



# Basic Preventive 5<sup>®</sup> (Iron-Free)



**amni<sup>®</sup> original formula**  
A Dietary Supplement



**Douglas  
Laboratories<sup>®</sup> 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.....200 mcg	286%
Vitamin D3 (from fish liver oil)	100 IU 25%	(as selenium amino acid complex)	
Vitamin E (as d-alpha tocopheryl succinate)	400 IU 1,333%	Copper.....2 mg	100%
Vitamin K1 (as phytonadione)	60 mcg 75%	(as copper amino acid chelate**)	
Thiamine (as thiamine mononitrate)	100 mg 6,667%	Manganese .....20 mg	1,000%
Riboflavin	50 mg 2,941%	(as manganese amino acid chelate**)	
Niacin (as niacinamide and niacin)	200 mg 1,000%	Chromium.....200 mcg	167%
Vitamin B6 (as pyridoxine hydrochloride)	50 mg 2,500%	(as chromium polynicotinate***)	
Folic acid	800 mcg 200%	Molybdenum .....150 mcg	200%
Vitamin B12 (as cyanocobalamin on ion exchange resin)	100 mcg 1,667%	(as molybdenum amino acid chelate**)	
Biotin.....300 mcg	100%	Potassium.....99 mg	3%
Pantothenic acid (as d-calcium pantothenate)	400 mg 4,000%	(as potassium aspartate-ascorbate complex)	
Calcium (as calcium citrate and calcium ascorbate)	500 mg 50%		
Iodine (from kelp).....150 mcg	100%	Choline (as choline bitartrate) .....150 mg	*
Magnesium (as magnesium aspartate-ascorbate complex and magnesium amino acid chelate**)	500 mg 125%	Inositol .....50 mg	*
		Vanadium (as vanadyl sulfate) .....39 mcg	*
		Boron (as boron aspartate-citrate) .....2 mg	*
		para-Aminobenzoic acid .....50 mg	*
		Citrus bioflavonoids .....100 mg	*

\*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<sup>®</sup> 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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BP5

