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Other Ingredients: Capsule shell (gelatin, glycerin, purified water), microcrystalline cellulose, tablet coating (titanium dioxide, cellulose gum, dextrose, cellulose, talc, caramel, glycerin, natural vanilla flavor), hydroxypropyl cellulose, natural lemon flavor, croscarmellose sodium, silica, vegetable stearate, and a proprietary antioxidant blend (consisting of natural tocopherols (soy), rosemary extract, and ascorbyl palmitate).

Contains: Fish (anchovy, sardine, mackerel), and Soy.

Suggested Usage: As a dietary supplement, adults take one (1) packet daily with a meal or as directed by your health care professional. Each packet contains one (1) multivitamin and mineral supplement and two (2) omega-3 softgels.

This fish oil is in the superior triglyceride form for optimal absorption. Oil from wild ocean caught anchovy, sardine and mackerel is molecularly distilled to remove contaminants.

Gluten-free, Non GMO.

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 - DO NOT USE IF IMPRINTED SAFETY SEAL UNDER CAP IS BROKEN OR MISSING.

†This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Manufactured for: Cooper Concepts, Inc.
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888.393.2221 | coopercomplete.com
Formula #66883-30-2123821 V0719
Product of USA



COOPER COMPLETE®

Healthy Body Pack



Physician
Formulated



for People
On the Go†

Multivitamin & Mineral Supplement
+ High Potency Omega-3 Fatty Acids



30 Individually Wrapped Daily Packets
30 Servings

Supplement Facts

Serving Size 1 Packet (2 softgels, 1 tablet)
Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories (energy)	25	
Total Fat	2.5 g	3%**
Cholesterol	5 mg	2%
Protein	<1 g	<2%**
Vitamin A (as beta carotene)	600 mcg	67%
Vitamin C (as ascorbic acid)	150 mg	167%
Vitamin D3 (as cholecalciferol)	50 mcg (2,000 IU)	250%
Vitamin E (as d-alpha tocopheryl succinate)	134 mg	893%
Thiamine (as thiamine HCl)	1.5 mg	125%
Riboflavin	2 mg	154%
Niacin (as niacinamide)	20 mg	125%
Vitamin B6 (as pyridoxine HCl)	10 mg	588%
Folate (as Metafolin®, L-5-MTHF)	333 mcg DFE (200 mcg L-5-MTHF)	83%
Vitamin B12 (as methylcobalamin)	400 mcg	16,667%
Pantothenic Acid (as calcium pantothenate)	10 mg	200%
Magnesium (as magnesium oxide monohydrate)	200 mg	48%
Zinc (as zinc amino acid chelate)	15 mg	136%
Selenium (as selenium amino acid chelate)	100 mcg	182%
Chromium (as chromium amino acid chelate)	100 mcg	286%
Total Omega-3 Fatty Acids as TG	1,400 mg	*
EPA (Eicosapentaenoic Acid) as TG	720 mg	*
DHA (Docosahexaenoic Acid) as TG	480 mg	*
Additional Omega-3 Fatty Acids as TG	200 mg	*
Lycopene (10% lycopene)	5 mg	*

**Percent Daily Values are based on a 2,000 calorie diet

* Daily Value not established