

Specially formulated multi-vitamin with high potency B-vitamins & antioxidants

Recommendation: Take 2 tablets daily.

Warning: Do not use this product if pregnant, nursing, or attempting to become pregnant. If you have diabetes, or are taking any medications, consult a healthcare professional before use. People with diabetes should monitor blood glucose levels regularly.

Keep out of reach of children. Safety sealed with printed inner seal. Do not use if seal is broken or missing.

Contains no sugar, salt, yeast, soy, dairy products, artificial colors, flavors, or preservatives.

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Green Bay, WI 54311 USA

Questions? 1-800-9NATURE / naturesway.com

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**IRON
FREE**

Completia®

Diabetic Complete Multi-Vitamin

*Daily Support
Vitamins & Minerals
with Alpha Lipoic Acid,
Cinnamon & Fenugreek*



60 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 Tablets / Servings per Container 30

Amount per Serving	% DV
Calories	5
Total Carbohydrate.....	1 g.....<1%†
Dietary Fiber	<1 g.....3%†
Vitamin A (50% as Beta.....	3,000 mcg.....333%
Carotene [1500 mcg] and 50% as Retinyl Acetate (1500 mcg)]	
Vitamin C (Ascorbic Acid)	250 mg.....278%
Vitamin D	20 mcg.....100%
(as Cholecalciferol)	
Vitamin E (as D-Alpha	100 mg.....667%
Tocopheryl Succinate)	
Thiamin (Vitamin B1).....	80 mg.....6,667%
Riboflavin (Vitamin B2).....	80 mg.....6,154%
Niacin (as Niacinamide)	40 mg.....250%
Vitamin B6 (as Pyridoxine HCl)	25 mg.....1,471%
Folate	400 mcg DFE...100%
(240 mcg Folic Acid)	
Vitamin B12.....	40 mcg.....1,667%
(as Cyanocobalamin)	
Biotin	30 mcg.....100%
Pantothenic Acid (as Calcium	50 mg.....1,000%
D-Pantothenate)	
Choline (as Choline Bitartrate).....	50 mg.....9%
Iodine (as Potassium Iodine).....	150 mcg.....100%

Amount per Serving	% DV
Magnesium (as Magnesium.....	420 mg....100%
Oxide and Magnesium Citrate)	
Zinc (as Zinc Bisglycinate Chelate)	15 mg....136%
Selenium (as L-Selenomethionine).....	200 mcg...364%
Copper (as Copper	1 mg....111%
Bisglycinate Chelate)	
Manganese (as Manganese	5 mg....217%
Bisglycinate Chelate)	
Molybdenum (as Sodium Molybdate)	50 mcg...111%
Potassium (as Potassium Citrate)	10 mg....<1%

Diabetic Support Blend	300 mg.....**
Cinnamon (<i>Cinnamomum</i> spp.) (bark), Inositol, Fenugreek (seed), and Vanadium	
Antioxidant Activity Support Blend:	295 mg.....**
Taurine, Alpha Lipoic Acid, Quercetin, Rutin (from <i>Sophora japonica</i>) (flower bud) Extract, Betaine HCl, Citrus Bio- flavonoid Complex (from orange, grape- fruit, lemon, lime, tangerine), and L-Carnitine	
Lutein (from Aztec Marigold)	200 mcg.....**

†Percent Daily Values (DV) are based on a 2,000 calorie diet. **Daily Value not established.

Other ingredients: cellulose, stearic acid, hydroxypropyl cellulose, sodium croscarmellose, hypromellose, magnesium stearate, silica, glycerin