



Essential Basics™

 **amni® original formula**
A Dietary Supplement



Douglas Laboratories® 180 Capsules

Supplement Facts

Serving Size 6 capsules • Servings Per Container 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (from fish liver oil and ...10,000 IU 50% [5,000 IU] as natural beta-carotene from D. salina)	200%	Zinc (as zinc amino acid chelate**).....15 mg	100%
Vitamin C (as calcium ascorbate).....750 mg	1250%	Selenium (as selenium amino 200 mcg	286%
Vitamin D3 (from fish liver oil) 400 IU	100%	acid complex)	
Vitamin E (as d-alpha tocopheryl).....400 IU	1333%	Copper (as copper amino 2 mg	100%
Thiamine (as thiamine mononitrate)....50 mg	3333%	acid chelate**)	
Riboflavin.....25 mg	1471%	Manganese (as manganese amino 10 mg	500%
Niacin (as niacinamide and niacin) ...100 mg	500%	acid chelate**)	
Vitamin B6 (as pyridoxine).....25 mg	1250%	Chromium (as chromium 200 mcg	167%
hydrochloride)		polynicotinate***)	
Folic acid 400 mcg	100%	Molybdenum (as molybdenum.....100 mcg	133%
Vitamin B12 (as cyanocobalamin 100 mcg	1667%	amino acid chelate**)	
on ion exchange resin)		Potassium (as potassium 50 mg	1%
Biotin 300 mcg	100%	aspartate-ascorbate complex)	
Pantothenic acid (as d-calcium 150 mg	1500%		
pantothenate)		Choline (as choline bitartrate).....100 mg	*
Calcium (as calcium citrate 250 mg	25%	Inositol.....25 mg	*
and calcium ascorbate)		Vanadium (as vanadyl sulfate).....20 mcg	*
Iodine (from kelp).....150 mcg	100%	Boron (as boron aspartate-citrate).....2 mg	*
Magnesium (as magnesium 250 mg	63%	para-Aminobenzoic acid 25 mg	*
amino acid chelate**)		Citrus bioflavonoids.....100 mg	*

*Daily Value not established.

Other ingredients: Gelatin (capsule), cellulose, water, magnesium 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:
Douglas Laboratories
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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.



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