

Manufactured by: Douglas Laboratories
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Suggested Usage: As a dietary supplement, adults take 9 capsules daily with food or as directed by your health professional.

Warning: If you are pregnant, nursing, have any health condition, particularly liver disease, or taking any medication, consult your health professional before using this product. Consult a health professional prior to use if you are taking blood thinners. Due to the Vitamin A dose, this product is not recommended for women who may become pregnant or of child bearing age. Do not exceed the suggested daily dose unless recommended and monitored by your health professional.

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.

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

Formula #BP5-C V3

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

Dietary Supplement

Daily wellness[†]

 **DOUGLAS
LABORATORIES[®]**

270 Vegetarian Capsules

Supplement Facts

Serving Size 9 Vegetarian Capsules
Servings Per Container 30

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

*Daily Value (DV) not established

Other ingredients: Hydroxypropyl methylcellulose (capsule), microcrystalline cellulose, vegetable stearate and silica