

Cooper Complete® Nutritional Supplements

NEW
SMALLER
TABLETS

Physician Formulated

Elite Athlete

Multivitamin and Mineral Supplement

240 Tablets | 30 Servings

Supplement Facts

Serving Size 8 tablets • Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene)	3,600 IU	70%
Vitamin C (as ascorbic acid)	2,000 mg	3,300%
Vitamin D (as cholecalciferol)	2,000 IU	500%
Vitamin E (as d-alpha-tocopheryl succinate)	800 IU	2,000%
Vitamin K (as phytylmade)	25 mg	50%
Thiamine (as thiamine hydrochloride)	3 mg	500%
Riboflavin	18 mg	588%
Niacin (as niacinamide)	28 mg	500%
Vitamin B6 (as pyridoxine HCl)	18 mg	500%
Folic Acid (as [6S]-5-methyltetrahydrofolic acid, glucosamine salt) (Quatrefolic®)	308 mcg	50%
Vitamin B12 (as cyanocobalamin)	408 mcg	5,000%
Biotin (as d-biotin)	308 mcg	500%
Pantothenic Acid (as calcium pantothenate)	18 mg	500%
Iron (as carbonyl iron)	18 mg	500%
Phosphorus (as potassium phosphate)	158 mg	10%
Iodine (from kelp)	158 mcg	500%
Magnesium (as magnesium amino acid chelate)	408 mg	500%
Zinc (as zinc amino acid chelate)	18 mg	500%
Selenium (as selenium amino acid chelate)	208 mcg	288%
Copper (as copper gluconate)	3 mg	500%
Chromium (as chromium amino acid chelate)	108 mcg	80%
Potassium (as potassium phosphate)	408 mg	11%
Coenzyme Q10 (ubiquinone)	58 mg	†
Lycopene (100% lycopene)	18 mg	†
Lutein (as Flarell® D0) (marigold flowers)	8 mg	†
Resveratrol	0.4 mg	†

†Daily Value not established.

Other Ingredients: Cellulose, stearic acid (vegetable source), silicon dioxide, cellulose gum, magnesium stearate (vegetable source), titanium dioxide, glycerin, natural vanillin (oleo), riboflavin (oleo), carboxymethylcellulose, natural vanilla flavor.

Suggested for marathon runners or people who exercise more than five hours per week at 80% maximal heart rate or higher (as defined: $205 - 1/2 \text{ age} \pm 0.8$) or as recommended by your health care professional.

Suggested Usage: As a dietary supplement, adults take 8 tablets daily (4 twice-daily with meals) or as directed by your health care professional.

Easy to swallow with natural vanilla flavored coating.

This product contains NO milk/dairy or added preservatives.



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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.

Warning: This product contains Vitamin K, which interferes with the prescription drugs Coumadin and Warfarin. Do not take this if taking either of these drugs.

KEEP OUT OF REACH OF CHILDREN. For optimal storage conditions, store in a cool, dry place, 59°-77°F (15°-25°C) (25-65% relative humidity). Tamper-resistant package, do not use if outer seal is missing.

Manufactured for: Cooper Concepts, Inc.
A Cooper Nutrition Company
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Product of USA

