

8
1689900006
6

Suggested Usage: Teens take one 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.

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.

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
Formula #201166 / #2123821



COOPER COMPLETE®

Physician Formulated

Young Adult

For Ages 13-17

Easy Swallow Tablets

A Multivitamin and
Mineral Supplement
Including the Complete
Antioxidant Group

60 Tablets / 60 Servings

Supplement Facts

Serving Size 1 tablet
Servings Per Container 60

Amount Per Serving	%DV
Vitamin A (as natural beta carotene and other mixed carotenoids).....	3,500 IU 70%
Vitamin C (ascorbic acid).....	100 mg 167%
Vitamin D.....	1,000 IU 250%
Vitamin E (as d-alpha tocopheryl succinate).....	100 IU 333%
Thiamine (vitamin B-1).....	1.5 mg 100%
Riboflavin (vitamin B-2).....	1.7 mg 100%
Vitamin B-6 (pyridoxine HCl).....	10 mg 500%
Folate (as L-methylfolate, Metafolin®).....	200 mcg 50%
Vitamin B12 (cyanocobalamin).....	200 mcg 3,333%
Biotin.....	40 mcg 13%
Pantothenic acid (d-calcium pantothenate).....	10 mg 100%
Calcium (carbonate and dicalcium phosphate)....	200 mg 20%
Iron (iron carbonyl).....	18 mg 100%
Magnesium (magnesium chelate).....	20 mg 5%
Zinc (zinc chelate).....	4 mg 27%
Copper (copper chelate).....	0.5 mg 25%

*Daily value not established.

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