

## Cooper Complete® Multivitamin Comparisons

Cooper Complete & Basic One products are available in “With Iron” and “Iron Free” formulations. “With Iron” formulations contain 18 mg Iron.

Ingredient	Cooper Complete 8 Tablets	Basic One	Centrum	Centrum Silver
Vitamin A (as natural beta carotene with mixed carotenoids)	3,000 IU	2,000 IU	3,500 IU	2,500 IU
Vitamin C (as ascorbic acid)	500 mg	150 mg	90 mg	90 mg
Vitamin D (as cholecalciferol)	1,000 IU	1,000 IU	400 IU	500 IU
Vitamin E (as d-alpha tocopherol succinate)	400 IU	200 IU	30 IU	50 IU
Vitamin K	25 mcg	-	25 mcg	30 mcg
Thiamine (as thiamine hydrochloride)	3 mg	1.5 mg	1.5 mg	1.5 mg
Riboflavin	10 mg	2 mg	1.7 mg	1.7 mg
Niacinamide	20 mg	20 mg	20 mg	20 mg
Vitamin B6 (as pyridoxine hydrochloride)	10 mg	10 mg	2 mg	3 mg
Folic Acid	400 mcg	400 mcg	500 mcg	400 mcg
Vitamin B12 (as cyanocobalamin)	400 mcg	400 mcg	6 mcg	25 mcg
Biotin (as d-biotin)	300 mcg	-	30 mcg	30 mcg
Pantothenic Acid (as d-calcium pantothenate)	10 mg	10 mg	10 mg	10 mg
Phosphorus (as potassium phosphate)	160 mg	-	109 mg	110 mg
Iodine (Potassium iodide)	150 mcg	-	150 mcg	150 mcg
Magnesium (Mg Oxide)	400 mg	200 mg	100 mg	50 mg
Zinc (Zinc oxide)	15 mg	15 mg	11 mg	11 mg
Selenium (Rice bran Chelate)	100 mcg	100 mcg	55 mcg	55 mcg
Copper (Copper gluconate)	2 mg	-	0.9 mg	0.9 mg
Chromium (Chromium amino acid chelate)	100 mcg	100 mcg	35 mcg	45 mcg
Potassium (Potassium phosphate)	400 mg	-	80 mg	80 mg
Choline (Choline bitartrate)	500 mg	-	-	-
Lycopene (Tomato fruit)	10 mg	5 mg	300 mcg	300 mcg
FloraGLO® Lutein	6 mg	-	250 mcg	250 mcg
Coenzyme Q10 (Ubiquinone)	50 mg	-	-	-

*Centrum also contains Calcium, Manganese, Chromium, Molybdenum, Chloride, Boron, Nickel, Silicone, Tin, and Vanadium.*