

SUGGESTED USE:

Take four capsules daily or as directed by a physician.

IMPORTANT: Store in a cool dry place and tightly capped. Keep out of the reach of children.

CAUTION: Formulated for adults and children four years and older. For children under four, consult a physician.

FREE OF: Milk, Eggs, Fish, Shellfish, Tree Nuts, Peanuts, Wheat, Soy, and Sesame

Other Ingredients: Vegetarian Capsule (hypromellose and water), Silicon Dioxide

†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.

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Manufactured Exclusively by:

KIRKMAN®

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HYPOALLERGENIC | GLUTEN-FREE

KIRKMAN®

SPECTRUM COMPLETE™ II

A comprehensive multivitamin that aids
metabolism and helps maintain
healthy skin and brain cells†

DIETARY
SUPPLEMENT

300
CAPSULES

Supplement Facts

Serving Size: 4 Capsules
Servings Per Container: 75

Each Serving Contains	Amount per Serving	% Daily Value
Vitamin A (as Retinol and Beta-Carotene)	2000 IU	600 mcg RAE 66%
Vitamin C (as Ascorbic Acid, Magnesium & Potassium Ascorbate)	300 mg	333%
Vitamin D3 (as Cholecalciferol)	400 IU	10 mcg 50%
Vitamin E (as Alpha-Tocopherol)	30 IU	20 mg 133%
Vitamin B1 (as Thiamine Mononitrate)	5 mg	417%
Vitamin B2 (as Riboflavin-5-Phosphate)	7 mg	538%
Vitamin B3 (as Niacinamide)	20 mg NE	125%
Vitamin B6 (as P-5-P and Pyridoxine HCl)	10 mg	588%
Folate (as Folic Acid)	135 mcg	225 mcg DFE 56%
Vitamin B12 (as Cyanocobalamin)	170 mcg	7083%
Biotin	100 mcg	333%
Vitamin B5 (as D-Calcium Pantothenate)	10 mg	200%
Choline (as Choline Dihydrogen Citrate)	25 mg	5%
Calcium (from Calcium Carbonate Complex, Bisglycinate Chelate)	280 mg	22%
Iodine (from Potassium Iodide)	150 mcg	100%
Magnesium (from Magnesium Citrate and Ascorbate)	201 mg	48%
Zinc (from Zinc Sulfate)	20 mg	182%
Selenium (from Selenium Glycinate Complex)	70 mcg	127%
Manganese (from Manganese Sulfate)	2 mg	87%
Chromium (from Chromium Nicotinate Glycinate Chelate)	50 mcg	143%
Molybdenum (from Molybdenum Glycinate)	100 mcg	222%

Kirkman® Proprietary Blend 605 mg *

Alpha Ketoglutaric Acid, Taurine, Glycine, Dimethyl Amino Ethanol L-Bitartrate (DMAE), Inositol, Coenzyme Q10, Beta Glucan (yeast), Grape Seed (*Vitis vinifera*) Extract

*Daily Value not established