

Manufactured in the USA by:
Douglas Laboratories
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Suggested Usage: As a dietary supplement, adults take 6 tablets daily with food or as directed by your healthcare professional.

WARNING: This product contains Vitamin K, which interferes with the prescription drugs Coumadin and Warfarin. Do not take this if taking either of these drugs.

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



Basic Preventive 5[®] Iron-Free

A Dietary Supplement



180 Tablets

Supplement Facts

Serving Size 6 tablets • Servings Per Container 30

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

*Daily Value not established.

Other ingredients: Modified cellulose gum, methylcellulose, silica, cellulose, vegetable stearine, titanium dioxide, magnesium stearate, gum ghatti, natural tangerine flavor, and canthaxanthin (carotene color).