

SUGGESTED USE:

Dissolve one level teaspoon into a beverage, or as directed by a physician.

IMPORTANT: Store in a cool dry place and tightly capped. Keep out of the reach of children. Mix vigorously until powder is suspended in the liquid. Some particles will mix in the liquid but not totally dissolve. This is normal. Drink the beverage within one to two hours, mixing before consuming.

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

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*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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**DIETARY
SUPPLEMENT**

HYPOALLERGENIC | GLUTEN-FREE

KIRKMAN® SPECTRUM COMPLETE™ II POWDER UNFLAVORED

A comprehensive blend of vitamins,
minerals, and other nutrients that
support healthy body functions*

**NET WT.
16 OZ.
(454 gm)**

Supplement Facts

Serving Size: 1 teaspoon (5g)
Servings Per Container: 90

Each Serving Contains	Amount per Serving	% Daily Value
Calories	5	
Total Carbohydrates	1g	<1%
Sugar Alcohol	1g	*
Vitamin A (as Beta-Carotene and Retinol)	2000 IU	600 mcg RAE 67%
Vitamin C (as Ascorbic Acid and 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 HCl)	5 mg	417%
Vitamin B2 (as Riboflavin-5-Phosphate)	7 mg	538%
Vitamin B3 (as Niacinamide)	20 mg NE	125%
Vitamin B6 (as Pyridoxal-5-Phosphate and Pyridoxine HCl)	10 mg	588%
Folate (as Folic Acid)	13.5 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 and Bisglycinate)	280 mg	22%
Iodine (from Potassium Iodide)	150 mcg	100%
Magnesium (from Magnesium Citrate and Ascorbate)	200 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		
Alpha Ketoglutaric Acid, Taurine, Glycine, DMAE (Dimethyl Amino Ethanol Bitartrate), Inositol, Coenzyme Q10, Beta Glucan (from Yeast), Grape Seed (Vitis vinifera seed) Extract		
	620 mg	*

Other Ingredients: Xylitol, Citric Acid

*Daily Value not established