

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

*Antioxidants A, C, E, and Selenium.

◆ LG14924.E01 BLK8069E



*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*



90 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 Tablets / Servings per Container 45

Amount per Serving	% DV
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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	20 mcg..... 100%
(as Cholecalciferol)	
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%
Magnesium (as Magnesium	420 mg..... 100%
Oxide and Magnesium Citrate)	

Amount per Serving	% DV
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Zinc (as Zinc Bisglycinate)	15 mg.... 136%
Selenium	200 mcg... 364%
(as L-Selenomethionine)	
Copper (as Copper	1 mg.... 111%
Bisglycinate Chelate)	
Manganese (as Manganese	5 mg.... 217%
Bisglycinate Chelate)	
Molybdenum	50 mcg... 111%
(as Sodium Molybdate)	
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</i>	
<i>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