



**Cooper Complete®**  
**Nutritional Supplements**  
 FROM COOPER AEROBICS

**Cooper Complete® Multivitamin Comparisons**

<b>Ingredient</b>	<b>Cooper Complete Iron Free 8 Tablets</b>	<b>Basic One Iron Free</b>	<b>Centrum® Silver® Adults 50+ *</b>
Vitamin A (as natural beta carotene with mixed carotenoids)	3,000 IU	2,000 IU	2,500 IU
Vitamin C (as ascorbic acid)	500 mg	150 mg	60 mg
Vitamin D-3 (as cholecalciferol)	2,000 IU	2,000 IU	500 IU
Vitamin E (as d-alpha tocopherol succinate)	200 IU	200 IU	50 IU
Vitamin K (as phytonadione)	25 mcg	-	30 mcg
Thiamine (Vitamin B1 as HCl)	3 mg	1.5 mg	1.5 mg
Riboflavin (Vitamin B2)	10 mg	2 mg	1.7 mg
Niacinamide (Niacinamide/Vitamin B3)	20 mg	20 mg	20 mg
Vitamin B6 (as pyridoxine hydrochloride)	10 mg	10 mg	3 mg
Folate (Vitamin B9 as L-methylfolate, Metafolin®)	200 mcg	200 mcg	400 mcg
Vitamin B12 (Cyanocobalamin)	400 mcg	400 mcg	25 mcg
Biotin (as d-biotin)	300 mcg	-	30 mcg
Pantothenic Acid (as calcium pantothenate)	10 mg	10 mg	10 mg
Phosphorus (as potassium phosphate)	160 mg	-	20 mg
Iodine (as potassium iodide)	150 mcg	-	150 mcg
Magnesium (as magnesium chelate)	400 mg	200 mg	50 mg
Zinc (as zinc chelate)	15 mg	15 mg	11 mg
Selenium (as selenium chelate)	100 mcg	100 mcg	55 mcg
Copper (as copper gluconate)	2 mg	-	0.5 mg
Chromium (as Chromium amino acid chelate)	100 mcg	100 mcg	45 mcg
Potassium (as Potassium phosphate)	400 mg	-	80 mg
Choline (from Choline bitartrate)	500 mg	-	-
Coenzyme Q10 (Ubiquinone)	50 mg	-	-
Lycopene (Tomato fruit)	10 mg	5 mg	300 mcg
Lutein (as FloraGLO® Lutein)	6 mg	-	250 mcg
Zeaxanthin	0.4 mg	-	-

*\*Centrum Silver also contains Calcium, Manganese, Chromium, Molybdenum, Chloride, Boron, Nickel, Silicon and Vanadium.*

Cooper Complete With Iron and Basic One With Iron formulations contain 18 mg Iron.

IU = international unit

mg = milligrams

mcg = micrograms

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