

Twice Daily Multivitamin & Mineral
formulated for DIABETICS

- ▶ Daily support ▶ Antioxidants
▶ High Potency B-vitamins

Recommendation: Take 2 tablets daily.

Warning: Do not take with sulfonamide since PABA interferes with the activity of this drug. Women who are pregnant or likely to become pregnant should not exceed recommended dose. Exceeding the recommended dose will result in ingestion of more than 10,000 IU of Vitamin A, which in high amounts is known to cause birth defects.

No preservatives, artificial flavors or colors. No yeast, milk, lactose or wheat.

Satisfaction Guaranteed. Freshness & safety sealed. Do not use if seals are broken or missing. Keep out of reach of children.



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Completia®

DIABETIC MULTIVITAMIN



Daily Support
with Alpha Lipoic Acid,
Fenugreek & GTF Chromium

Iron Free

Dietary Supplement 60 Tablets

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	10	Chromium (as polynicotinate)	300 mcg 250%
Total Carbohydrate	2 g <1%	Molybdenum (as molybdenum trisulfate)	50 mcg 67%
Dietary Fiber	<1 g 2%	Potassium (as amino acid chelate)	10 mg <1%
Vitamin A (33% as retinyl acetate [5,000 IU] and 67% [10,000 IU] beta carotene) Providing (typical analysis): beta carotene 5.625 mcg; gamma carotene 5.6 mcg; trans beta carotene 5.4 mcg; beta zeaxanthin 1.1 mcg	15,000 IU 300%	Cinnamon (bark)	300 mg "
Vitamin C (as ascorbic acid/calcium ascorbate)	500 mg 833%	Taurine	100 mg "
Vitamin D3 (as cholecalciferol)	400 IU 100%	Inositol	100 mg "
Vitamin E (as d-alpha tocopheryl succinate)	200 IU 667%	Alpha Lipoic Acid	50 mg "
Thiamin (as thiamin mononitrate)	100 mg 6667%	Quercetin	50 mg "
Riboflavin (Vitamin B2)	100 mg 5882%	Neem (leaf)	50 mg "
Niacin (as niacinamide)	20 mg 100%	Fenugreek (seed)	50 mg "
Vitamin B6 (as pyridoxine HCl)	100 mg 5000%	Choline (as choline bitartrate)	50 mg "
Folic Acid	400 mcg 100%	PABA (para aminobenzoic acid)	25 mg "
Vitamin B12 (as cyanocobalamin)	100 mcg 1667%	Citrus Bioflavonoid Complex (from lemon, orange, grapefruit, lime and tangerine)	25 mg "
Biotin	300 mcg 100%	Betaine HCl	25 mg "
Pantothenic Acid (as d-calcium pantothenate)	100 mg 1000%	Rutin	25 mg "
Calcium (as calcium ascorbate/d-calcium pantothenate)	40 mg 4%	L-Carnitine L-Tartrate	20 mg "
Iodine (from kelp powder)	10 mcg 7%	Boron (as amino acid chelate)	1 mg "
Magnesium (as oxide/citrate)	300 mg 75%	Hesperidin (from citrus bioflavonoid complex)	1 mg "
Zinc (as amino acid chelate)	15 mg 100%	Lutein (from marigold)	200 mcg "
Selenium (as L-selenomethionine)	200 mcg 286%	Vanadium	10 mcg "
Copper (as amino acid chelate)	1 mg 50%		
Manganese (as amino acid chelate)	5 mg 250%		

†Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

Other ingredients: Vegetable modified cellulose, Vegetable stearic acid, Vegetable modified cellulose gum, Vegetable magnesium stearate, Silica, Vegetable glycerin