



Complete

Multivitamin/Multimineral Supplement

Gluten Free

31 NUTRIENTS
400 IU VITAMIN D₃

100 TABLETS

Western Family® Complete utilizes current nutritional science. Our formula supplies key nutrients in a complete multivitamin specially formulated to support daily nutritional needs.



Immune Support**



Energy Metabolism**



Bone Health**



Muscle & Nerve Function**

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Easy to Swallow

100 TABLETS

Complete

Multivitamin/Multimineral Supplement

31 NUTRIENTS • 400 IU VITAMIN D₃

Supplement Facts

Serving Size 1 Tablet

Each Tablet Contains	% DV	Each Tablet Contains	% DV	Each Tablet Contains	% DV
Vitamin A 3,500 IU (29% as Beta-Carotene)	70%	Vitamin B12 6 mcg	100%	Manganese 2.3 mg	115%
Vitamin C 60 mg	100%	Biotin 30 mcg	10%	Chromium 35 mcg	29%
Vitamin D 400 IU	100%	Paraethenic Acid 10 mg	100%	Molybdenum 45 mcg	60%
Vitamin E 30 IU	100%	Calcium 200 mg	20%	Chloride 72 mg	2%
Vitamin K 25 mcg	31%	Iron 18 mg	100%	Potassium 60 mg	2%
Vitamin L 5 mg	100%	Phosphorus 20 mg	2%	Boron 75 mcg	*
Riboflavin 1.7 mg	100%	Iodine 150 mcg	100%	Nickel 5 mcg	*
Niacin 20 mg	100%	Magnesium 50 mg	10%	Silicon 2 mg	*
Vitamin B6 2 mg	100%	Zinc 11 mg	73%	Tin 10 mcg	*
Folic Acid 400 mcg	100%	Selenium 55 mcg	79%	Vanadium 10 mcg	*
		Copper 0.5 mg	25%		

*Daily Value (DV) not established.

Ingredients: Calcium Carbonate, Potassium Chloride, Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid (Vitamin C), Microcrystalline Cellulose, Ferrous Fumarate, dl-Alpha Tocopheryl Acetate (Vitamin E), Gelatin, Croscarmellose Sodium, Hydroxypropyl Cellulose, Stearic Acid, Polyvinyl Alcohol, Titanium Dioxide, Calcium Silicate, Zinc Oxide, Calcium Parthenate, Polyethylene Glycol, Manganese Sulfate, Magnesium Stearate, Silicon Dioxide, Talc, Pyridoxine Hydrochloride (Vitamin B6), Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Cupric Sulfate, Vitamin A Acetate (Vitamin A), Beta-Carotene, Folic Acid, FD&C Yellow #5 Aluminum Lake, Sodium Borate, Chromium Picolinate, Potassium Iodide, Sodium Selenate, Sodium Molybdate, Sodium Metasilicate, Boron, Pyrophosphate (Vitamin K), Sodium Metavanadate, Stannous Chloride, Nickel Sulfate, Cholecalciferol (Vitamin D3), Cyanocobalamin (Vitamin B12).



Immune Support

Antioxidants help support immune function**



Energy Metabolism

B-Vitamins help convert food to fuel**



Bone Health

Calcium and Vitamin D help maintain strong bones



Muscle & Nerve Function

Magnesium, Calcium and B-Vitamins support proper muscle and nerve function**

Immune System Health**

Vitamin C, Vitamin E, Vitamin A, Selenium, Zinc

Conversion of food to fuel**

B-Vitamins

Heart Health**

Vitamin B6, Vitamin B12, Folic Acid, Vitamin C, Vitamin E

Healthy Gums & Teeth**

Vitamin C

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Vitamin B12 6 mcg	100%	Boron 75 mcg	*
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Iron 18 mg	100%	Vanadium 10 mcg	*
Phosphorus 20 mg	2%		

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SUGGESTED USE: Adults - Take one tablet daily with food. Not formulated for use in children. Do not exceed suggested use.

As with any supplement, if you are pregnant or nursing a baby, or are taking medication or have a medical condition, consult your doctor before use.

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.

IMPORTANT INFORMATION: Long-term intake of high levels of vitamin A (excluding that sourced from beta-carotene) may increase the risk of osteoporosis in adults. Do not take this product if taking other vitamin A supplements.

Store at room temperature. Keep bottle tightly closed.

*This product is not manufactured or distributed by Pfizer, member of Centocor.

Do not use if printed seal under cap is broken or missing.



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no tampering or other
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