

Report any adverse reactions to 860.623.6314

Notice: Color, size or shape may appear different between lots.

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designs for health®



# DFH Complete Multi™

with Copper



**Dietary Supplement**  
For Professional Use Only

**180 Vegetarian Capsules**

Recommended Use: As a dietary supplement, take six capsules daily, two with each meal, or as directed by your healthcare practitioner.

## Supplement Facts

Serving Size 6 capsules  
Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value							
Vitamin A (as Mixed Carotenoids from Palm Tree Fruit)	7142 IU	143%	Magnesium (TRAACS® Magnesium Glycinate Chelate Buffered)	200 mg	50%					
Alpha Carotene	24 mg		Zinc (TRAACS® Zinc Glycinate Chelate)	25 mg	167%					
Beta Carotene	70 mg		Selenium (as Selenium Glycinate Complex)	250 mcg	357%					
Vitamin C (as Ascorbic Acid)	600 mg	1000%	Copper (as TRAACS® Copper Glycinate Chelate)	2 mg	100%					
Vitamin D (as Cholecalciferol)	1000 IU	250%	Manganese (as TRAACS® Manganese Glycinate Chelate)	1 mg	50%					
Vitamin E (Total Natural Tocopherols) as d-gamma	300 mg 205 mg	*	Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)	200 mcg	167%					
as d-delta	60 mg	*	Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	100 mcg	133%					
as d-alpha	25 mg/37.5 IU	125%	Potassium (as Potassium Glycinate Complex)	100 mg	3%					
as d-beta	10 mg	*	Trimethylglycine	200 mg	*					
Vitamin K (as Vitamin K1-Phytonadione 500 mcg; Vitamin K2-Menaquinone-7 50 mcg)	550 mcg	688%	Choline (as Citrate)	100 mg	*					
Thiamin (Vitamin B-1)(as Thiamine HCL)	75 mg	5000%	Inositol	100 mg	*					
Riboflavin (Vitamin B-2)	75 mg	4412%	Quercetin DiHydrate	25 mg	*					
Niacin (Vitamin B-3)(as Niacinamide)	75 mg	375%	Rutin	25 mg	*					
Vitamin B-6 (as Pyridoxine HCL)	50 mg	2500%	Alpha Lipoic Acid	10 mg	*					
Folate (NatureFolate™ blend)	400 mcg	100%	Hesperidin	10 mg	*					
Vitamin B-12 (as Methylcobalamin)	500 mcg	8333%	Boron (as Bororganic Glycine)	2 mg	*					
Biotin (as d-Biotin)	500 mcg	167%	Vanadium (as TRAACS® Vanadium Nicotinate Glycinate Chelate)	100 mcg	*					
Pantothenic Acid (as d-Calcium Pantothenate)	250 mg	2500%	Calcium (TRAACS® Calcium Glycinate Chelate)	100 mg	10%	 * Daily Value not established.	Iodine (as Potassium Iodide)	200 mcg	133%	
Calcium (TRAACS® Calcium Glycinate Chelate)	100 mg	10%	 * Daily Value not established.							
Iodine (as Potassium Iodide)	200 mcg	133%								

Other Ingredients: Vegetable stearate, microcrystalline cellulose, silicon dioxide.

Warning: Consult your health care practitioner before using this product if you are taking Coumadin, warfarin or other anticoagulant medications.

Formulated and distributed by: Designs for Health, Inc.  
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STORE IN A COOL, DRY PLACE.