

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

**High Potency
Vitamins & Minerals**
*with Alpha Lipoic Acid,
Cinnamon & Fenugreek*



90 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 Tablets / Servings per Container 45

Amount per Serving	% DV
Calories	5
Total Carbohydrate	1 g <1%†
Dietary Fiber	<1 g .3%†
Vitamin A (50% as Beta Carotene [1500 mcg] and 50% as Retinyl Acetate [1500 mcg])	3,000 mcg 333%
Vitamin C (Ascorbic Acid)	250 mg 278%
Vitamin D (as Cholecalciferol)	20 mcg 100%
Vitamin E (as D-Alpha Tocopheryl Succinate)	100 mg 667%
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 (240 mcg Folic Acid)	400 mcg DFE 100%
Vitamin B12 (as Cyanocobalamin)	40 mcg 1,667%
Biotin	30 mcg 100%
Pantothenic Acid (as Calcium D-Pantothenate)	50 mg 1,000%
Choline (as Choline Bitartrate)	50 mg 9%
Iodine (as Potassium Iodine)	150 mcg 100%
Magnesium (as Magnesium Oxide and Magnesium Citrate)	420 mg 100%

Amount per Serving	% DV
Zinc (as Zinc Bisglycinate Chelate)	15 mg 136%
Selenium (as L-Selenomethionine)	200 mcg 364%
Copper (as Copper Bisglycinate Chelate)	1 mg 111%
Manganese (as Manganese Bisglycinate Chelate)	5 mg 217%
Molybdenum (as Sodium Molybdate)	50 mcg 111%
Potassium (as Potassium Citrate)	10 mg <1%
Diabetic Support Blend (Cinnamon (Cinnamomum spp.) (bark), Inositol, Fenugreek (seed), and Vanadium)	300 mg **
Antioxidant Activity Support Blend (Taurine, Alpha Lipoic Acid, Quercetin, Rutin (from Sophora japonica) (flower bud) Extract, Betaine HCl, Citrus Bioflavonoid Complex (from orange, grapefruit, lemon, lime, tangerine), and L-Carnitine)	295 mg **
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	