



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.

Metafolin® 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.

<sup>†</sup>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.  
12330 Preston Road, Dallas, TX 75230  
888.393.2221 | [coopercomplete.com](http://coopercomplete.com)  
Formula #202480-60-2123821 V0719  
Product of USA



# COOPER COMPLETE®

## Basic One With Iron

Physician  
Formulated



for Optimal  
Health<sup>†</sup>

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 Metafolin®, 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	*

<sup>\*</sup>Daily Value not established.