

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

Suggested Usage: As a dietary supplement, adults take 6 tablets daily with food or as directed by your health professional.

Warning: Consult a health professional prior to use if you are taking blood thinners, medications or have a medical condition. Due to the Vitamin A dose, this product is not recommended for women who may become pregnant or of child bearing age.

KEEP OUT OF THE REACH OF CHILDREN.

Store in a cool, dry place.

Use only if safety seal is intact.



Gluten-free, Non-GMO

[†]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.

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

Formula #201387 V3

Basic Preventive[®] 5 (Iron Free) Multivitamin/Mineral Formula

Dietary Supplement

Daily wellness[†]



180 Tablets

Supplement Facts

Serving Size 6 Tablets
Servings Per Container 30

	Amount Per Serving	%DV		Amount Per Serving	%DV
Vitamin A.....	7,500 mcg	833%	Iodine	150 mcg	100%
[as vitamin A acetate and 60% [4,500 mcg] as natural beta carotene]			(from kelp)		
Vitamin C.....	1,200 mg	1,333%	Magnesium	500 mg	119%
[as calcium ascorbate and magnesium/ potassium aspartate-ascorbate/ ascorbic acid complex]			(as magnesium aspartate-ascorbate/ magnesium amino acid chelate/ magnesium oxide complex)		
Vitamin D ₃	2.5 mcg (100 IU)	13%	Zinc.....	20 mg	182%
Vitamin E.....	268 mg	1,787%	(as zinc amino acid chelate)		
[as d-alpha tocopheryl succinate]			Selenium.....	200 mcg	364%
Vitamin K ₁	60 mcg	50%	(as selenium amino acid complex)		
[as phytonadione]			Copper.....	2 mg	222%
Thiamine	100 mg	8,333%	(as copper amino acid chelate)		
(as thiamine mononitrate)			Manganese	20 mg	870%
Riboflavin	50 mg	3,846%	(as manganese amino acid chelate)		
Niacin	200 mg	1,250%	Chromium	200 mcg	571%
(as niacinamide and niacin)			(as chromium polynicotinate)		
Vitamin B ₆	50 mg	2,941%	Molybdenum	150 mcg	333%
(as pyridoxine hydrochloride)			(as molybdenum amino acid chelate)		
Folate (as folic acid).....	1,333 mcg DFE (800 mcg folic acid)	333%	Potassium	99 mg	2%
Vitamin B ₁₂	100 mcg	4,167%	(as potassium aspartate-ascorbate/ potassium chloride complex)		
(as cyanocobalamin)			Inositol	50 mg	*
Biotin.....	300 mcg	1,000%	Vanadium	39 mcg	*
Pantothenic acid	400 mg	8,000%	(as vanadyl sulfate)		
(as d-calcium pantothenate)			Boron	2 mg	*
Choline	150 mg	27%	(as boron aspartate-citrate)		
(as choline bitartrate)			Para-Aminobenzoic Acid	50 mg	*
Calcium	500 mg	38%	Citrus Bioflavonoids Complex	100 mg	*
(as calcium citrate/ ascorbate/carbonate complex)					

*Daily Value (DV) not established

Other ingredients: Microcrystalline cellulose, croscarmellose sodium, hydroxypropyl methylcellulose, stearic acid, tablet coating (hypromellose, glycerin), vegetable stearate and silica

