

COOPER COMPLETE®

Basic One With Iron



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)	2,000 IU	40%
Vitamin C (as ascorbic acid)	150 mg	250%
Vitamin D (as cholecalciferol)	2,000 IU	500%
Vitamin E (as d-alpha-tocopheryl succinate)	200 IU	667%
Thiamin (as thiamine HCl)	1.5 mg	100%
Riboflavin	2 mg	118%
Niacin (as niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine HCl)	10 mg	500%
Folic Acid (as [6s]-5-methyltetrahydrofolic acid, glucosamine salt) (Quatrefolic®)	200 mcg	50%
Vitamin B12 (as cyanocobalamin)	400 mcg	6,667%
Pantothenic Acid (as calcium pantothenate)	10 mg	100%
Iron (as carbonyl iron)	18 mg	100%
Magnesium (as magnesium oxide monohydrate)	200 mg	50%
Zinc (as zinc amino acid chelate)	15 mg	100%
Selenium (as selenium amino acid chelate)	100 mcg	143%
Chromium (as chromium amino acid chelate)	100 mcg	83%
Lycopene (10% lycopene)	5 mg	*

*Daily Value not established.

Other Ingredients: Cellulose, cellulose gum, silicon dioxide, magnesium stearate (vegetable source), titanium dioxide, stearic acid (vegetable source), glycerin, natural caramel (color), riboflavin (color), carnauba wax, natural vanilla flavor.

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

This product contains NO gluten, milk/dairy, egg, wheat or soy. Quatrefolic® is a licensed registered trademark of Gnosis USA Inc.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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.

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