

CASEIN &amp; GLUTEN FREE

Dietary Supplement

**KIRKMAN®****Spectrum  
Complete™ II  
Powder  
Flavored**

454 gm/16 oz

**SUGGESTED USE:** Dissolve one level teaspoon (5 grams) in a beverage of your choice. Powder mixes easily in liquids.**Supplement Facts**Serving Size: 1 level teaspoon (5 gms)  
Servings Per Container: 90

| Each Serving Contains                            | Amount per %Daily<br>Serving Value |
|--------------------------------------------------|------------------------------------|
| Vitamin A (Natural Mixed Carotenoids)            | 250 IU 5 %                         |
| Vitamin A (Acetate)                              | 1750 IU 35 %                       |
| Vitamin C (Ascorbic Acid and Mineral Ascorbates) | 300 mg 500 %                       |
| Vitamin D-3                                      | 400 IU 100 %                       |
| Vitamin E (dl-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 (Dimethylaminoethanol Bitartrate)           | 50 mg •                            |
| Choline Citrate                                  | 25 mg •                            |
| Inositol                                         | 25 mg •                            |
| L-Taurine                                        | 100 mg •                           |
| Glycine                                          | 75 mg •                            |
| Coenzyme Q10                                     | 25 mg •                            |
| Grapeseed Extract                                | 10 mg •                            |
| Beta Glucan (1,3/1,6)                            | 20 mg •                            |
| Alpha-Ketoglutaric Acid                          | 300 mg •                           |

• Daily Values Not Established.

**INGREDIENTS:** Magnesium Citrate, Xylitol, Calcium Carbonate, Citric Acid, Calcium Chelate, Alpha Ketoglutaric Acid, Ascorbic Acid, L-Taurine, Zinc Sulfate, Glycine, Vitamin E Acetate (dl), Natural Pina Colada Flavor, DMAE, Cyanocobalamin, CoQ10, Choline Citrate, Inositol, Stevia Leaf Extract, Niacinamide, Beta Glucan, Riboflavin Phosphate, Grapeseed Extract, Natural Mixed Carotenoids, Mannitol, Magnesium Ascorbate, d-Calcium Pantothenate, Thiamine Hydrochloride, Di-Calcium Phosphate, Pyridoxine Hydrochloride, Biotin, Pyridoxal-5-Phosphate, Potassium Ascorbate, Vitamin A Acetate, Manganese Sulfate, Molybdenum Chelate, Selenium Chelate, Chromium Chelate, Vitamin D-3, Folic Acid, Potassium Iodide. CONTAINS COCONUT

**DOES NOT CONTAIN:**  
Casein, gluten, soy, milk, wheat,  
artificial colorings, artificial flavorings,  
gelatin, yeast, fish, tree nuts or  
peanuts.

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

KEEP OUT OF THE REACH OF  
CHILDREN.

Manufactured exclusively by:

**KIRKMAN®**

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Best Used by: April 2013

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