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Formula
#201165 /
#2123821

Suggested Usage: As a dietary supplement, adult men and postmenopausal women 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.

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 MD

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 Iron Free

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%
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, vegetable stearate, silica, water, magnesium silicate, titanium dioxide, glycerin, caramel, dextrose and natural vanilla flavor.