

Amount Per Serving	% Daily Value	
Inositol	75 mg	**
Choline (as choline bitartrate)	31 mg	**
Betaine HCl	25 mg	**
Rutin	25 mg	**
Citrus Bioflavonoids	25 mg	**
Hesperidin	5 mg	**
Boron (as boron amino acid complex)	0.5 mg	**
Carotenoid Mix (Alpha Carotene, Lutein, Zeaxanthin, Cryptoxanthin)	86 mcg	**
Natural Powdered Blend (Kelp [whole-plant], Alfalfa [whole-plant], Acerola [berry], Rose Hips [fruit], Parsley [aerial], Watercress [whole-plant])	34 mg	**

* Percent Daily Value are based on a 2,000 calorie diet.

** Daily Value not established.

Other Ingredients: Cellulose, stearic acid (vegetable source), magnesium stearate (vegetable source), modified cellulose gum, silica, glycerin, and titanium dioxide.

SUGGESTED USE: Take one tablet daily, preferably at meal time, or as directed by a healthcare practitioner. Suitable for vegans.

† Albion process patent No. 4,599,152 Chelazomes

†† Unique form of chelated iron (iron bisglycinate) formulated for maximum absorption without gastrointestinal irritation or the constipating effects that often accompany iron supplementation. Albion process patent No. 4,599,152 Chelazomes

††† Albion process patent No. 5,292,729 Chelazomes

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement.

WE GUARANTEE OUR SUPPLEMENTS FOR POTENCY AND PURITY

To report a serious adverse event, call 1-888-710-0006

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

75 COMPLETE®

Multiple Vitamins with
Chelated Minerals

Dietary Supplement

90 VEGETARIAN TABLETS



Supplement Facts

Serving Size 1 Tablet

Servings Per Container 90

Amount Per Serving	% Daily Value	
Calories	5	
Total Carbohydrate	<1 g	<1%*
Vitamin A (as natural beta-carotene)	7,500 IU	150%
Vitamin C (as niacinamide ascorbate, ascorbic acid)	250 mg	417%
Vitamin D (as ergocalciferol)	400 IU	100%
Vitamin E (as D-alpha tocopheryl succinate)	150 IU	500%
Thiamin (as thiamin mononitrate)	75 mg	5000%
Riboflavin	75 mg	4412%
Niacin (as niacinamide ascorbate)	75 mg	375%
Vitamin B6 (as pyridoxine HCl)	75 mg	3750%
Folic Acid	400 mcg	100%
Vitamin B12 (as cobalamin)	75 mcg	1250%
Biotin	75 mcg	25%
Pantothenic Acid (as D-Ca pantothenate)	75 mg	750%
Calcium (as calcium carbonate, glycinate amino acid chelate†) ...	20 mg	2%
Iron (as iron bisglycinate††)	1.3 mg	7%
Iodine (from kelp)	150 mcg	100%
Magnesium (as glycinate amino acid chelate†, magnesium oxide)	10 mg	3%
Zinc (as glycinate amino acid chelate†, zinc oxide)	10 mg	67%
Selenium (as L-selenomethionine)	25 mcg	36%
Copper (as glycinate amino acid chelate†, copper oxide)	1 mg	50%
Manganese (as glycinate amino acid chelate†)	1 mg	50%
Chromium (as amino acid chelate†††)	25 mcg	21%
Molybdenum (as glycinate amino acid chelate†)	25 mcg	33%
Potassium (as potassium amino acid complex)	1.8 mg	<1%

KEEP OUT OF REACH OF CHILDREN.

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