

Manufactured by:
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205 USA
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This product contains NO yeast, gluten, soy protein, milk/dairy, corn, starch, artificial coloring, preservatives or flavoring.

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

WARNING: This product contains Vitamin K, which interferes with prescription blood-thinning drugs Coumadin and Warfarin. Do not take this product before consulting with your healthcare provider.

KEEP OUT OF REACH OF CHILDREN.
For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

Formula #201387



Basic Preventive[®] 5 (Iron Free)

A Dietary Supplement



180 Tablets

Supplement Facts

Serving Size 6 Tablets • Servings Per Container 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A..... 25,000 IU	500%	Zinc (as zinc amino acid chelate) 20 mg	133%
(As Vitamin A Acetate with fish oil (sardines, anchovies, mackerel) and 60% [15,000 IU] as natural beta carotene)		Selenium..... 200 mcg	286%
Vitamin C 1,200 mg	2,000%	(as selenium amino acid complex)	
(as calcium ascorbate and magnesium/potassium aspartate-ascorbate/ascorbic acid complex)		Copper..... 2 mg	100%
Vitamin D3 100 IU	25%	(as copper amino acid chelate)	
Vitamin E 400 IU	1,333%	Manganese 20 mg	1,000%
(as d-alpha tocopheryl succinate)		(as manganese amino acid chelate)	
Vitamin K1 (as phytonadione) 60 mcg	75%	Chromium 200 mcg	167%
Thiamine (as thiamine mononitrate) 100 mg	6,667%	(as chromium polynicotinate)	
Riboflavin 50 mg	2,941%	Molybdenum 150 mcg	200%
Niacin (as niacinamide and niacin) 200 mg	1,000%	(as molybdenum amino acid chelate)	
Vitamin B6 50 mg	2,500%	Potassium..... 99 mg	3%
(as pyridoxine hydrochloride)		(as potassium aspartate-ascorbate/potassium chloride complex)	
Folic acid 800 mcg	200%	Choline (as choline bitartrate) 150 mg	*
Vitamin B12 100 mcg	1,667%	Inositol 50 mg	*
(as cyanocobalamin on ion exchange resin)		Vanadium (as vanadyl sulfate) 39 mcg	*
Biotin 300 mcg	100%	Boron (as boron aspartate-citrate) 2 mg	*
Pantothenic acid 400 mg	4,000%	para-Aminobenzoic acid 50 mg	*
(as d-calcium pantothenate)		Citrus bioflavonoids complex..... 100 mg	*
Calcium..... 500 mg	50%		
(as calcium citrate/ascorbate/carbonate complex)			
Iodine (from kelp)..... 150 mcg	100%		
Magnesium 500 mg	125%		
(as magnesium aspartate-ascorbate/magnesium amino acid chelate/magnesium oxide complex)			

Other ingredients: Cellulose, croscarmellose sodium, vegetable stearate, silica, water, titanium dioxide, dextrose, magnesium silicate, calcium carbonate, glycerin and beet root.