



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

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

Gluten-free, Non-GMO.

Metabolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

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.

Manufactured for: Cooper Concepts, Inc.
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Formula #202480-60-2123821 V0719
Product of USA



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).....	600 mcg	67%
Vitamin C (as ascorbic acid)	150 mg	167%
Vitamin D3 (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 Metabolin®, L-5-MTHF).....	333 mcg DFE.....	83%
	(200 mcg L-5-MTHF)	
Vitamin B12 (as methylcobalamin).....	400 mcg..	16,667%
Pantothenic Acid (as calcium pantothenate).....	10 mg.....	200%
Iron (as Ferronyl® iron)	18 mg.....	100%
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.