

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

Recommendation: Take 2 tablets daily.

Warning: Not for use by pregnant or nursing women. Not for use in men if attempting to conceive. Do not take with sulfonamide since PABA interferes with the activity of this drug. If you have diabetes, or are taking any medications, consult a healthcare professional before use.

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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◆ LN14922.C02 BLK8069C



Completia®

DIABETIC Multi-Vitamin



High Potency Daily Support
 with Alpha Lipoic Acid,
 Cinnamon & Fenugreek

30 TABLETS / DIETARY SUPPLEMENT

Iron Free

Supplement Facts

Serving Size 2 Tablets / Servings Per Container 15

| 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) | 300% |
| Vitamin C (ascorbic acid/calcium ascorbate) | 510 mg 850% |
| 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 mg 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 sodium molybdate) | 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 Aztec marigold) | 200 mcg ** |
| Vanadium | 10 mcg ** |

†Percent Daily Values (DV) are based on a 2,000 calorie diet.
 **Daily Value not established.

Other ingredients: hydroxypropylcellulose, stearic acid, sodium croscarmellose, magnesium stearate, hypromellose, silica, glycerin