

Suggested Usage: As a dietary supplement, adults take one (1) packet daily with a meal or as directed by your health care professional. Each packet contains one (1) multivitamin and mineral supplement and two (2) omega-3 softgels.

This product contains NO gluten, milk/dairy, egg or wheat.

Contains: fish (anchovy, sardine, mackerel), soy

Quatrefolic® is a licensed registered trademark of Gnosis USA Inc.

This fish oil is in the superior triglyceride form for optimal absorption. Oil from wild ocean caught anchovy, sardine and mackerel is molecularly distilled to remove contaminants.

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.

COOPER COMPLETE®

Healthy Body Pack



**Physician
Formulated**



**for People
On the Go†**

**Multivitamin & Mineral Supplement
+ High Potency Omega-3 Fatty Acids**



30 Individually Wrapped Daily Packets | 30 Servings

Manufactured for: Cooper Concepts, Inc.
12330 Preston Road, Dallas, TX 75230
888.393.2221 | coopercomplete.com
Formula #906684 Product of USA



Supplement Facts

Serving Size 1 packet (2 softgels, 1 tablet)
Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories (energy)	25	
Total Fat	2.5 g	3%*
Cholesterol	5 mg	2%*
Protein	<1 mg	
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%
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	**
Omega-3 Fish Oil (Triglyceride Form)	2,400 mg	**
Total Omega-3 Fatty Acids as TG	1,400 mg	**
EPA (Eicosapentaenoic Acid) as TG	720 mg	**
DHA (Docosahexaenoic Acid) as TG	480 mg	**
Additional Omega-3 Fatty Acids as TG	200 mg	**

*Percent Daily Values based on a 2,000 calorie diet **Daily Value not established.

Other Ingredients: Capsule shell (gelatin, glycerin, purified water), natural lemon flavor, proprietary antioxidant blend (consisting of natural tocopherols (soy), rosemary extract and ascorbyl palmitate), 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.