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COMPLETE ONE®

- TIMED RELEASE
- LONG ACTING

180 coated
caplets

MULTIVITAMIN,
MINERAL SUPPLEMENT

TO REORDER ITEM # 3664

Supplement Facts

Serving Size 1 Caplet

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin A (as Retinyl Palmitate and Beta-Carotene)	5,000 IU 100%	Iron (as Ferrous Fumarate)	18 mg 100%
Vitamin C (as Ascorbic Acid)	120 mg 200%	Iodine (as Potassium Iodide)	150 mcg 100%
Vitamin D (as D3 Cholecalciferol)	2,000 IU 500%	Magnesium (as Magnesium Oxide)	50 mg 13%
Vitamin E (as d-Alpha Tocopheryl Acetate)	30 IU 100%	Zinc (as Zinc Sulfate)	15 mg 100%
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	10 mg 667%	Selenium (as Sodium Selenate)	200 mcg 286%
Riboflavin (Vitamin B-2)	10 mg 588%	Copper (as Cupric Sulfate)	2 mg 100%
Niacin (as Niacinamide)	25 mg 125%	Manganese (as Manganese Sulfate)	2 mg 100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	10 mg 500%	Chromium (as Chromium Picolinate)	200 mcg 167%
Folic Acid	400 mcg 100%	Molybdenum (as Sodium Molybdate)	15 mcg 20%
Vitamin B-12 (as Cyanocobalamin)	250 mcg 4,167%	Chloride (as Potassium Chloride)	1 mg <1%
Biotin (as d-Biotin)	300 mcg 100%	Potassium (as Potassium Chloride)	1 mg <1%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 100%	Inositol	10 mg *
Calcium (as Calcium Carbonate)	50 mg 5%	Choline Bitartrate	10 mg *
*Daily Value not established.			

Other Ingredients: Vegetable Cellulose. Contains <2% of: Brewer's Yeast,

Citrus Bioflavonoids, Gelatin, Kelp, Natural Palm Leaf Glaze, Rose Hips, Rutin, Silica, Titanium Dioxide Color, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

Contains wheat ingredients.

In a base of Citrus Bioflavonoids, Rutin, Rose Hips, Brewer's Yeast and Kelp.

DIRECTIONS: For adults, take one (1) caplet daily, preferably with a meal.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Avoid this product if you are allergic to yeast. Discontinue use and consult your doctor if any adverse reactions occur. Store at room temperature. Do not use if seal under cap is broken or missing.

No Artificial Flavor, No Sugar, No Milk, No Lactose.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

TO REORDER ITEM # **3664**
www.puritan.com
1-800-645-1030

Carefully Manufactured by
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