

## Essential Basics™

### DESCRIPTION

Essential Basics™, provided by Douglas Laboratories®, is a comprehensive, concentrated vitamin/mineral/trace element supplement containing 28 essential nutritional ingredients. Essential Basics is an antioxidant formula with natural beta-carotene and natural vitamin E; a high-potency B-complex supplement; a significant source of bioavailable calcium and magnesium; and an iron-free, full-spectrum mineral and trace element supplement.

### FUNCTIONS

Studies show that a high percentage of adults and children in North America and other developed countries eat less than the minimum daily allowance of 10 or more essential nutrients. Adequate amounts and proper balance of these nutrients are needed not only for maintaining good health, but also for the dietary management and healthy aging.

Essential Basics has been carefully developed to contain the right proportions of vitamins, minerals, and trace elements without danger of toxic build-up and without side effects. Each ingredient is selected in consideration of its absorbability, competitive relationship with other nutrients, allergenic potential, and long-term safety. Beta-carotene, vitamin C, vitamin E and B-complex vitamins are included in high-potency amounts because of the vital roles they play in antioxidant protection, energy production and maintenance of healthy blood cells, nervous system, hormonal balance, and more. Minerals and trace elements are provided in their safest and bioavailable forms, such as amino acid chelates and other scientifically validated and clinically supported forms.

### INDICATIONS

Essential Basics is indicated for individuals that desire a comprehensive capsule vitamin, mineral and trace element formula to support general health.†

### FORMULA (#ESB)

6 Capsules Contain:

Vitamin A (from fish liver oil and 50% (5,000 I.U.) as natural beta-carotene).....	10,000 IU
Vitamin C (as calcium ascorbate) .....	750 mg
Vitamin D3 (cholecalciferol).....	400 I.U.
Vitamin E (as d-alpha tocopheryl succinate) .....	400 I.U.
Thiamin (thiamin mononitrate) .....	50 mg
Riboflavin.....	25 mg
Niacin (as niacinamide and niacin) .....	100 mg
Vitamin B6 (as pyridoxine HCl) .....	25 mg
Folic acid .....	400 mcg
Vitamin B12 (as cyanocobalamin).....	100 mcg
Biotin.....	300 mcg
Pantothenic acid (d-calcium pantothenate) .....	150 mg
Calcium (as calcium citrate and calcium ascorbate) .....	250 mg
Iodine (from kelp) .....	150 mcg
Magnesium (amino acid chelate) .....	250 mg
Zinc (amino acid chelate) .....	15 mg
Selenium (amino acid complex) .....	200 mcg

**Essential Basics™**

Copper (amino acid chelate) .....	2 mg
Manganese (amino acid chelate) .....	10 mg
Chromium (polynicotinate)*** .....	200 mcg
Molybdenum (amino acid chelate) .....	100 mcg
Potassium (aspartate-ascorbate) .....	50 mg
Choline (choline bitartrate) .....	100 mg
Inositol .....	25 mg
Vanadium (vanadyl sulfate).....	20 mcg
Boron (aspartate-citrate) .....	2 mg
para-Aminobenzoic acid.....	25 mg
Citrus bioflavonoids (lemon).....	100 mg

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

**SUGGESTED USE**

Adults take three capsules twice daily with meals, or as directed by a healthcare professional.

**SIDE EFFECTS**

No adverse side effects have been reported.

**STORAGE**

Store in a cool, dry place, away from direct light. Keep out of reach of children.

**REFERENCES**

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 Sullivan J: Iron and the difference in heart disease risk. *Lancet* 1981;1:1293-1294.  
 Underwood BA. Teratogenicity of vitamin A. *Int J Vitam Nutr Res Suppl* 1989;30:42-55

**For more information on Essential Basics™ visit [douglaslabs.com](http://douglaslabs.com)**

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Manufactured by  
 Douglas Laboratories  
 600 Boyce Road  
 Pittsburgh, PA 15205  
 800-245-4440  
[douglaslabs.com](http://douglaslabs.com)



**You trust Douglas Laboratories.  
 Your patients trust you.**