

# COMPLETE



**Complete is a balanced, convenient, economical one a day multiple vitamin/mineral supplement for adults.**

**Complete** is vegetarian and gluten free.

**Complete combines 27 nutrients including:**

- Active form of Vitamin B12 (methylcobalamin)
- Active form of Vitamin B6 (pyridoxal-5-phosphate)
- Quatrefolic® ((6S)-5-methylfolate, glucosamine salt)
- Vitamin K2 as Menaquinone-7
- Coenzyme Q10
- Alpha Lipoic Acid
- Lutein, Lycopene and Zeaxanthin

**Complete offers vital nutrients for support of:**

- Bone health by providing adequate dietary intake of all the B Vitamins along with Vitamins D & K2, Boron and Zinc.\*
- Cardiovascular health by providing Coenzyme Q10, Lycopene, Lutein, Zeaxanthin, Vitamins A, C, E, Mixed Carotenoids and a complete B Vitamin complex.\*
- Metabolic functions such as proper blood glucose levels which is supported by Vitamins C, E, B6, B12, Niacin and Biotin as well as Chromium, Alpha Lipoic Acid and Manganese.\*
- Antioxidant support due to Vitamin A, C, E, Mixed Carotenoids, Lutein, Alpha Lipoic Acid, Lycopene and Zeaxanthin.\*
- Lipotropic factors like Choline and Inositol, which support fat metabolism and myelin sheath health.\*

**Supplement Facts**

**Serving Size: 1 Capsule      60 Vegetarian / Gluten Free Capsules**

**Amount Per Serving**

Vitamin A (as 50% Retinyl Acetate, 50% Mixed Carotenoids)	1,050 mcg
Vitamin C (as Ascorbic Acid)	150 mg
Vitamin D3 (as Cholecalciferol)	50 mcg (2,000 IU)
Vitamin E (as d-alpha Tocopheryl Succinate)	20.1 mg
Vitamin K2 (as Menaquinone-7)	50 mcg

**Distributed by**

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Thiamine (as Thiamine HCl)	5 mg
Riboflavin (as Riboflavin 5-Phosphate)	3.5 mg
Niacin (as Niacinamide)	20 mg
Vitamin B6 (as Pyridoxal 5-Phosphate)	5 mg
Folate (as [6S]-5-methyltetrahydrofolic acid from 800 mcg of Quatrefolic® [6S]-5-methyltetrahydrofolic acid, glucosamine salt)	400 mcg DFE
Vitamin B12 (as Methylcobalamin)	500 mcg
Biotin	300 mcg
Pantothenic Acid (as Ca Pantothenate)	10 mg
Choline (as Choline Bitartrate)	25 mg
Iodine (as K Iodide)	150 mcg
Zinc (as Zn Citrate)	25 mg
Selenium (as Selenomethionine)	50 mcg
Manganese (as Mn Citrate)	2 mg
Chromium (as Cr Polynicotinate)	200 mcg
Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	75 mcg
Coenzyme Q10	50 mg
Alpha Lipoic Acid	50 mg
Inositol	25 mg
Lutein	3 mg
Boron (as B Amino Acid Chelate)	1 mg
Lycopene	500 mcg
Zeaxanthin	500 mcg

Other ingredients: hypromellose (capsule), microcrystalline cellulose, vegetarian leucine.

**Warning:** If pregnant or nursing, consult your healthcare practitioner before taking this product.

**Suggested Use:** As a dietary supplement, take one capsule daily with food, or as directed by your healthcare practitioner.

Quatrefolic® is a registered trademark of Gnosis S.p.A.  
U.S. Patent No. 7,947,662



TRAACS® is a registered trademark of Albion Laboratories, Inc. U.S.  
Patent 6,706,904.



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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.