

*Specially formulated multi-vitamin with
high potency B-vitamins & antioxidants*

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.

Keep out of reach of children. Safety sealed with printed outer shrinkwrap and inner seal. Do not use if either is broken or missing.

GLUTEN FREE. No sugar, salt, yeast, wheat, soy, dairy products, artificial flavors, colors or preservatives.

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

◆ LN14924.B01 BLK8069B



**Nature's
Way**

Completia®

DIABETIC Multi-Vitamin



Daily Support
with Alpha Lipoic Acid,
Fenugreek & GTF Chromium

90 TABLETS / DIETARY SUPPLEMENT

Iron Free

Supplement Facts

Serving Size 2 Tablets / Servings Per Container 45

Amount Per Serving	% DV
Calories	10
Total Carbohydrate	2 g <1%†
Vitamin A	15,000 IU 300%
(33% [5,000 IU] as retinyl acetate, 67% [10,000 IU] as beta carotene)	
Vitamin C	500 mg 833%
(ascorbic acid/calcium ascorbate)	
Vitamin D3 (as cholecalciferol)	400 IU 100%
Vitamin E	200 IU 667%
(as d-alpha tocopheryl succinate)	
Thiamin (as thiamin mononitrate)	100 mg 6,667%
Riboflavin (Vitamin B2)	100 mg 5,882%
Niacin (as niacinamide)	20 mg 100%
Vitamin B6 (as pyridoxine HCl)	100 mg 5,000%
Folic Acid	400 mcg 100%
Vitamin B12 (as cyanocobalamin)	100 mcg 1,667%
Biotin	300 mcg 100%
Pantothenic Acid	100 mg 1,000%
(as d-calcium pantothenate)	
Calcium (as calcium ascorbate and d-calcium pantothenate)	40 mg 4%
Iodine (from kelp powder)	10 mcg 7%
Magnesium (as citrate and oxide)	300 mg 75%
Zinc (as zinc glycinate)	15 mg 100%
Selenium	200 mcg 286%
(as L-selenomethionine)	

Amount Per Serving	% DV
Copper (as copper glycinate)	1 mg 50%
Manganese (as manganese bisglycinate)	5 mg 250%
Chromium (as polynicotinate)	300 mcg 250%
Molybdenum (as molybdenum trisulfate)	50 mcg 67%
Sodium	10 mg <1%
Potassium (as amino acid chelate)	10 mg <1%
Cinnamon (bark)	300 mg **
Inositol	100 mg **
Taurine	100 mg **
Alpha Lipoic Acid	50 mg **
Choline (as choline bitartrate)	50 mg **
Fenugreek (seed)	50 mg **
Neem (leaf)	50 mg **
Quercetin	50 mg **
Betaine HCl	25 mg **
Citrus Bioflavonoid Complex (from lemon, orange, grapefruit, lime, tangerine)	25 mg **
PABA (para aminobenzoic acid)	25 mg **
Rutin	25 mg **
L-Carnitine L-Tartrate	20 mg **
Boron (as amino acid chelate)	1 mg **
Lutein (from marigold)	200 mcg **
Vanadium	10 mcg **

†Percent Daily Values (DV) 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