

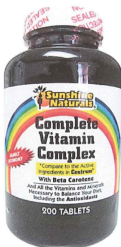
Complete Vitamin Complex [200 Tablets]

All the Vitamins and minerals Necessary
(Compare to Centrum).*

All the Vitamins and Minerals Necessary to
Balance Your Diet, Including the
Antioxidants.

WARNING: If you are pregnant, nursing or
taking any medications, consult your doctor
before use. Keep out of reach of children.
Store in a cool, dry place. Do not use if seal
under cap is broken or missing.

*These statements have not been evaluated
by the Food and Drug Administration. This
product is not intended to diagnose, treat,
cure or prevent any disease.



Supplement Facts

Serving size: 1 tablet

Servings per container: 200

Amount per Serving	%Daily Value	Amount per Serving	%Daily Value
Vitamin A 5000 IU	100	Magnesium 100 mg	25
(as Ascorbate and Beta Carotene)		(as Magnesium Oxide)	
Vitamin C 60 mg	100	Zinc (as Zinc Oxide) 15 mg	100
(as Ascorbic Acid)		Selenium 20 mcg	29
Vitamin D 400 IU	100	(as Sodium Selenate)	
Vitamin E 30 mg	100	Copper 2 mg	100
(as d-Alpha Tocopheryl Acetate)		(as Cupric Oxide)	
Vitamin K 25 mcg	51	Manganese 2.5 mg	125
(as Phytinadione)		(as Manganese Sulfate)	
Vitamin B1 15 mg	100	Chromium 25 mcg	21
(as Thiamine Mononitrate)		(as Chromium Chloride)	
Vitamin B2 (Riboflavin) 1.7 mg	100	Molybdenum 25 mcg	38
Niacinamide 20 mg	100	(as Sodium Molybdate)	
Vitamin B6 2 mg	100	Chloride 36.3 mg	1
(as Pyridoxine HCl)		(as Potassium Chloride)	
Folate (as Folic Acid) 400 mcg	100	Potassium 40 mg	1
Vitamin B12 6 mcg	100	(as Potassium Chloride)	
(as Cyanocobalamin)		Boron (as Borates) 150 mcg	*
Biotin 30 mcg	10	Nickel 5 mcg	*
Pantothenic Acid 10 mg	100	(as Nickelous Sulfate)	
(as d-Calcium Pantothenate)		Silicon 2 mg	*
Calcium 162 mg	16	(as Sodium Metasilicate Oxide)	
(Calcium Phosphate Dibasic)		Iron 10 mg	*
Iron 18 mg	100	(as Stannous Chloride)	
(as Ferrous Fumarate)		Vanadium 10 mcg	*
Phosphorus 109 mg	11	(as Sodium Metavanadate)	
(as Dibasic Calcium Phosphate)			
Iodine 150 mcg	100		
(as Potassium Iodide)			

*Daily Value not established