



# Basic Preventive 4®

## Iron and Copper Free

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

\*Daily Value not established.

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

Manufactured in the USA by: **Douglas Laboratories**  
600 Boyce Road • Pittsburgh, PA 15205 USA  
[www.douglaslabs.com](http://www.douglaslabs.com)

\*\*U.S. Patent Number 4,599,152 Albion  
Laboratories

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

**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 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.



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