

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.

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



Manufactured Exclusively by:

KIRKMAN®



Lake Oswego, OR 97035

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HYPOALLERGENIC | GLUTEN-FREE

KIRKMAN®

SPECTRUM COMPLETE™ II

MULTIVITAMIN with METABOLIC COFACTORS

**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 Retinyl Acetate and Beta Carotene) 2000 IU	600 mcg RAE	66%
Vitamin C (as Ascorbic Acid, Magnesium & Potassium Ascorbates) 300 mg		333%
Vitamin D3 (as Cholecalciferol) 400 IU	10 mcg	50%
Vitamin E (as d-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	125%
Vitamin B6 (as P-5-P and Pyridoxine HCl)	10 mg	588%
Folate (as Folic Acid)	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 USP		**
Dimethyl Amino Ethanol L-Bitartrate (DMAE)		**
Inositol		**
Coenzyme Q10		**
Beta Glucan (yeast)		**
Grape Seed Extract		**

**Daily Value not established

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