designs for health®

DFH Complete Multi™

Three superior multivitamin/mineral formulas for your unique needs

CMF120 | CCM120 | CMU120 – 120 vegetarian capsules



Fill your nutritional gaps with DFH Complete Multi™ — the powerhouse of multivitamins. No matter your age, activity level, or nutritional status, the DFH Complete Multi™ suite provides you with a comprehensive blend of essential vitamins and minerals, along with a variety of other beneficial nutrients that are not typically found in standard multivitamin formulas.

Incorporating a high-quality daily multivitamin/mineral supplement can provide a reliable foundation for essential micronutrients so that you can feel your best.*

FOUNDATIONAL HEALTH*

- Promotes the optimal intake of essential vitamins and minerals*
- Supports micronutrient status in the body*
- Supports antioxidant activity and status*
- Promotes optimal health beyond the RDA, based on ancestral diets*

DFH Complete Multi™ with Copper and Iron shown below

Supplement Facts

Serving Size 4 capsules

Amount Per Serving		% Daily Value
Vitamin A (as Mixed Carotenoids and Palmitate)	2250 mcg RAE	250%
Vitamin C (as Ascorbic Acid)	600 mg	667%
Vitamin D (as Cholecalciferol)	25 mcg (1000 IU)	125%
Vitamin K (as K1 Phytonadione and Vitamin K2 Menaquinone-4)	550 mcg	458%
Thiamin (Vitamin B-1)(as Thiamine HCl)	2.3 mg	192%
Riboflavin (Vitamin B-2)(as Riboflavin-5-Phosphate)	2.8 mg	215%
Niacin (as Niacinamide and Niacin)	50 mg NE	313%
Vitamin B-6 (as Pyridoxal-5-Phosphate)	5.2 mg	306%
Folate (as Quatrefolic® [6S]-5-methyltetrahydrofolate,glucosamine salt)	680 mcg DFE	170%
Vitamin B-12 (as Methylcobalamin [MecobalActive®])	500 mcg	20,833%
Biotin (as d-Biotin)	30 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate)	12 mg	240%
Calcium (as TRAACS® Calcium Bisglycinate Chelate)	100 mg	8%
Iron (as Ferrochel® Ferrous Bisglycinate Chelate)	8 mg	44%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Di-Magnesium Malate)	200 mg	48%
Zinc (as Zinc Bisglycinate Chelate)	15 mg	136%
Selenium (as Selenium Glycinate Complex)	200 mcg	364%
Copper (as TRAACS® Copper Bisglycinate Chelate)	2 mg	222%
Manganese (as TRAACS® Manganese Bisglycinate Chelate)	1 mg	43%
Chromium (as TRAACS® Chromium Nicotinate Bisglycinate Chelate)	200 mcg	571%
Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	100 mcg	222%
Trimethylglycine (TMG)	200 mg	*
Quercetin	25 mg	*
Rutin	25 mg	*
Vitamin E Isomers (as DeltaGold® delta and gamma tocotrienols)	15 mg	*
Hesperidin (from Citrus Bioflavonoids)	10 mg	*
Boron (as Bororganic Glycine)	2 mg	*

*Daily Value not established.

Other Ingredients: Cellulose (capsule), microcrystalline cellulose, vegetable stearate, sunflower lecithin, silicon dioxide.

JUST THE FACTS:

Compare supplement facts to the leading brands

- Higher serving of vitamin C to support collagen production, skin and blood vessel health, immune function, iron absorption, and a healthy stress response*
- 1,000 IU (25 mcg) of immune-supportive vitamin D3*
- Vitamins K1 and K2 for bone, normal blood clotting, and arterial strength*
- B vitamins in their most activated forms for better absorption*
- Superior form of folate as L-5-MTHF and trimethylglycine to support methylation*
- Three expertly crafted formulas to choose from based on your personal nutritional needs: copper- and iron-free, with copper, with copper + iron
  See the reverse side for product comparisons
- Chelated minerals for better absorption and use by the body*
- Fruit bioflavonoids for added antioxidant status*
- Tocopherol-free form of vitamin E isomers (as DeltaGold® delta- and gamma-tocotrienols)

Recommended Use: Take 4 capsules per day with a meal (or 2 capsules with two meals) or as directed by your health-care practitioner.

Warning: If taking a blood thinner medication, consult a health-care practitioner before using.

Consult with your health-care practitioner about your specific circumstances and any questions you may have.

***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.**

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designs for health®

DFH Complete Multi™

Three superior multivitamin/mineral formulas for your unique needs



DFH Complete Multi™
Free of Copper and Iron

CMF120

Recommended for men and postmenopausal women



DFH Complete Multi™
with Copper

CCM120



DFH Complete Multi™
with Copper and Iron

CMU120

Recommended for teenagers, menstruating females, and plant-based diets

Supplement Facts

Serving Size 4 capsules

			CMF120 Free of Copper and Iron	CCM120 with Copper	CMU120 with Copper and Iron
Vitamin A (as Mixed Carotenoids and Palmitate)	2250 mcg RAE	250%	●	●	●
Vitamin C (as Ascorbic Acid)	600 mg	667%	●	●	●
Vitamin D (as Cholecalciferol)	25 mcg (1000 IU)	125%	●	●	●
Vitamin K (as K1 Phytonadione and Vitamin K2 Menaquinone-4)	550 mcg	458%	●	●	●
Thiamin (Vitamin B-1) (as Thiamine HCl)	2.3 mg	192%	●	●	●
Riboflavin (Vitamin B-2) (as Riboflavin-5-Phosphate)	2.8 mg	215%	●	●	●
Niacin (as Niacinamide and Niacin)	50 mg NE	313%	●	●	●
Vitamin B-6 (as Pyridoxal-5-Phosphate)	5.2 mg	306%	●	●	●
Folate (as Quatrefolic® [6S]-5-methyltetrahydrofolate, glucosamine salt)	680 mcg DFE	170%	●	●	●
Vitamin B-12 (as Methylcobalamin)	500 mcg	20,833%	●	●	●
Biotin (as d-Biotin)	30 mcg	100%	●	●	●
Pantothenic Acid (as d-Calcium Pantothenate)	12 mg	240%	●	●	●
Calcium (as TRAACS® Calcium Bisglycinate Chelate)	100 mg	8%	●	●	●
Iron (as Ferrochel® Ferrous Bisglycinate Chelate)	8 mg	44%	○	○	●
Iodine (as Potassium Iodide)	150 mcg	100%	●	○	●
Magnesium (as Di-Magnesium Malate)	200 mg	48%	●	●	●
Zinc (as Zinc Bisglycinate Chelate)	15 mg	136%	●	●	●
Selenium (as Selenium Glycinate Complex)	200 mcg	364%	●	●	●
Copper (as TRAACS® Copper Bisglycinate Chelate)	2 mg	222%	○	●	●
Manganese (as TRAACS® Manganese Bisglycinate Chelate)	1 mg	43%	●	●	●
Chromium (as TRAACS® Chromium Nicotinate Bisglycinate Chelate)	200 mcg	571%	●	●	●
Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	100 mcg	222%	●	●	●
Trimethylglycine (TMG)	200 mg	*	●	●	●
Quercetin	25 mg	*	●	●	●
Rutin	25 mg	*	●	●	●
Vitamin E Isomers (DeltaGold®) [as delta and gamma tocotrienols from annatto (*Bixa orellana*)(seed)]	15 mg	*	●	●	●
Hesperidin (from Citrus Flavonoids)	10 mg	*	●	●	●
Boron (as Bororganic Glycine)	2 mg	*	●	●	●

*Daily Value not established.

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