



Other Ingredients: Microcrystalline cellulose, hydroxypropyl cellulose, croscarmellose sodium, vegetable stearate, silica and tablet coating (hypromellose, glycerin, natural vanilla flavor).

**Suggested Usage:** As a dietary supplement, adults take one (1) tablet daily with a meal or as directed by your health care professional.

**Gluten-free, Non-GMO.**

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

**KEEP OUT OF REACH OF CHILDREN.**

For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity)

Tamper Resistant - DO NOT USE IF IMPRINTED SAFETY SEAL UNDER CAP IS BROKEN OR MISSING.

**\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.**

Manufactured for: Cooper Concepts, Inc.  
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Formula #202527-30-2123821 V0520



**COOPER COMPLETE®**

# Basic One Iron Free



**Physician Formulated**  **for Optimal Health†**

Custom Formulation



Multivitamin &  
Mineral Supplement

30 Tablets | 30 Servings

## Supplement Facts

Serving Size 1 tablet • Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene)	600 mcg	67%
Vitamin C (as ascorbic acid)	150 mg	167%
Vitamin D3 (as cholecalciferol)	50 mcg (2,000 IU)	250%
Vitamin E (as d-alpha-tocopheryl succinate)	134 mg	893%
Thiamin (as thiamine HCl)	1.5 mg	125%
Riboflavin	2 mg	154%
Niacin (as niacinamide)	20 mg	125%
Vitamin B6 (as pyridoxine HCl)	10 mg	588%
Folate (as Metafolin®, L-5-MTHF)	333 mcg DFE (200 mcg L-5-MTHF)	83%
Vitamin B12 (as methylcobalamin)	400 mcg	16,667%
Pantothenic Acid (as calcium pantothenate)	10 mg	200%
Magnesium (as magnesium oxide monohydrate)	200 mg	48%
Zinc (as zinc amino acid chelate)	15 mg	136%
Selenium (as selenium amino acid chelate)	100 mcg	182%
Chromium (as chromium amino acid chelate)	100 mcg	286%
Lycopene (10% lycopene)	5 mg	*

\*Daily Value not established.