

Essential Basics™

DESCRIPTION

Essential Basics™, provided by Douglas Laboratories®, is a comprehensive, highly concentrated vitamin/mineral/trace element supplement containing 28 essential nutritional ingredients. Like Douglas Laboratories' Basic Preventive® supplements, Essential Basics 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 an iron-free, full-spectrum mineral and trace element supplement.

Essential Basics does not contain vitamin K, thus making it a safe choice for individuals on anticoagulant medication who may wish to avoid additional vitamin K intake.

Essential Basics uses only the purest, most hypoallergenic ingredients and contains no yeast; corn; wheat; sugar or other sweeteners; artificial colors, flavors or preservatives. Every batch is expiration dated to guarantee a minimum of 100% of label claim for all ingredients up to the date printed on the label.

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.

Essential Basics 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 Albion® amino acid chelates and other scientifically validated and clinically superior forms.

INDICATIONS

Essential Basics is ideal for individuals with vitamin, mineral and trace element deficiencies due to sub-optimal dietary intake, age and life style habits. For many individuals, Essential Basics is the only daily nutritional supplement and antioxidant formula they need to take.

FORMULA (#ESB)

6 Capsules Contain:

Vitamin A (from fish liver oil and 50% (5,000 I.U.) as natural beta-carotene from D.salina)	
Vitamin C (as calcium ascorbate)	750 mg
Vitamin D3 (from fish liver oil)	400 I.U.
Vitamin E (as d-alpha tocopheryl succinate).....	400 I.U.
Thiamin (thiamin mononitrate)	50 mg
Riboflavin	25 mg
Niacin (as niacinamide and niacin)	100 mg
Vitamin B6 (as pyridoxine HCl)	25 mg
Folic acid	400 mcg
Vitamin B12 (as cyanocobalamin ion exchange resin) .	100 mcg
Biotin	300 mcg
Pantothenic acid (d-calcium	

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pantothenate).....	150 mg
Calcium (as calcium citrate and calcium ascorbate).....	250 mg
Iodine (from kelp).....	150 mcg
Magnesium (amino acid chelate**).....	250 mg
Zinc (amino acid chelate**).....	15 mg
Selenium (amino acid complex).....	200 mcg
Copper (amino acid chelate**).....	2 mg
Manganese (amino acid chelate**).....	10 mg
Chromium (polynicotinate)***.....	200 mcg
Molybdenum (amino acid chelate**).....	100 mcg
Potassium (aspartate-ascorbate).....	50 mg
Other Nutrients:	
Choline (choline bitartrate).....	100 mg
Inositol.....	25 mg
Vanadium (vanadyl sulfate).....	20 mcg
Boron (aspartate-citrate).....	2 mg
para-Aminobenzoic acid.....	25 mg
Citrus bioflavonoids.....	100 mg

*Daily Value not established.

**U.S. Patent Number 4,599,152 Albion Laboratories

***ChromeMate® brand. U.S. Patent Number 4,923,855 InterHealth Co.

SUGGESTED USE

Three capsules twice daily with meals, or as directed by physician.

SIDE EFFECTS

No adverse side effects have been reported.

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 Essential Basics™ visit douglaslabs.com

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

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