

Basic Preventive® 5

DESCRIPTION

Basic Preventive® 5, provided by Douglas Laboratories®, is a comprehensive, highly concentrated vitamin-mineral-trace element supplement containing more than 30 essential nutritional ingredients. Basic Preventive® 5 is more than just another multivitamin supplement. It is a potent antioxidant formula with natural beta-carotene (from *D. salina*) and natural 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® 5 uses only the purest, most hypoallergenic ingredients and contains no yeast; corn; wheat; sugar or other sweeteners; artificial colors, flavors or preservatives.

FUNCTIONS

Studies show that a high percentage of adults and children 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. Ultra Preventive® 5 has been carefully developed to contain all the essential vitamins, minerals, and trace elements. Each ingredient is selected in consideration of its absorbability, competitive relationship with other nutrients and allergenic potential. Certain nutrients such as beta-carotene, vitamin C, vitamin D, vitamin E, B-complex vitamins and specific minerals are included in high-potency amounts because of the vital roles they play in antioxidant protection, immune support, energy production 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, such as amino acid chelates and other scientifically validated and clinically superior forms. †

Additional vitamin D3 (also known as cholecalciferol) has been added to this formula as numerous scientists now feel that supplementation with vitamin D is critical to helping maintain overall health. †

INDICATIONS

Basic Preventive® 5 is ideal for individuals with sub-optimal vitamin, mineral and trace element intakes due to sub-optimal diet, age, and life style habits.

FORMULA (#201387)

6 Tablets Contain:

Vitamin A	25,000 IU
(as Vitamin A Acetate with fish oil and 60% [15,000 IU] as natural beta-carotene from <i>D. salina</i>)	
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

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(as d-calcium pantothenate)

Calcium.....500 mg

(as calcium citrate and calcium ascorbate)

Iodine (from kelp) 150 mcg

Magnesium500 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)

Copper.....2 mg

(as copper amino acid chelate)

Manganese20 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

Inositol50 mg

Vanadium (as vanadyl sulfate) 39 mcg

Boron (as boron aspartate-citrate)2 mg

para-Aminobenzoic acid50 mg

Citrus bioflavonoids (lemon) 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.

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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.

Manufactured by
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205
800-245-4440
douglaslabs.com



**You trust Douglas Laboratories.
Your patients trust you.**

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