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 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®4 uses only the purest, most hypoallergenic ingredients and contains no yeast; corn; wheat; 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 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 and prevention of chronic diseases.

Basic Preventive®4 has been carefully developed to contain the right proportions of vitamins, minerals, and trace elements without danger of toxic build-up and without side effects. Each ingredient is selected in consideration of its absorbability, competitive relationship with other nutrients, allergenic potential, and long-term safety. Beta-carotene, vitamin C, vitamin E and B-complex vitamins are included in high-potency amounts because of the vital roles they play in antioxidant protection, 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. The unique inert cellulose tablet coating consistently disintegrates rapidly for better nutrient absorption.

INDICATIONS
Basic Preventive 4 is ideal for individuals with sub-optimal vitamin, mineral and trace element intakes due to diet, age, and lifestyle habits.

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 from D. salina)
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 phytomenadione) ....................................................... 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
Basic Preventive® 4  
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(as d-calcium pantothenate)  
Calcium ........................................................................................................... 500 mg  
(as calcium citrate and calcium ascorbate)  
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 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 intereferes 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

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.