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Other Ingredients: Microcrystalline cellulose, hydroxypropyl cellulose, croscarmellose sodium, vegetable stearate, stearic acid, silica, carnauba wax and tablet coating (hypromellose, glycerin, natural vanilla flavor).

Suggested Usage: As a dietary supplement, adults take eight (8) tablets daily (four (4) twice daily with meals) or as directed by your health care professional.

Gluten-free, Non-GMO



FloraGLO® is a registered trademark of Kemin Industries, Inc.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.
OPTISHARP® Natural is a trademark of DSM.

Warning: This product contains Vitamin K, which interferes with the prescription drugs Coumadin and Warfarin. 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 - 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.
12330 Preston Road, Dallas, TX 75230
888.393.2221 | coopercomplete.com
Formula #202567-240-2123821 V0819
Product of USA



COOPER COMPLETE®

Original
Iron Free



Physician
Formulated



for Whole
Body Health†

Custom Formulation



Multivitamin & Mineral Supplement
240 Tablets | 30 Servings

Supplement Facts

Serving Size 8 tablets • Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene)	900 mcg	100%
Vitamin C (as ascorbic acid)	500 mg	556%
Vitamin D (as cholecalciferol)	50 mcg (2,000 IU)	250%
Vitamin E (as d-alpha-tocopheryl succinate)	134 mg	893%
Vitamin K (as phytonadione)	25 mcg	21%
Thiamin (as thiamine HCl)	3 mg	250%
Riboflavin	10 mg	769%
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%
Biotin (as d-biotin)	300 mcg	1,000%
Pantothenic Acid (as calcium pantothenate)	10 mg	200%
Iodine (from kelp)	150 mcg	100%
Magnesium (as magnesium oxide monohydrate)	660 mg	157%
Zinc (as zinc amino acid chelate)	15 mg	136%
Selenium (as selenium amino acid chelate)	100 mcg	182%
Copper (as copper gluconate)	2 mg	222%
Chromium (as chromium amino acid chelate)	100 mcg	286%
Potassium (as potassium chloride)	400 mg	9%
Coenzyme Q10 (ubiquinone)	100 mg	*
Lycopene (10% lycopene)	10 mg	*
Lutein (as FloraGLO®)	6 mg	*
Zeaxanthin (as OPTISHARP® Natural [Zeaxanthin])	0.4 mg	*

*Daily Value not established.