

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

This product contains NO yeast, gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

**Suggested Usage:** As a dietary supplement, adults take 9 capsules daily with food or as directed by your healthcare professional.

**WARNING:** This product contains Vitamin K, which interferes with the prescription drug Coumadin (Warfarin). If taking this drug, consult a physician prior use.

KEEP OUT OF REACH OF CHILDREN  
 For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

BP5-C



# Basic Preventive 5<sup>®</sup> Iron-free

A Dietary Supplement



270 Vegetarian Capsules

## Supplement Facts

Serving Size 9 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A ..... 25,000 IU	500%	Zinc (as zinc amino acid chelate) ..... 20 mg	133%
(As Vitamin A Palmitate and 60% [15,000 IU] as natural beta carotene)		Selenium..... 200 mcg	286%
Vitamin C..... 1,200 mg	2,000%	(as selenium amino acid complex)	
(as calcium ascorbate and magnesium/potassium aspartate-ascorbate/ascorbic acid complex)		Copper ..... 2 mg	100%
Vitamin D3..... 100 IU	25%	(as copper amino acid chelate)	
Vitamin E ..... 400 IU	1,333%	Manganese..... 20 mg	1,000%
(as d-alpha tocopheryl succinate)		(as manganese amino acid chelate)	
Vitamin K1 (as phytonadione) ..... 60 mcg	75%	Chromium ..... 200 mcg	167%
Thiamine (as thiamine mononitrate) .. 100 mg	6,667%	(as chromium polynicotinate)	
Riboflavin..... 50 mg	2,941%	Molybdenum ..... 150 mcg	200%
Niacin (as niacinamide and niacin)..... 200 mg	1,000%	(as molybdenum amino acid chelate)	
Vitamin B6 ..... 50 mg	2,500%	Potassium..... 99 mg	3%
(as pyridoxine hydrochloride)		(as potassium aspartate-ascorbate/potassium chloride complex)	
Folic acid ..... 800 mcg	200%		
Vitamin B12 ..... 100 mcg	1,667%	Choline (as choline bitartrate) ..... 150 mg	*
(as cyanocobalamin on ion exchange)		Inositol ..... 50 mg	*
Biotin..... 300 mcg	100%	Vanadium (as vanadyl sulfate)..... 39 mcg	*
Pantothenic acid ..... 400 mg	4,000%	Boron (as boron aspartate-citrate) ..... 2 mg	*
(as d-calcium pantothenate)		para-Aminobenzoic acid ..... 50 mg	*
Calcium..... 500 mg	50%	Citrus bioflavonoids complex ..... 100 mg	*
(as calcium citrate/ascorbate/carbonate complex)			
Iodine (from kelp)..... 150 mcg	100%		
Magnesium..... 500 mg	125%		
(as magnesium aspartate-ascorbate complex/magnesium amino acid chelate/magnesium oxide)			

\*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.