

## Supplement Facts

(Continued)

| Amount Per Serving                                                                                                                                                                                  | % DV |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| Garden Veggies™ Powder Blend: 50 mg                                                                                                                                                                 | **   |
| Parsley Juice; Kale Juice; Spinach Juice; Wheat Grass Juice;<br>Brussels Sprout Juice; Asparagus Juice; Broccoli Juice; Cauliflower<br>Juice; Beet Juice; Carrot Juice; Cabbage Juice; Garlic Juice |      |
| Orchard Fruits™ Powder Blend: 50 mg                                                                                                                                                                 | **   |
| Plum Juice; Cranberry Juice; Blueberry Juice; Strawberry Juice;<br>Blackberry Juice; Bilberry Juice; Cherry Juice; Apricot Juice;<br>Papaya Juice; Orange Juice; Grape Juice; Pineapple Juice       |      |
| Omega Fatty Acid Seed Blend: 50 mg                                                                                                                                                                  | **   |
| Flax Seed Powder (dry, cold pressed);<br>Sunflower Seed Powder (dry, cold pressed)                                                                                                                  |      |
| Digestive Enzyme Blend: 32 mg                                                                                                                                                                       | **   |
| Concentrated Enzyme formula: (Protease I,<br>Protease II, Amylase, Peptidase, Lactase,<br>Cellulase, Alpha Galactosidase, Invertase, Lipase)                                                        |      |
| Citrus Bioflavonoid Complex: 30 mg                                                                                                                                                                  | **   |
| (from lemon, orange, grapefruit, lime and tangerine)                                                                                                                                                |      |
| Myc Defense® Mushroom Blend: 22 mg                                                                                                                                                                  | **   |
| Shiitake; Hirsake; Maitake; Zhu Ling                                                                                                                                                                |      |
| Lutein (from marigold) 100 mcg                                                                                                                                                                      | **   |

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

\*\*Daily Value (DV) not established.

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

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



Suitable for vegetarians

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

**Whole body nourishment from:**



**Quality.** Completia is made to the traditionally high standards of GreenLife. All ingredients are laboratory tested for purity and potency.

**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.

Double safety sealed with a printed outer shrinkwrap film and a printed inner bottle freshness seal. Do not use if either seal is broken or missing. Keep out of reach of children.

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Green Bay, WI 54311 USA

GreenLife

# Completia

## Whole Food Energizer™

**Multi-Vitamin**  
90 CAPSULES

**NUTRIENT**

**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          |
|-------------------------------------------------------------|---------------|
| Vitamin A (87% as beta carotene and 13% as retinol acetate) | 5,727 IU 115% |
| Vitamin C (ascorbic acid)                                   | 37 mg 62%     |
| Vitamin D (as ergocalciferol)                               | 100 IU 25%    |
| Vitamin E (as d-alpha tocopheryl succinate)                 | 6.1 IU 20%    |
| Thiamin (as thiamin mononitrate)                            | 750 mcg 50%   |
| Riboflavin (Vitamin B2)                                     | 850 mcg 50%   |
| Niacin (as niacinamide)                                     | 10 mg 50%     |
| Vitamin B6 (as pyridoxine HCl/pyridoxal 5-phosphate)        | 1 mg 50%      |
| Folic Acid                                                  | 100 mcg 25%   |
| Vitamin B12 (as cyanocobalamin)                             | 1.5 mcg 25%   |
| 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%    |
| Magnesium (as oxide/citrate)                                | 62 mg 16%     |
| Zinc (as zinc gluconate)                                    | 7.5 mg 50%    |
| Selenium (as L-selenomethionine)                            | 25 mcg 35%    |
| Copper (as copper citrate)                                  | 500 mcg 25%   |
| Manganese (as manganese citrate)                            | 1.3 mg 65%    |
| Chromium (as chromium chloride)                             | 12 mcg 10%    |
| Molybdenum (as sodium molybdate)                            | 37 mcg 49%    |

Green Food/Spirulina Blend: 266 mg \*\*  
Spirulina (microalgae); Alfalfa (leaf, stem); Wheat Grass (grass);  
Melissa (leaf); Lemon Grass (grass); Nettle (leaf); Chlorella  
(broken cell micro-algae); Cilantro (leaf)

**DIETARY SUPPLEMENT**