

CASEIN & GLUTEN FREE

KIRKMAN[®]**Spectrum
Complete[™] II**

300 Capsules

HYPOALLERGENIC

Dietary Supplement

SUGGESTED USE: 4 capsules daily or as directed by a physician.

Supplement FactsServing Size: 4 capsules
Servings Per Container: 75

Each Serving Contains	Amount per Serving	% Daily Value
Vitamin A (Natural Mixed Carotenoids)	250 IU	5 %
Vitamin A (Acetate)	1750 IU	35 %
Vitamin C (Ascorbic Acid and Mineral Ascorbate)	300 mg	500 %
Vitamin D-3	400 IU	100 %
Vitamin E (d-Alpha Tocopheryl Acetate)	30 IU	100 %
Vitamin B-1 (Thiamine Hydrochloride)	5 mg	333 %
Vitamin B-2 (As Riboflavin Phosphate coenzyme)	7 mg	411 %
Niacinamide	20 mg	100 %
Vitamin B-6 (Pyridoxine HCl)	5 mg	250 %
Folic Acid	135 mcg	33 %
Vitamin B-12	170 mcg	2833 %
Biotin	100 mcg	33 %
Pantothenic Acid (d-Calcium Pantothenate)	10 mg	100 %
Iodine (Potassium Iodide)	150 mcg	100 %
Calcium (Bis-Glycinate and Carbonate Complex)	280 mg	28 %
Magnesium (Citrate and Ascorbate)	200 mg	50 %
Zinc (Sulfate)	20 mg	133 %
Selenium (Amino Acid Chelate)	70 mcg	100 %
Manganese (Sulfate)	2 mg	100 %
Chromium (Chelate)	50 mcg	41 %
Molybdenum (Amino Acid Chelate)	100 mcg	133 %
Pyridoxal-5-Phosphate (B-6 Coenzyme)	5 mg	•
DMAE (Dimethylaminoethyl Bitartrate)	50 mg	•
Choline Citrate	25 mg	•
Inositol	25 mg	•
L-Taurine	100 mg	•
Glycine	75 mg	•
Coenzyme Q10	25 mg	•
Grape Seed Extract	10 mg	•
Beta Glucan (1,3/1,6)	20 mg	•
Alpha-Ketoglutaric Acid	300 mg	•

* Daily Values Not Established.

INGREDIENTS: Magnesium Citrate, Calcium Carbonate, Calcium Chelate, Alpha Ketoglutaric Acid, Ascorbic Acid, L-Taurine, Zinc Sulfate, Glycine, Vitamin E Acetate (dl), Cyanocobalamin, DMAE, Silicon Dioxide, Choline Citrate, Inositol, CoQ10, Niacinamide, Beta Glucan, Riboflavin Phosphate, Grape Seed Extract, Natural Mixed Carotenoids, Mannitol, Magnesium Ascorbate, d-Calcium Pantothenate, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Di-Calcium Phosphate, Biotin, Pyridoxal-5-Phosphate, Potassium Ascorbate, Vitamin A Acetate, Manganese Sulfate, Molybdenum Chelate, Selenium Chelate, Chromium Chelate, Vitamin D-3, Folic Acid, Potassium Iodide, Plant Cellulose, Capsules.

FREE OF: Casein, gluten, soy, wheat, milk, artificial colorings, artificial flavorings, yeast, gelatin, fish, peanuts or tree nuts.

IMPORTANT:
STORE IN A COOL DRY PLACE AND TIGHTLY CAPPED.

KEEP OUT OF THE REACH OF CHILDREN.

Manufactured exclusively by:

KIRKMAN[®]

Lake Oswego, OR 97035

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Lot #. 0462-0003

Best Used by: June 2013