

Basic Preventive® 2

Multiple Vitamin-Mineral-Trace Element Supplement

DESCRIPTION

Basic Preventive® 2, provided by Douglas Laboratories®, is a comprehensive, highly concentrated vitamin-mineral-trace element supplement containing more than 30 essential nutritional ingredients. Basic Preventive 2 is more than just another multivitamin supplement. It is a potent antioxidant formula with natural beta-carotene (from *D. salina*) and natural vitamin E; a high-potency B-complex supplement; a significant source of bioavailable calcium and magnesium; and a full-spectrum trace element supplement. Basic Preventive 2 uses only the purest, most hypoallergenic ingredients and contains no yeast; corn; wheat; sugar or other sweeteners; artificial colors, flavors or preservatives. This formula is iron and copper free and is in a base of freeze-dried glandular extracts, including liver, thymus, spleen and adrenal.

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 prevention of chronic diseases.

Basic Preventive 2 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 most bioavailable forms, such as amino acid chelates and other scientifically validated and clinically superior

forms. The unique inert cellulose tablet coating consistently disintegrates rapidly for better nutrient absorption. Beta-carotene is added to the coating to help preserve nutrient activity and naturally colors each tablet pink.

INDICATIONS

Basic Preventive 2 is ideal for individuals with vitamin, mineral and trace element deficiencies due to sub-optimal dietary intake, age, and life style habits. For many individuals, Basic Preventive is the only daily nutritional supplement and antioxidant formula they need to take.

FORMULA (BP2)

Six Tablets Contain:

Vitamin A (fish liver oil).....	10,000	I.U.
Natural Beta-Carotene (<i>D. salina</i> , vitamin A activity).....	15,000	I.U.
Vitamin D ₃ (fish liver oil).....	100	I.U.
Vitamin E (d-alpha tocopheryl succinate) ..	400	I.U.
Vitamin K ₁ (phytonadione).....	60	mcg
Vitamin C (L-ascorbate, corn-free)	1,200	mg
Vitamin B ₁ (thiamine mononitrate)	100	mg
Vitamin B ₂ (riboflavin).....	50	mg
Niacin	50	mg
Niacinamide.....	150	mg
Pantothenic acid (d-calcium pantothenate)	400	mg
Vitamin B ₆ (pyridoxine HCl).....	50	mg
Folic acid	800	mcg
Vitamin B ₁₂ (on ion exchange resin).....	100	mcg
Biotin	300	mcg
Choline (bitartrate)	150	mg
Calcium (citrate, ascorbate).....	500	mg
Magnesium (aspartate-ascorbate complex, amino acid chelate**).....	500	mg
Potassium (aspartate-ascorbate complex).....	99	mg
Manganese (amino acid chelate**).....	20	mg
Zinc (amino acid chelate**)	20	mg
Iodine (kelp)	150	mcg
Chromium (ChromeMate®***)	200	mcg
Selenium (amino acid complex)	200	mcg

(continued on reverse)

Molybdenum (amino acid chelate**)	150	mcg
Vanadyl Sulfate (39 mcg elemental vanadium)	200	mcg
Boron (aspartate-citrate)	2	mg
<i>Other Nutrients:</i>		
PABA (para-amino benzoic acid)	50	mg
Inositol	50	mg
Citrus bioflavonoids	100	mg
Raw gland tissue (thymus/spleen/liver/adrenal = 2/2/2/1)	180	mg

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

***U.S. Patent Number 4,923,855 InterHealth Co.

Other Basic Preventive® Formulas:

Basic Preventive 1: Plus iron, copper, and glandular extracts

Basic Preventive® 3: Plus iron and copper

Basic Preventive® 4: Iron- and copper-free

Basic Preventive® 5: Iron-free

Basic Preventive® 5 Vegetarian Capsules: Iron-free

Basic Preventive® 5 Plus Extra Vitamin D: 400 IU

SUGGESTED USE

Two tablets three times daily with meals, or as directed by physician.

SIDE EFFECTS

No adverse effects have been reported.

STORAGE

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

REFERENCES

Cranton EM, Frackleton JP: Free radical pathology in age-associated disease: treatment with EDTA chelation, nutrition, and antioxidants. *J Holistic Med* 1984;6:1-36.

Davis BP et al: Enhanced absorption of oral vitamin B12 from a resin ascorbate administered to normal subjects. *Manip Physiol Ther* 1982;5:123-127.

Holmes RP, Kummerow FA: The relationship of adequate and excessive intake of vitamin D to health and disease. *Am Coll Nutr* 1983;2:172-199.

Sullivan J: Iron and the difference in heart disease risk. *Lancet* 1981;1:1293-1294.

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
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