

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 3 tablets daily with food or as directed by your health professional.

Warning: If you are pregnant, nursing, have any health condition or taking any medication, consult your health professional before using this product. Consult a health professional prior to use if you are taking blood thinners.

OptiZinc® is a trademark of Lonza.

KEEP OUT OF THE REACH OF CHILDREN.

Store in a cool, dry place.

Use only if safety seal is intact.



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Gluten-free, Non-GMO

[†]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 refer on stated quantity.

Formula #201387 V4

Basic Preventive® 5 (Iron Free) Multivitamin/Mineral Formula

Dietary Supplement

Daily wellness[†]



180 Tablets

Supplement Facts

Serving Size 3 Tablets
Servings Per Container 60

	Amount Per Serving	%DV		Amount Per Serving	%DV
Vitamin A	3,750 mcg (as 40% vitamin A acetate [1,500 mcg] and 60% [2,250 mcg] as natural beta carotene)	417%	Magnesium	250 mg (as magnesium oxide/amino acid chelate/ascorbate/aspartate complex)	60%
Vitamin C	600 mg (as calcium ascorbate/ascorbic acid/magnesium ascorbate/potassium ascorbate)	667%	Zinc	10 mg (as OptiZinc®, monomethionine)	91%
Vitamin D ₃ [as cholecalciferol]	1.25 mcg (50 IU)	6%	Selenium	100 mcg (as selenium amino acid complex)	182%
Vitamin E	134 mg (as d-alpha tocopheryl succinate)	402%	Copper	1 mg (as copper amino acid chelate)	111%
Vitamin K ₁	30 mcg (as phytonadione)	25%	Manganese	10 mg (as manganese amino acid chelate)	435%
Thiamine	50 mg (as thiamine mononitrate)	4,167%	Chromium	100 mcg (as chromium polynicotinate)	286%
Riboflavin	25 mg	1,923%	Molybdenum	75 mcg (as molybdenum amino acid chelate)	167%
Niacin	100 mg (as niacinamide and niacin)	625%	Potassium	50 mg (as potassium chloride/ascorbate/aspartate complex)	1%
Vitamin B ₆	25 mg (as pyridoxine hydrochloride)	1,471%	Citrus Bioflavonoids Complex	50 mg	*
Folate (as folic acid)	666.5 mcg DFE (400 mcg folic acid)	167%	Inositol	25 mg	*
Vitamin B ₁₂	50 mcg (as cyanocobalamin)	2,083%	Para-Aminobenzoic Acid	25 mg	*
Biotin	150 mcg	500%	Boron	1 mg (as boron aspartate-citrate)	*
Pantothenic acid	200 mg (as d-calcium pantothenate)	4,000%	Vanadium	20 mcg (as vanadyl sulfate)	*
Choline	75 mg (as choline bitartrate)	14%			
Calcium	250 mg (as calcium citrate/ascorbate/carbonate complex)	19%			
Iodine (from kelp)	75 mcg	50%			

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

