

Manufactured by: **Douglas Laboratories**
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**U.S. Patent Number 4,599,152 Albion Laboratories
***ChromeMate® brand. U.S. Patent Number 4,923,855 InterHealth Co.

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 outer seal is missing.



Basic Preventive 3®

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 and25,000 IU	500%	Magnesium (as magnesium 500 mg	125%
60% [15,000 IU] as natural		aspartate-ascorbate complex	
beta-carotene from D. salina)		and magnesium amino acid chelate**)	
Vitamin C (as calcium ascorbate 1,200 mg	2,000%	Zinc (as zinc amino acid chelate**) 20 mg	133%
and magnesium/potassium		Selenium 200 mcg	286%
aspartate-ascorbate complex)		(as selenium amino acid complex)	
Vitamin D3 (from fish liver oil) 100 IU	25%	Copper 2 mg	100%
Vitamin E (as d-alpha 400 IU	1,333%	(as copper amino acid chelate**)	
tocopheryl succinate)		Manganese 20 mg	1,000%
Vitamin K1 (as phytonadione) 60 mcg	75%	(as manganese amino acid chelate**)	
Thiamine (as thiamine mononitrate) ... 100 mg	6,667%	Chromium 200 mcg	167%
Riboflavin 50 mg	2,941%	(as chromium polynicotinate***)	
Niacin (as niacinamide and niacin) 200 mg	1,000%	Molybdenum 150 mcg	200%
Vitamin B6 50 mg	2,500%	(as molybdenum amino	
(as pyridoxine hydrochloride)		acid chelate**)	
Folic acid 800 mcg	200%	Potassium 99 mg	3%
Vitamin B12 (as cyanocobalamin 100 mcg	1,667%	(as potassium aspartate-ascorbate complex)	
on ion exchange resin)			
Biotin 300 mcg	100%	Choline (as choline bitartrate) 150 mg	*
Pantothenic acid 400 mg	4,000%	Inositol 50 mg	*
(as d-calcium pantothenate)		Vanadium (as vanadyl sulfate) 39 mcg	*
Calcium (as calcium citrate 500 mg	50%	Boron (as boron aspartate-citrate) 2 mg	*
and calcium ascorbate)		para-Aminobenzoic acid 50 mg	*
Iron (as iron carbonyl) 20 mg	111%	Citrus bioflavonoids 100 mg	*
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).