

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

Suggested Usage: As a dietary supplement, adults take 4 capsules 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.

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.

Scan to learn about our manufacturing excellence

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[†]



270 Vegetarian Capsules

Supplement Facts

Serving Size 4 Vegetarian Capsules
Servings Per Container 67

	Amount Per Serving	%DV		Amount Per Serving	%DV
Vitamin A	3,330 mcg	370%	Magnesium	220 mg	52%
(as 40% [1,330 mcg] vitamin A palmitate and 60% [2,000 mcg] as natural beta carotene)			(as magnesium oxide/amino acid chelate/ascorbate/aspartate complex)		
Vitamin C	535 mg	594%	Zinc (as zinc amino acid chelate)	9 mg	82%
(as calcium ascorbate/ascorbic acid/magnesium ascorbate/potassium ascorbate)			Selenium	90 mcg	164%
Vitamin D ₃	1.1 mcg [44 IU]	6%	(as selenium krebs ^{††})		
(as cholecalciferol)			Copper	0.8 mg	89%
Vitamin E	119 mg	357%	(as copper amino acid chelate)		
(as d-alpha tocopheryl succinate)			Manganese	9 mg	391%
Vitamin K ₁ (as phytonadione)	27 mcg	23%	(as manganese amino acid chelate)		
Thiamine (as thiamine mononitrate)	44 mg	3,667%	Chromium	85 mcg	243%
Riboflavin	20 mg	1,538%	(as chromium polynicotinate)		
Niacin (as niacinamide and niacin)	85 mg	531%	Molybdenum	65 mcg	144%
Vitamin B ₆	22 mg	1,294%	(as molybdenum krebs ^{††})		
(as pyridoxine HCl)			Potassium	44 mg	<1%
Folate (as folic acid)	592 mcg DFE	148%	(as potassium chloride/ascorbate/aspartate complex)		
(355 mcg folic acid)			Citrus Bioflavonoids Complex	44 mg	*
Vitamin B ₁₂ (as cyanocobalamin)	44 mcg	1,833%	Inositol	22 mg	*
Biotin	133 mcg	443%	Para-Aminobenzoic Acid	20 mg	*
Pantothenic acid	178 mg	3,560%	(as d-calcium pantothenate)		
(as d-calcium pantothenate)			Boron (as boron aspartate-citrate)	0.9 mg	*
Choline (from choline bitartrate)	65 mg	12%	Vanadium (as vanadyl sulfate)	18 mcg	*
Calcium (as calcium citrate/ascorbate/carbonate complex)	220 mg	17%			
Iodine (from kelp)	70 mcg	47%			

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

††Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex