

**DIRECTIONS:**

Take three capsules daily or as directed by a healthcare professional, 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:

Celebrate Vitamins 516 Corporate Pkwy  
Wadsworth, Ohio 44281 www.celebratevitamins.com  
877-424-1953

H2020901



# Celebrate®

Nutritional Supplements

## Multi-Complete 45 (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 B6 (as pyridoxine HCl)	4 mg	200%
Folate (as folic acid)	800 mcg	200%
Vitamin B12 (as methylcobalamin & cyanocobalamin)	1,000 mcg	16,667%
Biotin	600 mcg	200%
Pantothenic acid (as D-calcium pantothenate)	20 mg	200%
Iron (as ferrous fumarate)‡	45 mg	250%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide and 40% 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 amino acid chelate)	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.