

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 use this product. The recommended daily serving contains more than 10,000 IU of vitamin A from retinol, which in high amounts is known to cause birth defects. If nursing, have diabetes, or taking any medications, consult a healthcare professional before use. Not for use in men if attempting to conceive.

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 colors, flavors or preservatives.

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

◆ LN14923.C01 BLK8069C



Completia®

DIABETIC Multi-Vitamin



Daily Support
with Alpha Lipoic Acid,
Cinnamon & Fenugreek

60 TABLETS / DIETARY SUPPLEMENT

Iron Free

Supplement Facts

Serving Size 2 Tablets / Servings Per Container 30

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

Amount Per Serving	% DV
Copper (as copper glycinate chelate)	1 mg.....50%
Manganese (as manganese bisglycinate chelate)	5 mg.....250%
Molybdenum (as molybdenum tritrate)	50 mcg.....67%
Potassium (as potassium citrate)	10 mg.....<1%
Cinnamon (Cinnamomum aromaticum) (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 orange, grapefruit, lemon, lime, tangerine)	25 mg.....**
PABA (para aminobenzoic acid)	25 mg.....**
Rutin (Sophora japonica) flower bud extract	25 mg.....**
L-Carnitine	20 mg.....**
Kelp	12 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: cellulose, stearic acid, sodium croscarmellose, vegetable magnesium stearate, hypromellose, silica, glycerin