

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

Warning: If you are pregnant or nursing, or if you are taking prescription medications, consult your health professional before using this supplement. KEEP OUT OF THE REACH OF CHILDREN.

Store in a cool, dry place.
Use only if safety seal is intact.

Gluten-free, Non-GMO



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†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 #ESB V2

Essential Basics™

Comprehensive Multivitamin/ Mineral Formula

Dietary Supplement

Daily Wellness†



180 Capsules

Supplement Facts

Serving Size 6 capsules
Servings Per Container 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A3,000 mcg	333%	Magnesium (as magnesium amino acid chelate)250 mg	60%
(as vitamin Acetate/ fish oil complex and 50% [1,500 mcg] as natural beta-carotene)		Zinc (as zinc amino acid chelate)15 mg	136%
Vitamin C (as calcium ascorbate) 750 mg	833%	Selenium (as selenium amino acid complex)200 mcg	364%
Vitamin D ₃ (as cholecalciferol) 10 mcg (400 IU)	50%	Copper (as copper amino acid chelate)2 mg	222%
Vitamin E (as d-alpha tocopheryl succinate) 268 mg	1,787%	Manganese (as manganese amino acid chelate)10 mg	435%
Thiamine (as thiamine mononitrate) 50 mg	4,167%	Chromium (as chromium polynicotinate)200 mcg	571%
Riboflavin 25 mg	1,923%	Molybdenum (as molybdenum amino acid chelate)100 mcg	222%
Niacinamide/Niacin 100 mg	625%	Potassium (as potassium aspartate-ascorbate complex)50 mg	1%
Vitamin B ₆ (as pyridoxine hydrochloride) 25 mg	1,471%	Inositol25 mg	*
Folate (as folic acid)667 mcg DFE (400 mcg folic acid)	167%	Vanadium (as vanadyl sulfate)20 mcg	*
Vitamin B ₁₂ (as cyanocobalamin)100 mcg	4,167%	Boron (as boron aspartate-citrate)2 mg	*
Biotin300 mcg	1,000%	Para-Aminobenzoic Acid25 mg	*
Pantothenic acid (as d-calcium pantothenate) 150 mg	3,000%	Citrus Bioflavonoids Complex100 mg	*
Choline (as choline bitartrate) 100 mg	18%		
Calcium (as calcium citrate and calcium ascorbate) 250 mg	19%		
Iodine (from kelp)150 mcg	100%		

*Daily Value (DV) not established

Other ingredients: Gelatin (capsule), microcrystalline cellulose and vegetable stearate

Contains: Fish (Anchovies and Sardines)

Manufactured by: Douglas Laboratories
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