

CASEIN & GLUTEN FREE

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

454 gm/16 oz

HYPOALLERGENIC

Dietary Supplement

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 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), Cyanocobalamin, DMAE, Choline Citrate, CoQ10, Inositol, 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.

FREE OF: Casein, gluten, soy, wheat, milk, artificial colorings, artificial flavorings, 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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Best Used by: March 2013

0461-454 • Lot # 0461-0001



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