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Formula  
#201164/  
#2123821

**Suggested Usage:** As a dietary supplement, premenopausal women 18 or older take 1 tablet daily with a meal, or as directed by your healthcare professional.

This product contains NO yeast, wheat gluten, soy protein, milk/dairy, corn, starch, artificial coloring, preservatives or flavoring.

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 package, do not use if outer seal is missing.

*"Proper nutrition, exercise, and supplementation are key components of 21st Century medicine."*

*Kenneth H. Cooper M.D.*

Kenneth H. Cooper, M.D., M.P.H.  
"Father of aerobics and founder of the Cooper Clinic, Dallas, Texas."  
Manufactured for: Cooper Concepts, Inc.  
12200 Preston Road, Dallas, TX 75230  
CooperComplete.com 888-393-2221



# COOPER COMPLETE®

Physician Formulated

## Basic One With Iron

Easy Swallow Tablets

Multivitamin &  
Mineral Supplement

60 Tablets / 2 Month Supply

## Supplement Facts

Serving Size 1 tablet • Servings Per Container 60

| Amount Per Serving                                | %DV            |
|---------------------------------------------------|----------------|
| Vitamin A (as natural beta carotene) .....        | 2,000 IU 40%   |
| Vitamin C (ascorbic acid).....                    | 150 mg 250%    |
| Vitamin D-3 (cholecalciferol).....                | 2,000 IU 500%  |
| Vitamin E (as d-alpha tocopheryl succinate) ..... | 200 IU 667%    |
| Thiamine (Vitamin B1 as HCl) .....                | 1.5 mg 100%    |
| Riboflavin (Vitamin B2) .....                     | 2 mg 118%      |
| Niacinamide (Niacinamide/Vitamin B3) .....        | 20 mg 100%     |
| Vitamin B-6 (pyridoxine hydrochloride).....       | 10 mg 500%     |
| Folate (as L-methylfolate, Metafolin®) .....      | 200 mcg 50%    |
| Vitamin B-12 (Cyanocobalamin) .....               | 400 mcg 6,667% |
| Pantothenic Acid (as calcium pantothenate) .....  | 10 mg 100%     |
| Iron (as carbonyl iron).....                      | 18 mg 100%     |
| Magnesium (as magnesium oxide).....               | 200 mg 50%     |
| Zinc (as zinc chelate) .....                      | 15 mg 100%     |
| Selenium (as selenium chelate) .....              | 100 mcg 143%   |
| Chromium (as chromium amino acid chelate) ..      | 100 mcg 83%    |
| Lycopene .....                                    | 5 mg *         |

\*Dietary Value Not Established.

Other Ingredients: Cellulose, croscarmellose sodium, silica, water, magnesium silicate, titanium dioxide, glycerin, caramel, dextrose and natural vanilla flavor.