

Complete Multivitamin is a powerhouse supplying essential nutrients, chelated minerals for maximum absorption, and full spectrum vitamins.*

Doctor-approved using premium ingredients.

From our family to yours, say Hello to Health!

Recommended Use: Take four capsules per day, two with each meal, or as directed by your healthcare practitioner.

Caution: Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18 and individuals with a known medical condition or taking any medication should consult with a physician before taking this or any dietary supplement. If taking a blood-thinning medication, consult a health care practitioner before using. Keep out of reach of children. Do not use if safety seal is damaged or missing. Store in a cool, dry place.

hellohealth®
enCOURAGEing wellness

complete multi vitamin

supports optimal bone, joint, brain, heart & eye health*

CCM120-PL-2



free
of

GMO's, synthetic colors, artificial flavors and preservatives, wheat, yeast, milk, eggs, soy, gluten, sugar, peanuts, and tree nut allergens.
EVERY BATCH IS 3RD PARTY LAB TESTED.

* 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.

full-spectrum multivitamin
essential vitamins & minerals
premium nutrients



120 veggie
capsules

doctor-approved
dietary supplement

Supplement Facts

Serving Size 4 capsules
Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as Mixed Carotenoids and Palmitate)	2250 mcg RAE 250%	Zinc (as Zinc Bisglycinate Chelate)	15 mg 136%
Vitamin C (as Ascorbic Acid)	600 mg 667%	Selenium (as Selenium Glycinate Complex)	200 mcg 364%
Vitamin D (as Cholecalciferol)	25 mcg (1000 IU) 125%	Copper (as TRAACS® Copper Bisglycinate Chelate)	2 mg 222%
Vitamin K (as K1 Phytanadione, Vitamin K2 Menaquinone-4 and MenaQ7® Full Spectrum MK-6, MK-7, MK-9)	550 mcg 458%	Manganese (as TRAACS® Manganese Bisglycinate Chelate)	1 mg 43%
Thiamin (Vitamin B-1)(as Thiamine HCl)	2.3 mg 192%	Chromium (as TRAACS® Chromium Nicotinate Bisglycinate Chelate)	200 mcg 571%
Riboflavin (Vitamin B-2)(as Riboflavin-5-Phosphate)	2.8 mg 215%	Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	100 mcg 222%
Niacin (as Niacinamide and Niacin)	50 mg NE 313%	Trimethylglycine (TMG)	200 mg *
Vitamin B-6 (as Pyridoxal-5-Phosphate)	5.2 mg 306%	Quercetin	25 mg *
Folate (as Quatrefolic® [6S]-5-methyltetrahydrofolate, glucosamine salt 800 mcg)	680 mcg DFE 170%	Rutin	25 mg *
Vitamin B-12 (as Methylcobalamin)	500 mcg 20,833%	Vitamin E Isomers (as DeltaGold® delta and gamma tocotrienols)	15 mg *
Biotin (as d-Biotin)	30 mcg 100%	Hesperidin (from Citrus Bioflavonoids)	10 mg *
Pantothenic Acid (as d-Calcium Pantothenate)	12 mg 240%	Boron (as Boronorganic Glycine)	2 mg *
Calcium (as TRAACS® Calcium Bisglycinate Chelate)	100 mg 8%		
Magnesium (as Di-Magnesium Malate)	200 mg 48%		

Other Ingredients: Cellulose (capsule), microcrystalline cellulose, vegetable stearate, sunflower lecithin, silicon dioxide.

Manufactured for Hello Health Nutrition LLC
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