

**Recommended Dosage:** As a dietary supplement, take 1 Packet of Basic 4 daily with a glass of water or juice. (Each packet contains 2 tablets of each of the following: No.2, No.6, No. 96 and Golden 100.) For optimum results, use this product with other Wachters' supplements.

THIS PRODUCT WAS SEALED FOR YOUR PROTECTION.  
DO NOT USE IF SEAL HAS BEEN TAMPERED WITH.

Keep out of reach of children

**WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.**

**Basic 4™ Travel Pak** is a complete Sea-Energy nutritional program designed to cleanse, build, nutritify and energize the body. Psyllium Seed Husks can gently clean the intestinal tract without being habit forming. This product contains antioxidants Natural Vitamins E, C and A (Beta Carotene) plus high levels of B vitamins. The B vitamins may help strengthen the kidneys, improve energy levels and reduce nervousness. This combination contains at least 100 % of the U.S. Daily Value for 10 Vitamins and Minerals. Vitamins E and C may reduce oxidative damage and improve circulation. Vitamin C can help prevent fat accumulation in blood vessels. Selenium enhances Vitamin E uptake and is a vital antioxidant. Spirulina and Chlorella are naturally high in protein and trace vitamins and minerals. \*

\* This Statement has not been evaluated by the Food and Drug Administration.  
This Product is not intended to diagnose, treat, cure or prevent any disease.

This, like all of our products, contains the Wachters' Exclusive Blend of Sea Vegetation®, a unique combination comprising up to 15 different species of the highest quality sea vegetation from around the world, which serves as a synergistic activator of the other ingredients in this product, thereby enhancing their effectiveness.

Wachters' Organic Sea Products dietary supplements contain no preservatives, yeast, artificial colorings, artificial flavorings, sugar, starch or animal products. No heat, moisture or chemicals are used in preparation of Basic 4.

# WACHTERS'



## Basic 4™ Travel Pak

### A Multi-Vitamin/Mineral and Herbal Dietary Supplement

Dietary Supplement  
240 Tablets / 30 Packets

#### Supplement Facts

Serving Size: 1 Packet of 8 Tablets  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene)	6670 IU	133%
Vitamin C (as ascorbic acid, rose hips, acerola)	100 mg	167%
Vitamin D (as cholecalciferol)	200 IU	50%
Vitamin E (as d-alpha tocopheryl, mixed tocopherols)	42 IU	140%
Thiamin (as mononitrate)	6 IU	400%
Riboflavin (as riboflavin)	7.5 mg	441%
Niacin (as niacin and niacinamide)	35 mg	175%
Vitamin B6 (as pyridoxine hydrochloride)	10 mg	500%
Folate (as folic acid)	200 mcg	50%
Vitamin B12 (as cyanocobalamin)	13.8 mcg	230%
Biotin	150 mcg	50%
Pantothenic Acid (as d-calcium pantothenate)	50 mg	500%
Calcium (as carbonate, amino acid chelate)	400 mg	40%
Iron (as Ferronyl)	9 mg	50%
Magnesium (as oxide, amino acid chelate)	50 mg	13%
Zinc (as gluconate)	7.5 mg	50%
Selenium (as amino acid chelate)	25 mcg	36%
Copper (as gluconate)	1 mg	50%
Manganese (as gluconate)	2.5 mg	125%
Chromium (as chromium complex TM)*	25 mcg	21%
Potassium (as chloride, amino acid chelate)	8 mg	0%
Para-Aminobenzoic Acid	15 mg	*
Choline Bitartrate	50 mg	*
Inositol	50 mg	*
Proprietary Blend consisting of:	1700 mg	*

Wachters' Exclusive Blend of Sea Vegetation® Alfalfa Leaf and Juice Concentrate (*Medicago sativa*), Plantago Ovata Blond, Spirulina, Chlorella, Prune Powder, Deoxyribonucleic Acid, Ribonucleic Acid, Chlorophyll, Lecithin, Aloe Vera, Whole Leaf, Deluxe Vegetable Blend<sup>^</sup>, Xanthophyll, Apple Fiber, Rice Bran, Oat Bran, Lemon Bioflavonoids, Papain, Yucca Root (*Yucca schidigera*), Bromelain, Rutin, Sodium Alginate, Lemon Juice Powder and Hesperidin Complex.

\* Daily Value not established

"Wachters' Exclusive Blend of Sea Vegetation", is a registered trademark of Wachters' Organic Sea Products and is an exclusive combination of multi-marine plant sources.

Ferronyl, is a registered trademark of ISP Corporation

\* Chromium Complex™ is a proprietary blend of chromium (as nicotinate, picolinate-, amino acid chelate, aspartate, polynicotinate.)

+ Chromium Picolinate U.S. Patent No. 33,988 by Nutrition 21

<sup>^</sup> Deluxe Vegetable Blend is a combination of carrots, tomatoes, peas, celery, green beans and parsley.

Manufactured By: Wachters' Organic Sea Products, 550 Sylvan Street, Daly City, CA 94014  
To report a serious adverse event or obtain product information, call 1-800-682-7100  
www.wachters.com

Made in U.S.A.  
Code # 5880