

Report any adverse reactions to 860.623.6314

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

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CCM180

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)	300 mg *	Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)	200 mcg 167%
as d-gamma	205 mg *	Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	100 mcg 133%
as d-delta	60 mg *	Potassium (as Potassium Glycinate Complex)	100 mg 3%
as d-alpha	25 mg/37.5 IU 125%	Trimethylglycine	200 mg *
as d-beta	10 mg *	Choline (as Citrate)	100 mg *
Vitamin K (as Vitamin K1-Phytonadione 500 mcg; Vitamin K2-Menaquinone-7 50 mcg)	550 mcg 688%	Inositol	100 mg *
Thiamin (Vitamin B-1)(as Thiamine HCL)	75 mg 5000%	Quercetin Dihydrate	25 mg *
Riboflavin (Vitamin B-2)	75 mg 4412%	Rutin	25 mg *
Niacin (Vitamin B-3)(as Niacinamide)	75 mg 375%	Alpha Lipoic Acid	10 mg *
Vitamin B-6 (as Pyridoxine HCL)	50 mg 2500%	Hesperidin	10 mg *
Folate (NatureFolate™ blend)	400 mcg 100%	Boron (as Bororganic Glycine)	2 mg *
Vitamin B-12 (as Methylcobalamin)	500 mcg 8333%	Vanadium (as TRAACS® Vanadium Nicotinate Glycinate Chelate)	100 mcg *
Biotin (as d-Biotin)	500 mcg 167%		
Pantothenic Acid (as d-Calcium Pantothenate)	250 mg 2500%		
Calcium (TRAACS® Calcium Glycinate Chelate)	100 mg 10%		
Iodine (as Potassium Iodide)	200 mcg 133%		

* Daily Value not established.

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.