

# Alpine Custom Complete With Iron

Multiple Vitamin/Mineral/  
Trace Element Supplement

Distributed by:



1175 East 3200 North  
Lehi, UT 84043  
(801) 407-3000  
www.alpineclinic.net

## Supplement Facts

Serving Size 6 Tablets • Servings Per Container 30

| Amount Per 6 Tablets                                                                                         |             | % Daily Value | Amount Per 6 Tablets                                                                                                        |         | % Daily Value |
|--------------------------------------------------------------------------------------------------------------|-------------|---------------|-----------------------------------------------------------------------------------------------------------------------------|---------|---------------|
| Vitamin A (as natural carotenes (alpha, beta, cryptoxanthin, zeaxanthin, and lutein) from <i>D. salina</i> ) | 15,000 I.U. | 300%          | Iodine (from kelp)                                                                                                          | 150 mcg | 100%          |
| Vitamin C (as calcium ascorbate and magnesium-potassium ascorbate complex)                                   | 1,200 mg    | 2000%         | Magnesium (75% as magnesium aspartate-ascorbate complex and 25% as magnesium bisglycinate chelate**)                        | 500 mg  | 125%          |
| Vitamin D <sub>3</sub> (as cholecalciferol)                                                                  | 1,000 I.U.  | 250%          | Zinc (as zinc bisglycinate chelate**)                                                                                       | 15 mg   | 100%          |
| Vitamin E (as d-alpha tocopheryl succinate plus mixed tocopherols d-beta, d-delta, d-gamma) from soy         | 400 I.U.    | 1333%         | Selenium (as selenium amino acid complex)                                                                                   | 200 mcg | 286%          |
| Vitamin K <sub>1</sub> (as phytonadione)                                                                     | 100 mcg     | 125%          | Manganese (as manganese bisglycinate chelate**)                                                                             | 10 mg   | 500%          |
| Thiamine (as thiamine hydrochloride USP)                                                                     | 100 mg      | 6667%         | Chromium (as chromium polynicotinate****)                                                                                   | 200 mcg | 167%          |
| Riboflavin (as riboflavin USP)                                                                               | 50 mg       | 2941%         | Molybdenum (as molybdenum glycinate chelate**)                                                                              | 150 mcg | 200%          |
| Niacin (75% as niacinamide USP and 25% as niacin USP)                                                        | 200 mg      | 1000%         | Potassium (as potassium aspartate complex)                                                                                  | 99 mg   | 3%            |
| Vitamin B <sub>6</sub> (as pyridoxine hydrochloride USP)                                                     | 50 mg       | 2500%         | Boron (as boron aspartate-citrate)                                                                                          | 3 mg    | *             |
| Folate (as Metafolin*** L-5-methyltetrahydrofolate)                                                          | 800 mcg     | 200%          | Vanadium (as bisglycinate oxovanadium)                                                                                      | 100 mcg | *             |
| Vitamin B <sub>12</sub> (as methylcobalamin)                                                                 | 200 mcg     | 3333%         | Choline (as choline bitartrate)                                                                                             | 150 mg  | *             |
| Biotin USP                                                                                                   | 300 mcg     | 100%          | Inositol                                                                                                                    | 50 mg   | *             |
| Pantothenic acid (as d-calcium pantothenate USP)                                                             | 400 mg      | 4000%         | para-Aminobenzoic acid USP                                                                                                  | 50 mg   | *             |
| Calcium (80% as calcium citrate-malate and 20% as calcium ascorbate)                                         | 500 mg      | 50%           | Citrus Bioflavonoids (85 mg as citrus bioflavonoid complex, min. 50% bioflavonoids, and 15 mg as hesperidin methylchalcone) | 100 mg  | *             |
| Iron (as Ferrochel® ferrous bisglycinate chelate***)                                                         | 20 mg       | 111%          | *Daily Value not established.                                                                                               |         |               |

Other ingredients: Cellulose, stearic acid, carboxymethylcellulose sodium, silicon dioxide, magnesium stearate, vegetable gum, natural citrus flavor, and cellulose coating.

\*\*Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany

METAFOLIN

\*\*\*Albion® Laboratories

\*\*\*\*ChromeMate® brand InterHealth N.I.



**WARNING:** Accidental overdose of iron-containing products is a leading cause of death in children under the age of six. KEEP OUT OF REACH OF CHILDREN. In case of accidental overdose, call a doctor or poison control center immediately.

**Suggested Use:** 6 tablets daily with food.

Do not use if full-bottle shrinkwrap is broken or missing. Store in a cool, dry place (59°F-85°F) away from direct light. KEEP OUT OF REACH OF CHILDREN.

This product was made in a GMP and ISO 9001:2008 registered facility

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