

*Specially formulated multi-vitamin with high potency B-vitamins & antioxidants\*†*

**Recommendation:** Adults take 2 tablets daily. Not formulated for children. Do not exceed recommended dose.

**Warning:** Do not take if you are pregnant, nursing, or attempting to become pregnant. If you have diabetes or if you are taking medications, consult a healthcare professional before use. Individuals with diabetes should monitor blood glucose levels closely while taking this product.

**Keep out of reach of children.** Safety sealed with inner seal. Do not use if seal is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

Contains no yeast-derived ingredients, dairy, or artificial colors.

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Green Bay, WI 54311 USA

**Questions?** 1-800-9NATURE / naturesway.com

†Antioxidants A, C, E, and Selenium.

◆ LG14923.E01 BLK8069E



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\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



**No Iron Added**

# Completia®

## Diabetic Multi-Vitamin

**Daily Support\***  
**Vitamins & Minerals**  
*with Alpha Lipoic Acid,  
Cinnamon & Fenugreek*



**60 TABLETS**

**DIETARY SUPPLEMENT**

### Supplement Facts

Serving Size 2 Tablets / Servings per Container 30

| Amount per Serving                                        | % DV                 |
|-----------------------------------------------------------|----------------------|
| Calories.....                                             | 5                    |
| Total Carbohydrate.....                                   | 1 g..... <1%†        |
| Vitamin A (as 50% Beta.....                               | 3,000 mcg..... 333%  |
| Carotene [1,500 mcg] and 50% Retinyl Acetate [1,500 mcg]) |                      |
| Vitamin C (Ascorbic Acid).....                            | 250 mg..... 278%     |
| Vitamin D3 (as Cholecalciferol).....                      | 20 mcg..... 100%     |
| Vitamin E (as D-Alpha.....                                | 100 mg..... 667%     |
| Tocopheryl Succinate)                                     |                      |
| Thiamin (Vitamin B1).....                                 | 80 mg..... 6,667%    |
| Riboflavin (Vitamin B2).....                              | 80 mg..... 6,154%    |
| Niacin (as Niacinamide).....                              | 40 mg..... 250%      |
| Vitamin B6 (as Pyridoxine HCl).....                       | 20 mg..... 1,176%    |
| Folate.....                                               | 400 mcg DFE.... 100% |
|                                                           | (240 mcg Folic Acid) |
| Vitamin B12.....                                          | 40 mcg..... 1,667%   |
| (as Cyanocobalamin)                                       |                      |
| Biotin.....                                               | 30 mcg..... 100%     |
| Pantothenic Acid (as Calcium.....                         | 50 mg..... 1,000%    |
| D-Pantothenate)                                           |                      |
| Choline (as Choline Bitartrate).....                      | 50 mg..... 9%        |
| Iodine (as Potassium Iodide).....                         | 150 mcg..... 100%    |

| Amount per Serving                                                                                                                                                                                         | % DV            |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|
| Magnesium (as Magnesium.....                                                                                                                                                                               | 420 mg....100%  |
| Oxide and Magnesium Citrate)                                                                                                                                                                               |                 |
| Zinc (as Zinc Bisglycinate).....                                                                                                                                                                           | 15 mg... 136%   |
| Selenium (as L-Selenomethionine).....                                                                                                                                                                      | 200 mcg ..364%  |
| Copper (as Copper.....                                                                                                                                                                                     | 1 mg....111%    |
| Bisglycinate Chelate)                                                                                                                                                                                      |                 |
| Manganese (as Manganese.....                                                                                                                                                                               | 5 mg....217%    |
| Bisglycinate Chelate)                                                                                                                                                                                      |                 |
| Molybdenum (as Sodium Molybdate).....                                                                                                                                                                      | 50 mcg ..111%   |
| Diabetic Support Blend.....                                                                                                                                                                                | 300 mg..... **  |
| Cinnamon ( <i>Cinnamomum</i> spp.) (bark), Inositol, Fenugreek (seed), Vanadium                                                                                                                            |                 |
| Antioxidant Activity Support Blend.....                                                                                                                                                                    | 295 mg..... **  |
| Taurine, Alpha Lipoic Acid, Quercetin, Betaine HCl, Citrus Bioflavonoid Complex (from orange, grapefruit, lemon, lime, tangerine), Rutin (from <i>Sophora japonica</i> ) (flower bud) Extract, L-Carnitine |                 |
| Lutein (from Aztec Marigold.....                                                                                                                                                                           | 200 mcg..... ** |
| Extract) (flower)                                                                                                                                                                                          |                 |

†Percent Daily Values (DV) are based on a 2,000 calorie diet. \*\*Daily Value not established.

Other ingredients: cellulose, stearic acid, hydroxypropyl cellulose, sodium croscarmellose, hypromellose, magnesium stearate, silica, glycerin, gelatin