

Daily Nutritional Support for People with Diabetes

- High potency antioxidant vitamins A, C, E, and selenium
- High potency B-vitamins and 100% Daily Value of magnesium

Recommendation: Adults take 2 tablets daily, preferably with food. Not formulated for children. Do not exceed recommended dose. **Warning:** Do not take if you are pregnant, attempting to become pregnant, nursing, have known hypersensitivity to iodine or thyroid dysfunction. If you are diabetic or taking any medications, consult a healthcare professional before use. Individuals with diabetes should monitor blood glucose levels closely while taking this product.

Keep out of reach of children. Safety sealed with inner seal. Do not use if seal is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

FREE FROM dairy and artificial colors.

©2023 Nature's Way Brands, LLC

Green Bay, WI 54311 USA

Questions? 1-800-9NATURE / naturesway.com

◆ LH14923.F01 BLK8069F



COMPLETIA® DIABETIC MULTIVITAMIN

**Provides Essential Nutrients
20 Vitamins & Minerals**

with Alpha Lipoic Acid,
Cinnamon, & Fenugreek



60 TABLETS - MULTIVITAMIN SUPPLEMENT

Supplement Facts

Serving Size 2 Tablets / Servings per Container 30

Amount per Serving	% DV†
Calories	5
Total Carbohydrate	1 g <1%‡
Vitamin A (as 50% beta-carotene [1,500 mcg], 50% retinyl acetate [1,500 mcg])	3,000 mcg 333%
Vitamin C (ascorbic acid)	250 mg 278%
Vitamin D3 (as cholecalciferol)	20 mcg 100%
Vitamin E (as d-alpha tocopheryl succinate)	100 mg 667%
Thiamin (as thiamin mononitrate)	80 mg 6,667%
Riboflavin	80 mg 6,154%
Niacin (as niacinamide)	40 mg 250%
Vitamin B6 (as pyridoxine HCl)	20 mg 1,176%
Folate (240 mcg Folic Acid)	400 mcg DFE 100%
Vitamin B12 (as cyanocobalamin)	40 mcg 1,667%
Biotin	30 mcg 100%
Pantothenic Acid (as D-calcium pantothenate)	50 mg 1,000%
Choline (as choline bitartrate)	50 mg 9%

Amount per Serving	% DV†
Iodine (as potassium iodide)	150 mcg 100%
Magnesium (as magnesium oxide, magnesium citrate)	420 mg 100%
Zinc (as zinc bisglycinate)	15 mg 136%
Selenium (as L-selenomethionine)	200 mcg 364%
Copper (as copper bisglycinate)	1 mg 111%
Manganese (as manganese bisglycinate)	5 mg 217%
Molybdenum (as sodium molybdate)	50 mcg 111%
Sodium	5 mg <1%
Antioxidant Activity Blend:	395 mg **
Inositol, Taurine, Alpha Lipoic Acid, Quercetin, Betaine HCl, Citrus Bioflavonoid Complex (from orange, grapefruit, lemon, lime, tangerine), Rutin (from Sophora japonica [flower bud] Extract), L-Carnitine	
Plant-Powered Herbal Blend:	200 mg **
Cinnamon (Cinnamomum spp.) (bark), Fenugreek (seed)	
Lutein (from Artec Marigold [flower] Extract)	200 mcg **

†Percent Daily Values (DV) are based on a 2,000 calorie diet. **Daily Value not established.

Other ingredients: cellulose, stearic acid, hydroxypropyl cellulose, sodium croscarmellose, hypromellose, magnesium stearate, silica, glycerin, gelatin