

Suggested for marathon runners or people who exercise more than five hours per week at 80% maximal heart rate or higher (as defined: $(205 - 1/2 \text{ age}) \times 0.8$), or as recommended by your healthcare professional.

Suggested Usage: As a dietary supplement, adults take 4 tablets twice daily with meals or as directed by your healthcare professional.

Easy to swallow with natural vanilla flavored coating.

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



FloraGLO® Lutein is a Trademark of Kemin Industries, Inc., U.S.A.

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. This product contains Vitamin K, which interferes with the prescription drugs Coumadin and Warfarin. Do not take this if taking either of these drugs.

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.
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COOPER COMPLETE®

Physician Formulated

Elite Athlete

Easy Swallow Tablets

A Multivitamin and Mineral
Supplement Including
the Complete Antioxidant Group

240 Tablets / 30 Servings

Supplement Facts

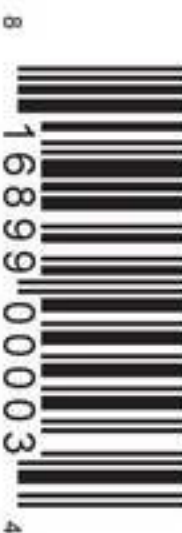
Serving Size 8 tablets (4 tablets twice daily with meals)

Servings Per Container 30

Amount Per Serving	%DV
Vitamin A (as natural beta carotene with mixed carotenoids).....	3,000 IU 60%
Vitamin C (ascorbic acid).....	2,000 mg 3,333%
Vitamin D-3 (cholecalciferol).....	2,000 IU 500%
Vitamin E (as d-alpha tocopheryl succinate).....	800 IU 2,667%
Vitamin K (phytonadione).....	25 mcg 31%
Thiamine (Vitamin B1 as HCl).....	3 mg 200%
Riboflavin (Vitamin B2).....	10 mg 588%
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 (Cobalamin).....	400 mcg 6,667%
Biotin (d-biotin).....	300 mcg 100%
Pantothenic Acid (as calcium pantothenate).....	10 mg 100%
Iron (as carbonyl iron).....	18 mg 100%
Phosphorus (as potassium phosphate).....	160 mg 16%
Iodine (as potassium iodide).....	150 mcg 100%
Magnesium (as magnesium chelate).....	400 mg 100%
Zinc (as zinc chelate).....	15 mg 100%
Selenium (as selenium chelate).....	200 mcg 286%
Copper (as copper gluconate).....	2 mg 100%
Chromium (as chromium amino acid chelate).....	100 mcg 83%
Potassium (as potassium phosphate).....	400 mg 10%
Choline (from choline bitartrate).....	500 mg *
Coenzyme Q10 (ubiquinone).....	50 mg *
Lycopene.....	10 mg *
Lutein (as Flora-GLO® Lutein).....	6 mg *
Zeaxanthin.....	0.4 mg *

*Dietary Value not Established.

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



Formula
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#2123821