



Basic Preventive 5[®] Plus Extra Vitamin D



amni[®] original formula

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 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)	400 IU 100%	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%		
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, cellulose, vegetable stearine, titanium dioxide, magnesium stearate, gum ghatti, natural tangerine flavor and canthaxanthin (carotene color).

Manufactured in the USA by: **Douglas Laboratories**
600 Boyce Road • Pittsburgh, PA 15205 USA
www.douglaslabs.com

**U.S. Patent Number 4,599,152 Albion Laboratories
***ChromeMate[®] brand. U.S. Patent Number 4,923,855
InterHealth Co.

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.



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BP5-D