

Manufactured by: Douglas Laboratories  
600 Boyce Road, Pittsburgh, PA 15205  
www.douglaslabs.com 1.800.245.4440

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

**WARNING:** Consult a health professional prior to use if you are taking blood thinners, medications or have a medical condition. Due to the Vitamin A dose, this product is not recommended for women who may become pregnant or of child bearing age.

KEEP OUT OF THE REACH OF CHILDREN.

Store in a cool, dry place.  
Use only if safety seal is intact.

Gluten-free, Non-GMO



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\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

# Basic Preventive<sup>®</sup> 4 (Iron and Copper Free)

Dietary Supplement

Daily Wellness<sup>†</sup>

 **DOUGLAS**  
LABORATORIES<sup>®</sup>

180 Tablets

Formula #201386 V2

## Supplement Facts

Serving Size 6 Tablets  
Servings Per Container 30

	Amount Per Serving	%DV		Amount Per Serving	%DV
Vitamin A	7,500 mcg	833%	Iodine (from kelp)	150 mcg	100%
(as vitamin A acetate and 60% (4,500 mcg) as natural beta carotene)			Magnesium	500 mg	119%
Vitamin C	1,200 mg	1,333%	(as magnesium aspartate-ascorbate/ magnesiumamino acid chelate/ magnesium oxide complex)		
(as calcium ascorbate and magnesium/potassium aspartate-ascorbate/ascorbic acid complex)			Zinc (as zinc amino acid chelate)	20 mg	182%
Vitamin D <sub>3</sub>	2.5 mcg (100 IU)	13%	Selenium	200 mcg	364%
(as cholecalciferol)			(as selenium amino acid complex)		
Vitamin E	268 mg	1,787%	Manganese	20 mg	870%
(as d-alpha tocopheryl succinate)			(as manganese amino acid chelate)		
Vitamin K, (as phytonadione)	60 mcg	50%	Chromium	200 mcg	571%
Thiamine (as thiamine mononitrate)	100 mg	8,333%	(as chromium polynicotinate)		
Riboflavin	50 mg	3,846%	Molybdenum	150 mcg	333%
Niacin (as niacinamide and niacin)	200 mg	1,250%	(as molybdenum amino acid chelate)		
Vitamin B <sub>6</sub>	50 mg	2,941%	Potassium	99 mg	2%
(as pyridoxine hydrochloride)			(as potassium aspartate-ascorbate/ potassium chloride complex)		
Folate (as folic acid)	1,333 mcg DFE (800 mcg folic acid)	333%	Inositol	50 mg	*
Vitamin B <sub>12</sub> (as cyanocobalamin)	100 mcg	4,167%	Vanadium (as vanadyl sulfate)	39 mcg	*
Biotin	300 mcg	1,000%	Boron (as boron aspartate-citrate)	2 mg	*
Pantothenic acid	400 mg	8,000%	Para-Aminobenzoic Acid	50 mg	*
(as d-calcium pantothenate)			Citrus Bioflavonoids Complex	100 mg	*
Choline (as choline bitartrate)	150 mg	27%			
Calcium (as calcium citrate/ascorbate/carbonate complex)	500 mg	38%			

\*Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, croscarmellose sodium, stearic acid, tablet coating (hypromellose, glycerin), silica, and vegetable stearate.