

**"Feel your best with Completia
Whole Food Energizer™"**

Whole body nourishment from:



Daily Essentials



Botanical Energizers



System Defenders

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.

Completia is free from preservatives, yeast, milk, lactose, sugar, or dairy products.

Suitable for vegetarians



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Green Bay, WI 54311 USA
(BLK8719A)
LS31477.A01

GreenLife Completia Whole Food Energizer™

Multi-Vitamin

90 CAPSULES

NUTRIENT

DIETARY SUPPLEMENT

Recommended Dose: Take three (3) capsules daily, preferably with food. As with any supplement, if you are taking medication consult your doctor before use. Not formulated for use in children.

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 30

Amount Per Serving	% DV	Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (87% as beta carotene and 13% as retinol acetate)	5,727 IU 115%	Magnesium (as oxide/citrate)	62 mg 16%	Orchard Fruits™ Powder Blend: Plum Juice; Cranberry Juice; Blueberry Juice; Strawberry Juice; Blackberry Juice; Bilberry Juice; Cherry Juice; Apricot Juice; Papaya Juice; Orange Juice; Grape Juice; Pineapple Juice	50 mg **
Vitamin C (ascorbic acid)	37 mg 62%	Zinc (as zinc gluconate)	7.5 mg 50%	Omega Fatty Acid Seed Blend: 50 mg	**
Vitamin D (as ergocalciferol)	100 IU 25%	Selenium (as L-selenomethionine)	25 mcg 35%	Flax Seed Powder (dry, cold pressed), Sunflower Seed Powder (dry, cold pressed)	**
Vitamin E (as d-alpha tocopheryl succinate)	6.1 IU 20%	Copper (as copper citrate)	500 mcg 25%	Digestive Enzyme Blend: 32 mg	**
Thiamin (as thiamin mononitrate)	750 mcg 50%	Manganese (as manganese citrate)	1.3 mg 65%	Concentrated Enzyme formula: (Protease I, Protease II, Amylase, Peptidase, Lactase, Cellulase, Alpha Galactosidase, Invertase, Lipase)	**
Riboflavin (Vitamin B2)	850 mcg 50%	Chromium (as chromium chloride)	12 mcg 10%	Citrus Bioflavonoid Complex: (from lemon, orange, grapefruit, lime and tangerine)	30 mg **
Niacin (as niacinamide)	10 mg 50%	Molybdenum (as sodium molybdate)	37 mcg 49%	Myco Defense® Mushroom Blend: Shiitake; Hiratake; Maitake; Zhu Ling	22 mg **
Vitamin B6 (as pyridoxine HCl/pyridoxal 5-phosphate)	1 mg 50%	Green Food/Spirulina Blend: 266 mg	**	Lutein (from marigold)	100 mcg **
Folic Acid	100 mcg 25%	Spirulina (microalgae); Alfalfa (leaf, stem); Wheat Grass (grass); Melissa (leaf); Lemon Grass (grass); Nettle (leaf); Chlorella (broken cell micro-algae); cilantro (leaf)	**		
Vitamin B12 (as cyanocobalamin)	1.5 mcg 25%	Garden Veggies™ Powder Blend: Parsley Juice; Kale Juice; Spinach Juice; Wheat Grass Juice; Brussels Sprout Juice; Asparagus Juice; Broccoli Juice; Cauliflower Juice; Beet Juice; Carrot Juice; Cabbage Juice; Garlic Juice	**		
Biotin	15 mcg 5%				
Pantothenic Acid (as d-calcium pantothenate)	2 mg 20%				
Calcium (as carbonate/citrate)	125 mg 13%				
Iron (as ferrous fumarate)	5 mg 28%				
Iodine (as potassium iodide)	75 mcg 50%				

Other ingredients: Cellulose, vegetable capsule (modified cellulose), silicon dioxide, magnesium stearate

† Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value (DV) not established.