

# Supplement Facts

Serving Size 8 tablets · Servings Per Container 30

|  | Amount Per Serving | % Daily Value |
|--|--------------------|---------------|
| Vitamin A (as beta carotene)   | 3,000 IU           | 60%           |
| Vitamin C (as ascorbic acid)   | 2,000 mg           | 3,333%        |
| Vitamin D (as cholecalciferol)   | 2,000 IU           | 500%          |
| Vitamin E (as d-alpha-tocopheryl succinate)  | 800 IU             | 2,667%        |
| Vitamin K (as phytonadione)  | 25 mcg             | 31%           |
| Thiamine (as thiamine hydrochloride)   | 3 mg               | 200%          |
| Riboflavin   | 10 mg              | 588%          |
| 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%        |
| Biotin (as d-biotin)   | 300 mcg            | 100%          |
| Pantothenic Acid (as calcium pantothenate)   | 10 mg              | 100%          |
| Iron (as carbonyl iron)  | 18 mg              | 18%           |
| Phosphorus (as potassium phosphate)  | 160 mg             | 100%          |
| Iodine (from kelp)   | 150 mcg            | 165%          |
| Magnesium (as magnesium oxide monohydrate)   | 660 mg             | 100%          |
| Zinc (as zinc amino acid chelate)  | 15 mg              | 143%          |
| Selenium (as selenium amino acid chelate)  | 100 mcg            | 100%          |
| Copper (as copper gluconate)   | 2 mg               | 83%           |
| Chromium (as chromium amino acid chelate)  | 100 mcg            | 11%           |
| Potassium (as potassium phosphate)   | 400 mg             |               |
| Coenzyme Q10 (ubiquinone)  | 100 mg             |               |
| Lycopene (10% lycopene)  | 10 mg              |               |
| Lutein (as FloraGLO®) (marigold flowers)   | 6 mg               |               |
| Zeaxanthin (as OPTISHARP® Natural [Zeaxanthin])                                    | 0.4 mg             |               |

\*Daily Value not established.

Cooper Complete®  
Nutritional Supplements

Physician Formulated

Elite Athlete

Multivitamin and Mineral Supplement

240 Tablets | 30 Servings