



Basics PlusTM With Copper

 **amni[®] original formula**
A Dietary Supplement



**Douglas
Laboratories[®]**

30 Packs

Supplement Facts

Serving Size 1 pack (6 tablets, 2 softgels per pack) • Servings Per Container 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories 21		Manganese (as manganese amino acid chelate**) 10 mg	500%
Calories from Fat 18		Chromium (as chromium polynicotinate***) 100 mcg	83%
Total Fat 2 g	3%†	Molybdenum (as molybdenum amino acid chelate**) 75 mcg	100%
Saturated Fat 0 g	0%†	Sodium (from calcium sodium EDTA) 26 mg	1%
Polyunsaturated Fat 1 g	*	Potassium (as potassium aspartate-) 50 mg	1%
Cholesterol 6 mg	2%		
Vitamin A (from fish liver oil and 60% [7,500 IU] as natural beta-carotene from D, salina) 12,500 IU	250%	Choline (as choline bitartrate) 75 mg	*
Vitamin C (as calcium ascorbate, magnesium/ potassium aspartate-ascorbate complex, and L-ascorbic acid) 610 mg	1,017%	Inositol 25 mg	*
Vitamin D3 (from fish liver oil) 50 IU	13%	Vanadium (as vanadyl sulfate) 19.5 mcg	*
Vitamin E (as d-alpha tocopheryl succinate and d-alpha tocopherol) 212 IU	707%	Boron (as boron aspartate-citrate) 1 mg	*
Vitamin K1 (as phytonadione) 30 mcg	38%	para-Aminobenzoic acid 25 mg	*
Thiamine (as thiamine mononitrate) 50 mg	3,333%	Citrus bioflavonoids 50 mg	*
Riboflavin 25 mg	1,471%	Lecithin (from soy) 900 mg	*
Niacin (as niacinamide and niacin) 120 mg	600%	Phosphatidylcholine 232 mg	*
Vitamin B6 (as pyridoxine hydrochloride) 45 mg	2,250%	Phosphatidylethanolamine 182 mg	*
Folic acid 400 mcg	100%	Phosphatidylinositol 116 mg	*
Vitamin B12 (as cyanocobalamin on ion exchange resin) 50 mcg	833%	Carrageenan (from seaweed) 880 mg	*
Biotin 150 mcg	50%	Guar gum 200 mg	*
Pantothenic acid (as d-calcium pantothenate) 200 mg	2,000%	Calcium disodium EDTA 200 mg	*
Calcium (as calcium citrate, calcium ascorbate and calcium sodium EDTA) 342 mg	34%	Papain (from papaya) 100 mg	*
Iodine (from kelp) 75 mcg	50%	Silicon (as silicon dioxide) 40 mg	*
Magnesium (as magnesium aspartate-ascorbate complex and magnesium amino acid chelate**) 250 mg	63%	Natural Triglyceride Marine 2,000 mg	*
Zinc (as zinc amino acid chelate**) 10 mg	67%		
Selenium (as selenium amino acid complex) 100 mcg	143%	Lipid Concentrate Providing:	
Copper (as copper amino acid chelate**) 1 mg	50%	Eicosapentaenoic Acid [EPA] [18%] 360 mg	*
		Docosahexaenoic Acid [DHA] [12%] 240 mg	*
		Total Omega-3 Fatty Acids 600 mg	*
		Co-Enzyme Q10 (ubiquinone) 25 mg	*

†Percent Daily Values are based on a 2,000 calorie diet.
*Daily Value not established.

Other ingredients: Fish body oil, gelatin (capsule), modified cellulose gum, methylcellulose, cellulose, silica, glycerin, water, vegetable stearine, magnesium stearate, calcium carbonate, Absorbisil (a blend of fatty acids and Bioperene[®]), stearic acid, titanium dioxide, gum ghatti, natural tangerine flavor, canthaxanthin (carotene color), natural vanilla flavor, and pharmaceutical glaze.

Manufactured by:
Douglas Laboratories
Pittsburgh, PA 15205
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**U.S. Patent Number 4,599,152 Albion Laboratories

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

Suggested Usage:

As a dietary supplement, adults take 1 pack twice daily with meals or as directed by physician.

Each pack contains three pink Basic Preventive 5[®] tablets, two beige Lipex[®] tablets, two Omega-3 Marine Fish Oil Concentrate softgel capsules, and one yellow Co-Enzyme Q10 tablet.

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.



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