

Manufactured by:
Douglas Laboratories
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WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under the age of 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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.

Suggested Usage: As a dietary supplement, adults take 6 tablets daily with food or as directed by your healthcare professional.

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 inner seal is missing.

BP1

Basic Preventive 1[®]

(Plus Iron and Copper)

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 60% [15,000 IU] as natural beta-carotene from D. salina)	25,000 IU 500%	Zinc (as zinc amino acid chelate)	20 mg 133%
Vitamin C (as calcium ascorbate and magnesium/potassium aspartate-ascorbate complex)	1,200 mg 2,000%	Selenium (as selenium amino acid complex)	200 mcg 286%
Vitamin D3 (from fish liver oil)	100 IU 25%	Copper (as copper amino acid chelate)	2 mg 100%
Vitamin E (as d-alpha tocopheryl succinate)	400 IU 1,333%	Manganese (as manganese amino acid chelate)	20 mg 1,000%
Vitamin K1 (as phytonadione)	60 mcg 75%	Chromium (as chromium polynicotinate)	200 mcg 167%
Thiamine (as thiamine mononitrate)	100 mg 6,667%	Molybdenum (as molybdenum amino acid chelate)	150 mcg 200%
Riboflavin	50 mg 2,941%	Potassium (as potassium aspartate-ascorbate complex)	99 mg 2%
Niacin (as niacinamide and niacin)	200 mg 1,000%	Choline (as choline bitartrate)	150 mg *
Vitamin B6 (as pyridoxine hydrochloride)	50 mg 2,500%	Inositol	50 mg *
Folic acid	800 mcg 200%	Vanadium (as vanadyl sulfate)	39 mcg *
Vitamin B12 (as cyanocobalamin on ion exchange resin)	100 mcg 1,667%	Boron (as boron aspartate-citrate)	2 mg *
Biotin	300 mcg 100%	para-Aminobenzoic acid	50 mg *
Pantothenic acid (as d-calcium pantothenate)	400 mg 4,000%	Citrus bioflavonoids	100 mg *
Calcium (as calcium citrate and calcium ascorbate)	500 mg 50%	Raw glandular tissue blend	180 mg *
Iron (as iron carbonyl)	20 mg 111%	Thymus 51 mg*, Spleen 51 mg*, Liver 51 mg*, and Adrenal 26 mg *	
Iodine (from kelp)	150 mcg 100%		
Magnesium (as magnesium aspartate-ascorbate complex and magnesium amino acid chelate)	500 mg 125%		

*Daily Value not established.

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