



Basic Preventive 5[®]

Iron-free



amni[®] original formula

A Dietary Supplement



Douglas Laboratories[®]

270 Vegetarian Capsules

Supplement Facts

Serving Size 9 Vegetarian Capsules • 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	3%
Niacin (as niacinamide and niacin) 200 mg	1,000%	Choline (as choline bitartrate) 150 mg	*
Vitamin B6 (as pyridoxine hydrochloride) 50 mg	2,500%	Inositol 50 mg	*
Folic acid 800 mcg	200%	Vanadium (as vanadyl sulfate) 39 mcg	*
Vitamin B12 (as cyanocobalamin on ion exchange) 100 mcg	1,667%	Boron (as boron aspartate-citrate) 2 mg	*
Biotin 300 mcg	100%	para-Aminobenzoic acid 50 mg	*
Pantothenic acid (as d-calcium pantothenate) 400 mg	4,000%	Citrus bioflavonoids 100 mg	*
Calcium (as calcium citrate and calcium ascorbate) 500 mg	50%		
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: Cellulose, vegetable stearate and silica.

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

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

Manufactured by:
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Pittsburgh, PA 15205
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Suggested Usage:

As a dietary supplement, adults take 9 capsules daily with food or as directed by your healthcare professional.

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.

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-C