

**Basic Preventive® 5
(Vegetarian Capsules)
Multiple Vitamin-Mineral-Trace Element Supplement**

DESCRIPTION

Basic Preventive® 5 vegetarian capsules, 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.

INDICATIONS

Basic Preventive 5 vegetarian capsules are 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 5 is the only daily nutritional supplement and antioxidant formula they need to take.

FORMULA (BP5C)

Nine Vegetarian Capsules Contain:

Vitamin A (fish liver oil)	10,000I.U.
Natural Beta-Carotene (<i>D. salina</i> , vitamin A activity)	15,000I.U.
Vitamin D3 (fish liver oil).....	100I.U.
Vitamin E (d-alpha tocopheryl succinate).....	400I.U.
Vitamin K1 (phytonadione)	60mcg
Vitamin C (L-ascorbate, corn-free).....	1,200mg
Vitamin B1 (thiamine mononitrate).....	100mg
Vitamin B2 (riboflavin)	50mg
Niacin.....	50mg
Niacinamide.....	150mg
Pantothenic acid (d-calcium pantothenate).....	400mg
Vitamin B6 (pyridoxine HCl)	50mg
Folic acid	800mcg
Vitamin B12 (on ion exchange resin)	100mcg
Biotin.....	300mcg
Choline (bitartrate).....	150mg
Calcium (citrate, ascorbate)	500mg

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Magnesium (aspartate-ascorbate complex, amino acid chelate**)	500mg
Potassium (aspartate-ascorbate complex)	99mg
Copper (amino acid chelate**)	2mg
Manganese (amino acid chelate**)	20mg
Zinc (amino acid chelate**)	20mg
Iodine (kelp)	150mcg
Chromium (ChromeMate®***)	200mcg
Selenium (amino acid complex)	200mcg
Molybdenum (amino acid chelate**)	150mcg
Vanadyl Sulfate (39 mcg elemental vanadium)	200mcg
Boron (aspartate-citrate)	2mg
Other Nutrients:	
PABA (para-amino benzoic acid)	50mg
Inositol	50mg
Citrus bioflavonoids	100mg

**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® 2: Plus glandular extracts, iron- and copper-free
- Basic Preventive® 3: Plus iron and copper
- Basic Preventive® 4: Iron- and copper-free
- Basic Preventive® 5: Iron-free
- Basic Preventive® 5 Plus Extra Vitamin D: 400 IU

SUGGESTED USE

Three vegetarian capsules three times daily with meals, 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.

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For more information on Basic Preventive® 5 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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Your patients trust you.**