



COMPLETE ONE™

TIMED RELEASE

180 Coated
Caplets

MULTIVITAMIN,
MINERAL SUPPLEMENT

TO REORDER ITEM # 3664

Supplement Facts

Serving Size 1 Caplet

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin A (as Retinyl Acetate and Beta-Carotene)	1,500 mcg 167%	Iodine (as Potassium Iodide)	150 mcg 100%
Vitamin C (as Ascorbic Acid)	120 mg 133%	Magnesium (as Magnesium Oxide)	50 mg 12%
Vitamin D (as D3 Cholecalciferol)	50 mcg (2,000 IU) 250%	Zinc (as Zinc Sulfate)	15 mg 136%
Vitamin E (as d-Alpha Tocopheryl Acetate)	20.1 mg 134%	Selenium (as Sodium Selenate)	200 mcg 364%
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	10 mg 833%	Copper (as Cupric Sulfate)	2 mg 222%
Riboflavin (Vitamin B-2)	10 mg 769%	Manganese (as Manganese Sulfate)	2 mg 87%
Niacin (as Niacinamide)	25 mg 156%	Chromium (as Chromium Picolinate)	200 mcg 571%
Vitamin B-6 (as Pyridoxine Hydrochloride)	10 mg 568%	Molybdenum (as Sodium Molybdate)	15 mcg 33%
Folate (400 mcg folic acid)	666 mcg DFE 167%	Potassium (as Potassium Chloride)	1 mg <1%
Vitamin B-12 (as Cyanocobalamin)	250 mcg 10,417%	Inositol	10 mg *
Biotin (as d-Biotin)	300 mcg 1,000%	Choline Bitartrate	10 mg *
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 200%		
Calcium (as Calcium Carbonate)	50 mg 4%		
Iron (as Ferrous Fumarate)	18 mg 100%		

*Daily Value not established

Other Ingredients: Vegetable Cellulose. Contains <2% of: Brewer's Yeast, Citrus Bioflavonoids, Gelatin, Kelp, Natural Palm Leaf Glaze, Rose Hips, Rutin, Silica, Titanium Dioxide Color, Vegetable Magnesium Stearate, Vegetable Stearic Acid. Contains wheat ingredients. In a base of Citrus Bioflavonoids, Rutin, Rose Hips, Brewer's Yeast and Kelp.

DIRECTIONS: For adults, take one (1) caplet daily, preferably with a meal.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Avoid this product if you are allergic to yeast. Discontinue use and consult your doctor if any adverse reactions occur. Store at room temperature. Do not use if seal under cap is broken or missing.

No Artificial Flavor, No Preservatives, No Sugar, No Milk, No Lactose.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

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www.puritan.com

1-800-645-1030

Carefully Manufactured by
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