

DIRECTIONS:

Take 3 capsules daily or as directed, allowing 2 hours between each capsule, as a dietary supplement.

DO NOT USE IF SAFETY SEAL IS BROKEN.

Keep out of reach of small children. Store at room temperature.

‡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.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Formulated and distributed by:
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H4520901




Celebrate®
Nutritional Supplements

Multi-Complete 60
(with Iron)

Dietary Supplement
90 Capsules

Supplement Facts

Serving Size: 3 Capsules
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin A (as retinyl palmitate and 50% as beta-carotene)	10,000 IU	200%
Vitamin C (as ascorbic acid)	180 mg	300%
Vitamin D (as cholecalciferol)	3,000 IU	750%
Vitamin E (as d-alpha-tocopheryl acetate)	60 IU	200%
Vitamin K (as phytonadione)	120 mcg	150%
Thiamin (as thiamin mononitrate)	12 mg	800%
Riboflavin	12 mg	706%
Niacin (as niacinamide)	40 mg	200%
Vitamin B ₆ (as pyridoxine HCl)	4 mg	200%
Folate (as folic acid)	800 mcg	200%
Vitamin B ₁₂ (as methylcobalamin and cyanocobalamin)	1,000 mcg	16,667%
Biotin	600 mcg	200%
Pantothenic acid (as D-calcium pantothenate)	20 mg	200%
Iron (as ferrous fumarate)‡	60 mg	333%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide and magnesium citrate)	100 mg	25%
Zinc (as zinc amino acid chelate)	30 mg	200%
Selenium (as selenium amino acid chelate)	140 mcg	200%
Copper (as copper citrate)	3 mg	150%
Manganese (as manganese amino acid chelate)	2 mg	100%
Chromium (as chromium amino acid chelate)	200 mcg	167%
Molybdenum (as molybdenum amino acid chelate)	75 mcg	100%

Other ingredients: Gelatin, microcrystalline cellulose, magnesium stearate and silica.