



Basic Preventive 5®

(Iron-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 60% [15,000 IU] as natural beta-carotene from <i>D. salina</i>)	500%	Zinc (as zinc amino acid chelate**) 20 mg	133%
Vitamin C (as calcium ascorbate and magnesium/potassium aspartate-ascorbate complex)	2,000%	Selenium..... 200 mcg	286%
Vitamin D3 (from fish liver oil) 100 IU	25%	Copper..... 2 mg	100%
Vitamin E (as d-alpha tocopherol succinate) 400 IU	1,333%	Manganese 20 mg	1,000%
Vitamin K1 (as phytoneadione) 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 complex)	
Folic acid 800 mcg	200%	Choline (as choline bitartrate) 150 mg	*
Vitamin B12 (as cyanocobalamin on ion exchange resin) 100 mcg	1,667%	Inositol 50 mg	*
Biotin 300 mcg	100%	Vanadium (as vanadyl sulfate) 39 mcg	*
Pantothenic acid 400 mg	4,000%	Boron (as boron aspartate-citrate) 2 mg	*
(as d-calcium pantothenate)		para-Aminobenzoic acid 50 mg	*
Calcium (as calcium citrate and calcium ascorbate) 500 mg	50%	Citrus bioflavonoids 100 mg	*
Iodine (from kelp) 150 mcg	100%		
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, 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

**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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