

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 3 tablets daily with food or as directed by your health professional.

Warning: If you are pregnant, nursing, have any health condition 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.

OptiZinc® is a trademark of Lonza.

KEEP OUT OF THE REACH OF CHILDREN.

Store in a cool, dry place.

Use only if safety seal is intact.



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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 V4

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

Dietary Supplement

Daily wellness[†]



180 Tablets

Supplement Facts

Serving Size 3 Tablets
Servings Per Container 60

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A 3,750 mcg (as 40% vitamin A acetate [1,500 mcg] and 60% [2,250 mcg] as natural beta carotene)	417%	Magnesium 250 mg (as magnesium oxide/amino acid chelate/ascorbate/aspartate complex)	60%
Vitamin C 600 mg (as calcium ascorbate/ascorbic acid/ magnesium ascorbate/potassium ascorbate)	667%	Zinc 10 mg (as OptiZinc®, monomethionine)	91%
Vitamin D ₃ (as cholecalciferol) 1.25 mcg (50 IU)	6%	Selenium 100 mcg (as selenium amino acid complex)	182%
Vitamin E 134 mg (as d-alpha tocopheryl succinate)	402%	Copper 1 mg (as copper amino acid chelate)	111%
Vitamin K ₁ 30 mcg (as phytonadione)	25%	Manganese 10 mg (as manganese amino acid chelate)	435%
Thiamine 50 mg (as thiamine mononitrate)	4,167%	Chromium 100 mcg (as chromium polynicotinate)	286%
Riboflavin 25 mg	1,923%	Molybdenum 75 mcg (as molybdenum amino acid chelate)	167%
Niacin 100 mg (as niacinamide and niacin)	625%	Potassium 50 mg (as potassium chloride/ascorbate/ aspartate complex)	1%
Vitamin B ₆ 25 mg (as pyridoxine hydrochloride)	1,471%		
Folate (as folic acid) 666.5 mcg DFE (400 mcg folic acid)	167%	Citrus Bioflavonoids Complex 50 mg	*
Vitamin B ₁₂ 50 mcg (as cyanocobalamin)	2,083%	Inositol 25 mg	*
Biotin 150 mcg	500%	Para-Aminobenzoic Acid 25 mg	*
Pantothenic acid 200 mg (as d-calcium pantothenate)	4,000%	Boron 1 mg (as boron aspartate-citrate)	*
Choline 75 mg (as choline bitartrate)	14%	Vanadium 20 mcg (as vanadyl sulfate)	*
Calcium 250 mg (as calcium citrate/ ascorbate/carbonate complex)	19%		
Iodine (from kelp) 75 mcg	50%		

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

