

Basic Preventive® 1 Multiple Vitamin-Mineral-Trace Element Supplement

DESCRIPTION

Basic Preventive® 1, provided by Douglas Laboratories®, is a comprehensive, highly concentrated vitamin-mineral-trace element supplement containing more than 30 essential nutritional ingredients. Basic Preventive 1 is more than just another multivitamin supplement. It is a potent 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 a full-spectrum trace element supplement. Basic Preventive 1 uses only the purest, most hypoallergenic ingredients and contains no yeast; corn; wheat; sugar or other sweeteners; artificial colors, flavors or preservatives.

This formula contains iron and copper 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 1 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.

INDICATIONS

Basic Preventive 1 is ideal for adult general health and wellness of all genders and ages.

FORMULA (#201383)

Six Tablets Contain:

Vitamin A (as Acetate with fish oil).....	10,000 I.U.
Natural Beta-Carotene	15,000 I.U.
Vitamin D ₃	100 I.U.
Vitamin E (d-alpha tocopheryl succinate)	400 I.U.
Vitamin K ₁ (phytonadione)	60 mcg
Vitamin C (L-ascorbate).....	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 (as cyanocobalamin).....	100 mcg
Biotin	300 mcg
Choline (bitartrate)	150 mg
Calcium (citrate, ascorbate)	500 mg
Magnesium	500 mg
(aspartate-ascorbate/chelate/oxide complex)	
Potassium (aspartate-ascorbate/chloride complex).....	99 mg

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Iron (carbonyl).....	20 mg
Copper (amino acid chelate).....	2 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
Molybdenum (amino acid chelate).....	150 mcg
Vanadyl Sulfate (39 mcg elementalvanadium).....	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.....	180 mg

(thymus/spleen/liver/adrenal = 2/2/2/1)

Other ingredients: Cellulose, croscarmellose sodium, vegetable stearate, silica, water, titanium dioxide, dextrose, cellulose, magnesium silicate, calcium carbonate, glycerin and beet root.

SUGGESTED USE

Two tablets three times daily with meals, or as directed by a healthcare professional.

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 Ter* 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.

For more information on Basic Preventive® 1 visit 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.

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