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, 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: This product contains Vitamin K, which interferes with the prescription drugs Coumadin and Wartarin. 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.

Manufactured for: Cooper Concepts, Inc.
A Cooper Aerobics Company
12200 Preston Road, Dallas, TX 75230
888.393.2221 | coopercomplete.com

Formula #201168 / #2123821

Cooper Complete®
Nutritional Supplements

Physician Formulated

Original
Iron Free

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)	500 mg	833%
Vitamin D-3 (cholecalciferol)	2,000 IU	500%
Vitamin E (as d-alpha tocopheryl succinate)	200 IU	667%
Vitamin K (as 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 (Cyanocobalamin)	400 mcg	6,667%
Biotin (d-biotin)	300 mcg	100%
Pantothenic Acid (as calcium pantothenate)	10 mg	100%
Phosphorus (as potassium phosphate)	160 mg	16%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium cholate)	400 mg	100%
Zinc (as zinc cholate)	15 mg	100%
Selenium (as selenium cholate)	100 mcg	143%
Copper (as copper gluconate)	2 mg	100%
Chromium (as chromium amino acid cholate)	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 FloraGLO® Lutein)	6 mg	*
Zeaxanthin	0.4 mg	*

*Daily Value Not Established.

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