

Manufactured by:
Douglas Laboratories
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 Pittsburgh, PA 15205 USA
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This product contains NO yeast, wheat, gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

Suggested Usage: As a dietary supplement, adults take 6 capsules daily with food or as directed by your healthcare professional.

KEEP OUT OF REACH OF CHILDREN.
 For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

ESB

Essential Basics™

A Dietary Supplement



180 Capsules

Supplement Facts

Serving Size 6 capsules • Servings Per Container 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (from vitamin A acetate/fish oil complex and 50% [5,000 IU] as natural beta-carotene)..... 10,000 IU	200%	Zinc..... 15 mg (as zinc amino acid chelate)	100%
Vitamin C (as calcium ascorbate)..... 750 mg	1,250%	Selenium (as selenium amino acid complex)..... 200 mcg	286%
Vitamin D3 (cholecalciferol)..... 400 IU	100%	Copper (as copper amino acid chelate)..... 2 mg	100%
Vitamin E (as d-alpha tocopheryl succinate)..... 400 IU	1,333%	Manganese (as manganese amino acid chelate)..... 10 mg	500%
Thiamine (as thiamine mononitrate)..... 50 mg	3,333%	Chromium (as chromium polynicotinate)..... 200 mcg	167%
Riboflavin..... 25 mg	1,471%	Molybdenum (as molybdenum amino acid chelate)..... 100 mcg	133%
Niacinamide/Niacin..... 100 mg	500%	Potassium (as potassium aspartate-ascorbate complex)..... 50 mg	1%
Vitamin B6 (as pyridoxine hydrochloride)..... 25 mg	1,250%	Choline (as choline bitartrate)..... 100 mg	*
Folic acid..... 400 mcg	100%	Inositol..... 25 mg	*
Vitamin B12 (as cyanocobalamin)..... 100 mcg	1,667%	Vanadium (as vanadyl sulfate)..... 20 mcg	*
Biotin..... 300 mcg	100%	Boron (as boron aspartate-citrate)..... 2 mg	*
Pantothenic acid (as d-calcium pantothenate)..... 150 mg	1,500%	para-Aminobenzoic acid..... 25 mg	*
Calcium (as calcium citrate and calcium ascorbate)..... 250 mg	25%	Citrus bioflavonoids complex..... 100 mg	*
Iodine (from kelp)..... 150 mcg	100%		
Magnesium (as magnesium amino acid chelate)..... 250 mg	63%		

*Daily Value not established.

Other ingredients: Gelatin (capsule), cellulose, water, magnesium stearate and silica.

Contains Fish (Anchovies and Sardines)