

**Basic Preventive® 4
Without Copper and Iron**

DESCRIPTION

Basic Preventive® 4, provided by Douglas Laboratories®, is a comprehensive, highly concentrated vitamin-mineral-trace element supplement containing more than 30 essential nutritional ingredients. Basic Preventive® 4 contains natural beta-carotene and natural-source 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®4 uses only the purest, most hypoallergenic ingredients and contains no yeast; corn; gluten; sugar or other sweeteners; artificial colors, flavors or preservatives. This formula is iron and copper free.

FUNCTIONS

Studies show that a high percentage of adults 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 of the body's structure as well as the optimum functioning of its various systems.

Basic Preventive® 4 has been carefully developed to contain the right proportions of vitamins, minerals, trace elements, and other nutrients for optimal health. † Each ingredient is selected in consideration of its absorbability, competitive relationship with other nutrients, allergenic potential, and long-term safety. Certain nutrients such as beta-carotene, vitamin C, vitamin E and B-complex vitamins are included to support the vital roles they play in energy production, antioxidant support 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.

INDICATIONS

Basic Preventive® 4 may be a useful dietary supplement for those who wish to consume the essential nutrients for optimal health.

FORMULA (#201386)

6 Tablets Contain:

Vitamin A	25,000 IU
(as Vitamin A Acetate with fish oil and 60% [15,000 IU] as natural beta-carotene)	
Vitamin C	1,200 mg
(as calcium ascorbate and magnesium/potassium aspartate-ascorbate/ascorbic acid complex)	
Vitamin D3	100 IU
Vitamin E	400 IU
(as d-alpha tocopheryl succinate)	
Vitamin K1 (as phytonadione)	60 mcg
Thiamine (as thiamine mononitrate).....	100 mg
Riboflavin	50 mg
Niacin (as niacinamide and niacin)	200 mg
Vitamin B6	50 mg
(as pyridoxine hydrochloride)	
Folic acid	800 mcg
Vitamin B12	100 mcg
(as cyanocobalamin on ion exchange resin)	
Biotin.....	300 mcg
Pantothenic acid	400 mg
(as d-calcium pantothenate)	
Calcium.....	500 mg

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(as calcium citrate /ascorbate/carbonate complex)

Iodine (from kelp)	150 mcg
Magnesium	500 mg
(as magnesium aspartate-ascorbate/amino acid chelate/oxide complex)	
Zinc (as zinc amino acid chelate)	20 mg
Selenium.....	200 mcg
(as selenium amino acid complex)	
Manganese	20 mg
(as manganese amino acid chelate)	
Chromium	200 mcg
(as chromium polynicotinate)	
Molybdenum	150 mcg
(as molybdenum amino acid chelate)	
Potassium.....	99 mg
(as potassium aspartate-ascorbate/chloride complex)	
Choline (as choline bitartrate)	150 mg
Inositol	50 mg
Vanadium (as vanadyl sulfate)	39 mcg
Boron (as boron aspartate-citrate)	2 mg
para-Aminobenzoic acid	50 mg
Citrus bioflavonoid complex	100 mg

Other ingredients: Cellulose, croscarmellose sodium, vegetable stearate, silica, water, titanium dioxide, dextrose, magnesium silicate, calcium carbonate, glycerin and beet root.

SUGGESTED USE

Adults take 6 tablets daily with food, or as directed by your healthcare professional.

SIDE EFFECTS

No adverse side effects have been reported. **WARNING:** This product contains Vitamin K, which interferes with prescription blood-thinning drugs Coumadin and Warfarin. Do not take this product before consulting with your healthcare provider.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

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For more information on Basic Preventive® 4 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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