

Basic Preventive® 5 Multivitamin/Mineral Formula

DESCRIPTION

Basic Preventive® 5 by Douglas Laboratories provides a comprehensive vitamin/mineral/trace element formula form to support optimal health and wellness.

INDICATIONS

- Support for daily wellness‡

FUNCTIONS

Basic Preventive 5 has been carefully developed to contain adequate amounts of vitamins, minerals, and other beneficial nutrients and enzymes. Each ingredient is selected in consideration of its absorbability, competitive relationship with other nutrients, and safety. The specific nutrients play vital roles and support cellular, heart, cognitive and immune health, among other functions. Vitamin C is a water-soluble antioxidant nutrient. It is essential for connective tissue and bone metabolism, capillary health, and immune function. Vitamin E is recognized as a fat-soluble antioxidant. It provides cell stabilization and supports cell membranes.‡

Calcium and magnesium are included in a 1:1 ratio in bioavailable amino acid chelate and citrate forms to support bone and tissue health. Vitamin D is responsible for the absorption of calcium into the blood, and vitamin K2 supports deposition of blood calcium into bones and teeth. Thus, vitamin K2 is important for the proper distribution and utilization of calcium throughout the body.‡

FORMULA (#BP5C)

Serving Size 4 Vegetarian Capsules

Vitamin A	3,330 mcg
(as 40% [1,330 mcg] vitamin A palmitate and 60% [2,000 mcg] as natural beta carotene)	
Vitamin C	535 mg
(as calcium ascorbate/ascorbic acid/magnesium ascorbate/potassium ascorbate)	
Vitamin D3 (as cholecalciferol).....	1.1 mcg (44 IU)
Vitamin E (as d-alpha tocopheryl succinate)	119 mg
Vitamin K1 (as phytonadione)	27 mcg
Thiamine (as thiamine mononitrate).....	44 mg
Riboflavin	20mg
Niacin (as niacinamide and niacin)	85 mg
Vitamin B ₆ (as pyridoxine HCl)	22 mg
Folate (as folic acid)	592 mcg DFE
	(355 mcg folic acid)
Vitamin B ₁₂ (as cyanocobalamin)	44 mcg
Biotin	133 mcg
Pantothenic acid (as d-calcium pantothenate)	178 mg
Choline (as choline bitartrate)	65 mg
Calcium (as calcium citrate/ascorbate/carbonate complex)	220 mg
Iodine (from kelp)	70 mcg
Magnesium	220 mg
(as magnesium oxide/amino acid chelate/ascorbate/aspartate complex)	
Zinc (as zinc amino acid chelate).....	9 mg
Selenium (as selenium krebs ^{††})	90 mcg
Copper (as copper amino acid chelate)	0.8 mg
Manganese (as manganese amino acid chelate).....	9 mg

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Chromium (as chromium polynicotinate).....	85 mcg
Molybdenum (molybdenum krebs ^{††})	65 mcg
Potassium (as potassium chloride/ascorbate/aspartate complex)	44 mg
Citrus Bioflavonoids Complex	44 mg
Inositol.....	22 mg
Para-Aminobenzoic Acid.....	20 mg
Boron (as boron aspartate-citrate)	0.9 mg
Vanadium (as vanadyl sulfate).....	18 mcg

Other ingredients: Hydroxypropyl methylcellulose (capsule), microcrystalline cellulose, vegetable stearate and silica

^{††}Krebs = Citrate, Fumarate, Malate, Glutarate, and Succinate Complex

Gluten-Free, Non-GMO

SUGGESTED USE

As a dietary supplement, adults take 4 capsules 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.

STORAGE

Store in a cool, dry place. Keep out of reach of children.

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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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