

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



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Basic Preventive 5® Plus Extra Vitamin D

A Dietary Supplement

DOUGLAS
LABORATORIES®

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 60% [15,000 IU] as natural beta-carotene from <i>D. salina</i>) | 25,000 IU 500% | Zinc (as zinc amino acid chelate**) | 20 mg 133% |
| Vitamin C (as calcium ascorbate..... | 1,200 mg 2,000% | Selenium..... | 200 mcg 286% |
| and magnesium/potassium aspartate-ascorbate complex) | | Copper..... | 2 mg 100% |
| Vitamin D3 (from fish liver oil)..... | 1,000 IU 250% | Manganese..... | 20 mg 1,000% |
| Vitamin E (as d-alpha | 400 IU 1,333% | Chromium..... | 200 mcg 167% |
| tocopherol succinate) | | Molybdenum | 150 mcg 200% |
| Vitamin K1 (as phytanadione) | 60 mcg 75% | Potassium..... | 99 mg 2% |
| Thiamine (as thiamine mononitrate).... | 100 mg 6,667% | Choline (as choline bitartrate) | 150 mg * |
| Riboflavin..... | 50 mg 2,941% | Inositol..... | 50 mg * |
| Niacin (as niacinamide and niacin).... | 200 mg 1,000% | Vanadium (as vanadyl sulfate)..... | 39 mcg * |
| Vitamin B6..... | 50 mg 2,500% | Boron (as boron aspartate-citrate) | 2 mg * |
| (as pyridoxine hydrochloride) | | para-Aminobenzoic acid | 50 mg * |
| Folic Acid..... | 800 mcg 200% | Citrus bioflavonoids | 100 mg * |
| Vitamin B12 (as cyanocobalamin | 100 mcg 1,6667% | | |
| on ion exchange resin) | | | |
| Biotin..... | 300 mcg 100% | | |
| Pantothenic acid | 400 mg 4,000% | | |
| (as d-calcium pantothenate) | | | |
| Calcium (as calcium citrate..... | 500 mg 50% | | |
| and calcium ascorbate) | | | |
| Iodine (from kelp)..... | 150 mcg 100% | | |
| Magnesium (as magnesium | 500 mg 125% | | |
| and magnesium amino acid chelate**) | | | |

*Daily Value not established.