

Basic Preventive® 5

DESCRIPTION

Basic Preventive® 5, provided by Douglas Laboratories®, is a comprehensive, highly concentrated vitamin-mineral-trace element supplement containing more than 30 essential nutritional ingredients. Basic Preventive® 5 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® 5 uses only the purest, most hypoallergenic ingredients and contains no yeast; corn; wheat; sugar or other sweeteners; artificial colors, flavors or preservatives.

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® 5 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 5 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 (#BP5)

6 Tablets Contain:

Vitamin A.....	25,000 IU
(as fish liver oil and 60% [15,000 IU] as natural beta-carotene from <i>D. salina</i>)	
Vitamin C	1,200 mg
(as calcium ascorbate and magnesium/potassium aspartate-ascorbate complex)	
Vitamin D3	100 IU
Vitamin E.....	400 IU
(as d-alpha tocopheryl succinate)	
Vitamin K1 (as phytonadione).....	60 mcg
Thiamine (as thiamine mononitrate)	100 mg
Riboflavin	50 mg
Niacin (as niacinamide and niacin)	200 mg
Vitamin B6	50 mg
(as pyridoxine hydrochloride)	
Folic acid.....	800 mcg

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Vitamin B12.....	100 mcg
(as cyanocobalamin on ion exchange resin)	
Biotin	300 mcg
Pantothenic acid	400 mg
(as d-calcium pantothenate)	
Calcium	500 mg
(as calcium citrate and calcium ascorbate)	
Iodine (from kelp)	150 mcg
Magnesium	500 mg
(as magnesium aspartate-ascorbate complex and magnesium amino acid chelate)	
Zinc (as zinc amino acid chelate)	20 mg
Selenium	200 mcg
(as selenium amino acid complex)	
Copper	2 mg
(as copper amino acid chelate)	
Manganese	20 mg
(as manganese amino acid chelate)	
Chromium	200 mcg
(as chromium polynicotinate)	
Molybdenum	150 mcg
(as molybdenum amino acid chelate)	
Potassium	99 mg
(as potassium aspartate-ascorbate complex)	
Choline (as choline bitartrate)	150 mg
Inositol.....	50 mg
Vanadium (as vanadyl sulfate)	39 mcg
Boron (as boron aspartate-citrate)	2 mg
para-Aminobenzoic acid	50 mg
Citrus bioflavonoids	100 mg

SUGGESTED USE

6 tablets daily with food, or as directed by physician.

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.

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REFERENCES

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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 BP5 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.

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

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