150 mcg (as molybdenum amino acid chelate**)	200%
Riboflavin..... 50 mg	2,941%	Potassium..... 99 mg (as potassium aspartate- ascorbate complex)	2%
Niacin (as niacinamide and niacin)..... 200 mg	1,000%		
Vitamin B6 50 mg (as pyridoxine hydrochloride)	2,500%	Choline (as choline bitartrate) 150 mg	*
Folic Acid..... 800 mcg	200%	Inositol..... 50 mg	*
Vitamin B12 (as cyanocobalamin 100 mcg on ion exchange resin)	1,667%	Vanadium (as vanadyl sulfate)..... 39 mcg	*
Biotin..... 300 mcg	100%	Boron (as boron aspartate-citrate) 2 mg	*
Pantothenic acid 400 mg (as d-calcium pantothenate)	4,000%	para-Aminobenzoic acid 50 mg	*
Calcium (as calcium citrate..... 500 mg and calcium ascorbate)	50%	Citrus bioflavonoids 100 mg	*
Iodine (from kelp)..... 150 mcg	100%		
Magnesium (as magnesium 500 mg and magnesium amino acid chelate**)	125%		

*Daily Value not established.