



Other Ingredients: Microcrystalline cellulose, tablet coating (titanium dioxide, cellulose gum, dextrose, cellulose, talc, caramel, glycerin, natural vanilla flavor), hydroxypropyl cellulose, croscarmellose sodium, silica, and vegetable stearate.

Suggested Usage: As a dietary supplement, adults take one (1) tablet daily with a meal or as directed by your healthcare professional.

This product contains NO gluten, milk/dairy, egg, wheat or soy.
Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

KEEP OUT OF REACH OF CHILDREN. For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper Resistant—DO NOT USE IF IMPRINTED SAFETY SEAL UNDER CAP IS BROKEN OR MISSING.

†This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Manufactured for: Cooper Concepts, Inc.
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Formula #202432-60-2123821
Product of USA



COOPER COMPLETE®

Basic One Iron Free

Physician
Formulated



for Optimal
Health†

Custom Formulation



Multivitamin & Mineral Supplement
60 Tablets | 60 Servings



Supplement Facts

Serving Size 1 tablet • Servings Per Container 60

	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene)	600 mcg	67%
Vitamin C (as ascorbic acid)	150 mg	167%
Vitamin D (as cholecalciferol)	50 mcg (2,000 IU)	250%
Vitamin E (as d-alpha-tocopheryl succinate)	134 mg	893%
Thiamin (as thiamine HCl)	1.5 mg	125%
Riboflavin	2 mg	154%
Niacin (as niacinamide)	20 mg	125%
Vitamin B6 (as pyridoxine HCl)	10 mg	588%
Folate (as Metafolin®, L-5-MTHF)	333 mcg DFE (200 mcg L-5-MTHF)	83%
Vitamin B12 (as cyanocobalamin)	400 mcg	16,667%
Pantothenic Acid (as calcium pantothenate)	10 mg	200%
Magnesium (as magnesium oxide monohydrate)	200 mg	48%
Zinc (as zinc amino acid chelate)	15 mg	136%
Selenium (as selenium amino acid chelate)	100 mcg	182%
Chromium (as chromium amino acid chelate)	100 mcg	286%
Lycopene (10% lycopene)	5 mg	*

*Daily Value not established.