

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

This product contains NO yeast, wheat, gluten, soy, milk/dairy, corn, starch, artificial preservatives, artificial flavoring, or genetically modified organisms (GMOs).

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 prescription blood-thinning drugs Coumadin and Warfarin. Do not take this product before consulting with your healthcare provider.

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.

Formula #201387

Basic Preventive[®] 5 (Iron Free)

A Dietary Supplement



180 Tablets



Supplement Facts

Serving Size 6 Tablets • Servings Per Container 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A.....25,000 IU	500%	Zinc (as zinc amino acid chelate).....20 mg	133%
(As Vitamin A Acetate with fish oil (sardines, anchovies, mackerel) and 60% [15,000 IU] as natural beta carotene)		Selenium.....200 mcg	286%
Vitamin C.....1,200 mg	2,000%	(as selenium amino acid complex)	
(as calcium ascorbate and magnesium/potassium aspartate-ascorbate/ascorbic acid complex)		Copper.....2 mg	100%
Vitamin D3.....100 IU	25%	(as copper amino acid chelate)	
Vitamin E.....400 IU	1,333%	Manganese.....20 mg	1,000%
(as d-alpha tocopheryl succinate)		(as manganese amino acid chelate)	
Vitamin K1 (as phytonadione).....60 mcg	75%	Chromium.....200 mcg	167%
Thiamine (as thiamine mononitrate).....100 mg	6,667%	(as chromium polynicotinate)	
Riboflavin.....50 mg	2,941%	Molybdenum.....150 mcg	200%
Niacin (as niacinamide and niacin).....200 mg	1,000%	(as molybdenum amino acid chelate)	
Vitamin B6.....50 mg	2,500%	Potassium.....99 mg	3%
(as pyridoxine hydrochloride)		(as potassium aspartate-ascorbate/potassium chloride complex)	
Folic acid.....800 mcg	200%		
Vitamin B12.....100 mcg	1,667%	Choline (as choline bitartrate).....150 mg	*
(as cyanocobalamin on ion exchange resin)		Inositol.....50 mg	*
Biotin.....300 mcg	100%	Vanadium (as vanadyl sulfate).....39 mcg	*
Pantothenic acid.....400 mg	4,000%	Boron (as boron aspartate-citrate).....2 mg	*
(as d-calcium pantothenate)		para-Aminobenzoic acid.....50 mg	*
Calcium.....500 mg	50%	Citrus bioflavonoids complex.....100 mg	*
(as calcium citrate/ascorbate/carbonate complex)			
Iodine (from kelp).....150 mcg	100%		
Magnesium.....500 mg	125%		
(as magnesium aspartate-ascorbate/magnesium amino acid chelate/magnesium oxide complex)			

*Daily Value not established.

Other ingredients: Cellulose, croscarmellose sodium, vegetable stearate, silica, water, titanium dioxide, dextrose, magnesium silicate, calcium carbonate, glycerin and beet root.