

Manufactured by:
Douglas Laboratories
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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.

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.

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

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 #201386

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

*Daily Value not established.

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