

designs for health®



DFH

# Complete Multi™

Dietary Supplement  
For Professional Use Only

180 Vegetarian Capsules



Report any adverse reactions to 860.623.6314

**Notice:** Color, size or shape may appear different between lots.

**Warning:** Consult your health care practitioner before using this product if you are taking Coumadin, warfarin or other anticoagulant medications.

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Does not contain gluten.



CMF180-2

**Recommended Use:** As a dietary supplement, take six capsules per day, two with each meal, or as directed by your healthcare practitioner.

## Supplement Facts

Serving Size 6 capsules  
Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as Mixed Carotenoids from Palm Tree Fruit)	7142 IU 140%	Manganese (as TRAACS® Manganese Glycinate Chelate)	1 mg 50%
Vitamin C (as Ascorbic Acid)	600 mg 1000%	Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)	200 mcg 170%
Vitamin D (as Cholecalciferol)	1000 IU 250%	Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	100 mcg 130%
Vitamin E (as d-alpha tocopherol)	50 IU 170%	Potassium (as Potassium Glycinate Complex)	100 mg 2%
Vitamin K (as Vitamin K1 Phytonadione 500 mcg; Vitamin K2 Menaquinone-7 50 mcg)	550 mcg 690%	High Gamma Mixed Tocopherols (as d-gamma, d-delta, d-alpha, d-beta)	300 mg *
Thiamin (Vitamin B-1)(as Thiamine HCL)	75 mg 5000%	Trimethylglycine (TMG)	200 mg *
Riboflavin (Vitamin B-2)	75 mg 4410%	Choline (as Citrate)	100 mg *
Niacin (Vitamin B-3)(as Niacinamide)	75 mg 400%	Inositol	100 mg *
Vitamin B-6 (as Pyridoxine HCL)	50 mg 2500%	Quercetin	25 mg *
Folate (NatureFolate™ blend)	400 mcg 100%	Rutin	25 mg *
Vitamin B-12 (as Methylcobalamin)	500 mcg 8330%	Alpha Lipoic Acid	10 mg *
Biotin (as d-Biotin)	500 mcg 170%	Hesperidin	10 mg *
Pantothenic Acid (as d-Calcium Pantothenate)	250 mg 2500%	Boron (as Bororganic Glycine)	2 mg *
Calcium (TRAACS® Calcium Glycinate Chelate)	100 mg 10%	Vanadium (as TRAACS® Vanadium Nicotinate Glycinate Chelate)	100 mcg *
Iodine (as Potassium Iodide)	200 mcg 130%		
Magnesium (TRAACS® Magnesium Glycinate Chelate Buffered)	200 mg 50%		
Zinc (TRAACS® Zinc Glycinate Chelate)	25 mg 170%		
Selenium (as Selenium Glycinate Complex)	250 mcg 360%		

\*Daily Value not established.

**Other Ingredients:** Vegetable stearate, microcrystalline cellulose, silicon dioxide.

STORE IN A COOL, DRY PLACE.



Formulated and distributed by:  
**Designs for Health, Inc.**  
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in Arlee, MT, USA  
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