

Other Ingredients: Vegetable Cellulose. **Contains <2% of:** Brewer's Yeast, Choline Bitartrate, Citrus Bioflavonoids, Gelatin, Kelp, Maltodextrin, Natural Palm Leaf Glaze, Polysorbate 80, Rose Hips, Rutin, Silica, Titanium Dioxide Color, Triacetin, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

Contains wheat ingredients.

Contains bioengineered food ingredients.

In a base of Citrus Bioflavonoids, Rutin, Rose Hips, Brewer's Yeast and Kelp.

DIRECTIONS: For adults, take one (1) caplet daily, preferably with a meal.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical or surgical procedure, have any medical condition, or are planning to undergo any clinical lab testing, consult your doctor before use. Some supplements may interact with certain medications and/or interfere with certain lab tests. Avoid this product if you are allergic to yeast. Discontinue use and consult your doctor if any adverse reactions occur. Store at room temperature. Do not use if seal under cap is broken or missing.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

TO REORDER ITEM # 3664
www.puritan.com
1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
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Puritan's Pride

COMPLETE ONE™

TIMED RELEASE

180 Coated
Caplets

MULTIVITAMIN,
MINERAL SUPPLEMENT

Supplement Facts

Serving Size 1 Caplet

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin A (as Retinyl Acetate and Beta-Carotene)	1,500 mcg 167%	Calcium (as Calcium Carbonate)	50 mg 4%
Vitamin C (as Ascorbic Acid)	120 mg 133%	Iron (as Ferrous Fumarate)	18 mg 100%
Vitamin D (as D3 Cholecalciferol)	50 mcg (2,000 IU) 250%	Iodine (as Potassium Iodide)	150 mcg 100%
Vitamin E (as d-Alpha Tocopheryl Acetate)	20.1 mg 134%	Magnesium (as Magnesium Oxide)	50 mg 12%
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	10 mg 833%	Zinc (as Zinc Sulfate)	15 mg 136%
Riboflavin (Vitamin B-2)	10 mg 769%	Selenium (as Sodium Selenate)	200 mcg 364%
Niacin (as Niacinamide)	25 mg 156%	Copper (as Cupric Sulfate)	2 mg 222%
Vitamin B-6 (as Pyridoxine Hydrochloride)	10 mg 588%	Manganese (as Manganese Sulfate)	2 mg 87%
Folate (400 mcg folic acid)	666 mcg DFE 167%	Chromium (as Chromium Picolinate)	200 mcg 571%
Vitamin B-12 (as Cyanocobalamin)	250 mcg 10,417%	Molybdenum (as Sodium Molybdate)	15 mcg 33%
Biotin (as d-Biotin)	300 mcg 1,000%	Potassium (as Potassium Chloride)	1 mg <1%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 200%	Inositol	10 mg *

*Daily Value not established.