

**U.S. Patent Number 4,599,152 Albion Laboratories

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

Manufactured in the USA by:

Douglas Laboratories

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Pittsburgh, PA 15205 USA

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Suggested Usage: As a dietary supplement, adults take 9 capsules 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 outer seal is missing.

BP5-C



Basic Preventive 5[®] Iron-free

A Dietary Supplement

 **DOUGLAS**
LABORATORIES[®]

270 Vegetarian Capsules

Supplement Facts

Serving Size 9 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A (as fish liver oil and..... 25,000 IU 60% (15,000 IU) as natural beta-carotene from D. salina)	500%
Vitamin C (as calcium ascorbate 1,200 mg and magnesium/ potassium aspartate-ascorbate complex)	2,000%
Vitamin D3 (from fish liver oil)..... 100 IU	25%
Vitamin E 400 IU (as d-alpha tocopheryl succinate)	1,333%
Vitamin K1 (as phytonadione) 60 mcg	75%
Thiamine (as thiamine mononitrate) .. 100 mg	6,667%
Riboflavin..... 50 mg	2,941%
Niacin (as niacinamide and niacin).... 200 mg	1,000%
Vitamin B6 50 mg (as pyridoxine hydrochloride)	2,500%
Folic acid 800 mcg	200%
Vitamin B12 100 mcg (as cyanocobalamin on ion exchange)	1,667%
Biotin 300 mcg	100%
Pantothenic acid 400 mg (as d-calcium pantothenate)	4,000%
Calcium (as calcium citrate) 500 mg and calcium ascorbate)	50%
Iodine (from kelp) 150 mcg	100%
Magnesium (as magnesium 500 mg aspartate-ascorbate complex and magnesium amino acid chelate**)	125%

Amount Per Serving	%DV
Zinc (as zinc amino acid chelate**) ..20 mg	133%
Selenium (as selenium 200 mcg amino acid complex**)	286%
Copper 2 mg (as copper amino acid chelate**)	100%
Manganese (as manganese 20 mg amino acid chelate**)	1,000%
Chromium 200 mcg (as chromium polynicotinate***)	167%
Molybdenum 150 mcg (as molybdenum amino acid chelate**)	200%
Potassium (as potassium 99 mg aspartate-ascorbate complex)	3%
Choline (as choline bitartrate) 150 mg	*
Inositol 50 mg	*
Vanadium (as vanadyl sulfate) 39 mcg	*
Boron (as boron aspartate-citrate) 2 mg	*
para-Aminobenzoic acid 50 mg	*
Citrus bioflavonoids 100 mg	*

*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.

