

Manufactured in the USA by:
Douglas Laboratories
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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 outer seal is missing.

BP5-D



Basic Preventive 5[®] Plus Extra Vitamin D

A Dietary Supplement



180 Tablets

Supplement Facts

Serving Size 6 tablets • Servings Per Container 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A25,000 IU	500%	Zinc (as zinc amino acid chelate)20 mg	133%
(as fish liver oil and 60% [15,000 IU] as natural beta-carotene from D. salina)		Selenium200 mcg	286%
Vitamin C1,200 mg	2,000%	(as selenium amino acid complex)	
(as calcium ascorbate and magnesium/potassium aspartate-ascorbate complex)		Copper2 mg	100%
Vitamin D3 (from fish liver oil)400 IU	100%	(as copper amino acid chelate)	
Vitamin E400 IU	1,333%	Manganese20 mg	1,000%
(as d-alpha tocopheryl succinate)		(as manganese amino acid chelate)	
Vitamin K1 (as phytonadione)60 mcg	75%	Chromium200 mcg	167%
Thiamine (as thiamine mononitrate)100 mg	6,667%	(as chromium polynicotinate)	
Riboflavin50 mg	2,941%	Molybdenum150 mcg	200%
Niacin (as niacinamide and niacin)200 mg	1,000%	(as molybdenum amino acid chelate)	
Vitamin B650 mg	2,500%	Potassium99 mg	2%
(as pyridoxine hydrochloride)		(as potassium aspartate-ascorbate complex)	
Folic acid800 mcg	200%		
Vitamin B12100 mcg	1,667%	Choline (as choline bitartrate)150 mg	*
(as cyanocobalamin on ion exchange resin)		Inositol50 mg	*
Biotin300 mcg	100%	Vanadium (as vanadyl sulfate)39 mcg	*
Pantothenic acid400 mg	4,000%	Boron (as boron aspartate-citrate)2 mg	*
(as d-calcium pantothenate)		para-Aminobenzoic acid50 mg	*
Calcium500 mg	50%	Citrus bioflavonoids100 mg	*
(as calcium citrate and calcium ascorbate)			
Iodine (from kelp)150 mcg	100%		
Magnesium500 mg	125%		
(as magnesium aspartate-ascorbate complex and magnesium amino acid chelate)			

*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).