

7 45287 01100 3

Manufactured in the USA by:
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205 USA
www.douglaslabs.com
1.800.245.4440

Suggested Usage: As a dietary supplement, adults take 6 capsules 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.

ESB

Essential Basics™

A Dietary Supplement



180 Capsules

Supplement Facts

Serving Size 6 capsules • Servings Per Container 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (from fish liver oil 10,000 IU and 50% [5,000 IU] as natural beta-carotene from D. salina)	200%	Zinc..... 15 mg	100%
Vitamin C (as calcium ascorbate).....750 mg	1,250%	(as zinc amino acid chelate)	
Vitamin D3 (from fish liver oil)..... 400 IU	100%	Selenium (as selenium amino..... 200 mcg	286%
Vitamin E (as d-alpha tocopheryl 400 IU succinate)	1,333%	acid complex)	
Thiamine.....50 mg	3,333%	Copper (as copper amino 2 mg	100%
(as thiamine mononitrate)		acid chelate)	
Riboflavin.....25 mg	1,471%	Manganese (as manganese amino..... 10 mg	500%
Niacin 100 mg	500%	acid chelate)	
(as niacinamide and niacin)		Chromium (as chromium 200 mcg	167%
Vitamin B6 (as pyridoxine.....25 mg	1,250%	polynicotinate)	
hydrochloride)		Molybdenum (as molybdenum..... 100 mcg	133%
Folic acid 400 mcg	100%	amino acid chelate)	
Vitamin B12 100 mcg	1,667%	Potassium (as potassium 50 mg	1%
(as cyanocobalamin on ion exchange resin)		aspartate-ascorbate complex)	
Biotin 300 mcg	100%	Choline (as choline bitartrate)..... 100 mg	*
Pantothenic acid (as d-calcium..... 150 mg	1,500%	Inositol 25 mg	*
pantothenate)		Vanadium (as vanadyl sulfate) 20 mcg	*
Calcium (as calcium citrate 250 mg	25%	Boron (as boron aspartate-citrate) 2 mg	*
and calcium ascorbate)		para-Aminobenzoic acid 25 mg	*
Iodine (from kelp)..... 150 mcg	100%	Citrus bioflavonoids..... 100 mg	*
Magnesium (as magnesium 250 mg	63%		
amino acid chelate)			

*Daily Value not established.

Other ingredients: Gelatin (capsule), cellulose, water, magnesium stearate and silica.