

Manufactured by:
Douglas Laboratories
 600 Boyce Road
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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.

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

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 inner seal is missing.

BP3

Basic Preventive 3[®]

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%	Magnesium (as magnesium aspartate-ascorbate complex and magnesium amino acid chelate)	500 mg 125%
Vitamin C (as calcium ascorbate and magnesium/potassium aspartate-ascorbate complex)	1,200 mg 2,000%	Zinc (as zinc amino acid chelate)	20 mg 133%
Vitamin D3 (from fish liver oil)	100 IU 25%	Selenium (as selenium amino acid complex)	200 mcg 286%
Vitamin E (as d-alpha tocopheryl succinate)	400 IU 1,333%	Copper (as copper amino acid chelate)	2 mg 100%
Vitamin K1 (as phytonadione)	60 mcg 75%	Manganese (as manganese amino acid chelate)	20 mg 1,000%
Thiamine (as thiamine mononitrate)	100 mg 6,667%	Chromium (as chromium polynicotinate)	200 mcg 167%
Riboflavin	50 mg 2,941%	Molybdenum (as molybdenum amino acid chelate)	150 mcg 200%
Niacin (as niacinamide and niacin)	200 mg 1,000%	Potassium (as potassium aspartate-ascorbate complex)	99 mg 3%
Vitamin B6 (as pyridoxine hydrochloride)	50 mg 2,500%	Choline (as choline bitartrate)	150 mg *
Folic acid	800 mcg 200%	Inositol	50 mg *
Vitamin B12 (as cyanocobalamin on ion exchange resin)	100 mcg 1,667%	Vanadium (as vanadyl sulfate)	39 mcg *
Biotin	300 mcg 100%	Boron (as boron aspartate-citrate)	2 mg *
Pantothenic acid (as d-calcium pantothenate)	400 mg 4,000%	para-Aminobenzoic acid	50 mg *
Calcium (as calcium citrate and calcium ascorbate)	500 mg 50%	Citrus bioflavonoids	100 mg *
Iron (as iron carbonyl)	20 mg 111%		
Iodine (from kelp)	150 mcg 100%		

*Daily Value not established.

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

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