

**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 from retinyl, which in high amounts is known to cause birth defects.

Natural. 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 reach
of children.

Actual Tablet Size



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**Nature's
Way**

Compleetia®

**DIABETIC
MULTIVITAMIN**



Daily Support
with **Alpha Lipoic Acid,**
Fenugreek & GTF Chromium

Iron Free

Dietary Supplement 90 Tablets

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 45

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

†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, Vegetarian glycerin