

Cooper Complete® Nutritional Supplements

Physician Formulated

Basic One With Iron

Multivitamin and Mineral Supplement

60 Tablets | 60 Servings

Supplement Facts

Serving Size 1 Tablet · Servings Per Container 60

	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene)	2,000 IU	40%
Vitamin C (as ascorbic acid)	150 mg	250%
Vitamin D (as cholecalciferol)	2,000 IU	500%
Vitamin E (as d-alpha-tocopheryl succinate)	200 IU	667%
Thiamine (as thiamine HCl)	1.5 mg	100%
Riboflavin	2 mg	118%
Niacin (as niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine HCl)	10 mg	500%
Folic Acid (as [6s]-5-methyltetrahydrofolic acid, glucosamine salt) (Quotefolic®)	200 mcg	50%
Vitamin B12 (as cyanocobalamin)	400 mcg	6,667%
Pantothenic Acid (as calcium pantothenate)	10 mg	100%
Iron (as carbonyl iron)	18 mg	100%
Magnesium (as magnesium oxide)	200 mg	50%
Zinc (as zinc amino acid chelate)	15 mg	100%
Selenium (as selenium amino acid chelate)	100 mcg	143%
Chromium (as chromium amino acid chelate) ..	100 mcg	83%

Lycopene (10% lycopene)	5 mg	†
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†Daily Value not established.

Other ingredients: Cellulose, cellulose gum, silicon dioxide, magnesium stearate (vegetable source), titanium dioxide, citric acid (vegetable source), glycerin, natural caramel (color), riboflavin (color), carnauba wax, natural vanilla flavor.

Suggested Usage: As a dietary supplement, premenopausal women 18 or older take 1 tablet daily with a meal, or as directed by your health care professional.

This product contains NO milk/dairy or eggs.

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Warnings: 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.

KEEP OUT OF REACH OF CHILDREN. For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

Manufactured for: Cooper Concepts, Inc.
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