

Specially formulated multi-vitamin with high potency B-vitamins & antioxidants†*

Recommendation: Take 2 tablets daily.

Warning: Do not use this product if you are pregnant, nursing, or attempting to become pregnant. If you have diabetes, or are taking any medications, consult a healthcare professional before use. Individuals 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 yeast-derived ingredients, dairy products, artificial colors, flavors, or preservatives.

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Green Bay, WI 54311 USA

Questions? 1-800-9NATURE / naturesway.com

†Antioxidants A, C, E, and Selenium.

◆ LG14923.D02 BLK8069D



*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



**IRON
FREE**

Completia®

Diabetic Complete Multi-Vitamin

*Daily Support
Vitamins & Minerals
with Alpha Lipoic Acid,
Cinnamon & Fenugreek*



60 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 Tablets / Servings per Container 30

Amount per Serving	% DV
Calories	5
Total Carbohydrate	1 g.....<1%†
Vitamin A (as 50% Beta.....	3,000 mcg.....333%
Carotene [1,500 mcg] and 50% as Retinyl Acetate [1,500 mcg])	
Vitamin C (Ascorbic Acid)	250 mg.....278%
Vitamin D3.....	20 mcg.....100%
(as Cholecalciferol)	
Vitamin E (as D-Alpha	100 mg.....667%
Tocopheryl Succinate)	
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	400 mcg DFE...100%
(240 mcg Folic Acid)	
Vitamin B12.....	40 mcg.....1,667%
(as Cyanocobalamin)	
Biotin.....	30 mcg.....100%
Pantothenic Acid (as Calcium	50 mg.....1,000%
D-Pantothenate)	
Choline (as Choline Bitartrate).....	50 mg.....9%
Iodine (as Potassium Iodide).....	150 mcg.....100%

Amount per Serving	% DV
Magnesium (as Magnesium	420 mg....100%
Oxide and Magnesium Citrate)	
Zinc (as Zinc Bisglycinate Chelate).....	15 mg....136%
Selenium (as L-Selenomethionine).....	200 mcg...364%
Copper (as Copper	1 mg....111%
Bisglycinate Chelate)	
Manganese (as Manganese	5 mg....217%
Bisglycinate Chelate)	
Molybdenum (as Sodium Molybdate)	50 mcg...111%
Potassium (as Potassium Citrate).....	10 mg....<1%
Diabetic Support Blend	300 mg.....**
Cinnamon (<i>Cinnamomum</i> spp.) (bark), Inositol, Fenugreek (seed), and Vanadium	
Antioxidant Activity Support Blend.....	295 mg.....**
Taurine, Alpha Lipoic Acid, Quercetin, Betaine HCl, Citrus Bioflavonoid Complex (from orange, grapefruit, lemon, lime, tangerine), Rutin (from <i>Sophora japonica</i>) (flower bud) Extract, L-Carnitine	
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	