



Basic Preventive 1[®]

(Plus Iron and Copper)

 **amni[®] original formula**
A Dietary Supplement



Douglas Laboratories[®] 180 Tablets

Supplement Facts

Serving Size 6 tablets • Servings Per Container 30

Amount Per Serving	%DV	Amount Per Serving	%DV		
Vitamin A (as fish liver oil and 60% [15,000 IU] as natural beta-carotene from D. salina)	25,000 IU	500%	Zinc (as zinc amino acid chelate**) 20 mg	133%	
Vitamin C (as calcium ascorbate and magnesium/potassium aspartate-ascorbate complex)	1,200 mg	2,000%	Selenium (as selenium amino acid complex)	200 mcg	286%
Vitamin D3 (from fish liver oil)	100 IU	25%	Copper (as copper amino acid chelate**)	2 mg	100%
Vitamin E (as d-alpha tocopheryl succinate)	400 IU	1,333%	Manganese (as manganese amino acid chelate**)	20 mg	1,000%
Vitamin K1 (as phytonadione)	60 mcg	75%	Chromium (as chromium polynicotinate***)	200 mcg	167%
Thiamine (as thiamine mononitrate)	100 mg	6,667%	Molybdenum (as molybdenum amino acid chelate**)	150 mcg	200%
Riboflavin	50 mg	2,941%	Potassium (as potassium aspartate-ascorbate complex)	99 mg	2%
Niacin (as niacinamide and niacin)	200 mg	1,000%			
Vitamin B6 (as pyridoxine hydrochloride)	50 mg	2,500%	Choline (as choline bitartrate)	150 mg	*
Folic acid	800 mcg	200%	Inositol	50 mg	*
Vitamin B12 (as cyanocobalamin on ion exchange resin)	100 mcg	1,667%	Vanadium (as vanadyl sulfate)	39 mcg	*
Biotin	300 mcg	100%	Boron (as boron aspartate-citrate)	2 mg	*
Pantothenic acid (as d-calcium pantothenate)	400 mg	4,000%	para-Aminobenzoic acid	50 mg	*
Calcium (as calcium citrate and calcium ascorbate)	500 mg	50%	Citrus bioflavonoids	100 mg	*
Iron (as iron carbonyl)	20 mg	111%	Raw glandular tissue blend	180 mg	*
Iodine (from kelp)	150 mcg	100%	Thymus 51 mg*, Spleen 51 mg*, Liver 51 mg*, and Adrenal 26 mg *		
Magnesium (as magnesium aspartate-ascorbate complex and magnesium amino acid chelate**)	500 mg	125%			
			*Daily Value not established.		

Other ingredients: Modified cellulose gum, methylcellulose, silica, vegetable stearine, cellulose, titanium dioxide, magnesium stearate, gum ghatti, natural tangerine flavor and canthaxanthin (carotene color).

*Daily Value not established.

Manufactured in the USA by:
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**U.S. Patent Number 4,599,152 Albion Laboratories

***ChromeMate[®] brand. U.S. Patent Number 4,923,855 InterHealth Co.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under the age of 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

WARNING: This product contains Vitamin K, which interferes with the prescription drugs Coumadin and Warfarin. Do not take this if taking either of these drugs.

Suggested Usage:

As a dietary supplement, adults take 6 tablets daily with food or as directed by physician.

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.



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