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Manufactured by:
Douglas Laboratories
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This product contains NO yeast, wheat, gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

Suggested Usage: As a dietary supplement, adults take 6 capsules 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.

ESB

Essential Basics™

A Dietary Supplement



180 Capsules

Supplement Facts

Serving Size 6 capsules • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A (from vitamin A 10,000 IU acetate/fish oil complex and 50% [5,000 IU] as natural beta-carotene)	200%
Vitamin C (as calcium ascorbate).....750 mg	1,250%
Vitamin D3 (cholecalciferol)..... 400 IU	100%
Vitamin E (as d-alpha tocopheryl 400 IU succinate)	1,333%
Thiamine.....50 mg (as thiamine mononitrate)	3,333%
Riboflavin.....25 mg	1,471%
Niacinamide/Niacin 100 mg	500%
Vitamin B6 (as pyridoxine.....25 mg hydrochloride)	1,250%
Folic acid.....400 mcg	100%
Vitamin B12 100 mcg (as cyanocobalamin)	1,667%
Biotin.....300 mcg	100%
Pantothenic acid (as d-calcium.....150 mg pantothenate)	1,500%
Calcium (as calcium citrate 250 mg and calcium ascorbate)	25%
Iodine (from kelp).....150 mcg	100%
Magnesium (as magnesium 250 mg amino acid chelate)	63%

Amount Per Serving	%DV
Zinc..... 15 mg (as zinc amino acid chelate)	100%
Selenium (as selenium amino..... 200 mcg acid complex)	286%
Copper (as copper amino 2 mg acid chelate)	100%
Manganese (as manganese amino..... 10 mg acid chelate)	500%
Chromium (as chromium 200 mcg polynicotinate)	167%
Molybdenum (as molybdenum..... 100 mcg amino acid chelate)	133%
Potassium (as potassium 50 mg aspartate-ascorbate complex)	1%
Choline (as choline bitartrate)..... 100 mg	*
Inositol 25 mg	*
Vanadium (as vanadyl sulfate)..... 20 mcg	*
Boron (as boron aspartate-citrate) 2 mg	*
para-Aminobenzoic acid 25 mg	*
Citrus bioflavonoids complex..... 100 mg	*

*Daily Value not established.

Other ingredients: Gelatin (capsule), cellulose, water, magnesium stearate and silica.

Contains Fish (Anchovies and Sardines)