O 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

Vitamin C (as Ascorbic Acid) 60 Vitamin D (as Cholecalciferol) 25 mcg (100 Vitamin K 550 (as KI Phytonadione and Vitamin K2 Menaquinone-4) 51 Thiamin (Vitamin B-2)(as Thiamine HCI) 2. Riboflavin (Vitamin B-2)(as Riboflavin-5-Phosphate) 2. Niacin (as Niacinamide and Niacin) 50 m Vitamin B-6 (as Pyridoxal-5-Phosphate) 5. Folate (as Quatrefolic® 680 mc [65]-5-methyltetrahydrofolate,glucosamine salt) 500 Vitamin B-12 (as Methylcobalamin [MecobalActive"]) 500 Biotin (as d-Biotin) 300 Pantothenic Acid (as d-Calcium Pantothenate) 10 Iron (as Ferrochell" Ferrous Bisglycinate Chelate) 100 Zelenium (as Selenium Glycinate Complex) 200 Copper (as IRAACS® Manganese Bisglycinate Chelate) 200 Manganese (as TRAACS® Molybdenum Glycinate Chelate) 100 Molybdenum (as TRAACS® Molybdenum Glycinate Chelate) 100 Molybdenum (as TRAACS		ly Value
Vitamin D (as Cholecalciferol) 25 mcg (100 Vitamin K 550 (as KI Phytonadione and Vitamin K2 Menaquinone-4) 550 Thiamin (Vitamin B-2)(as Riboflavin-5-Phosphate) 2. Riboflavin (Vitamin B-2)(as Riboflavin-5-Phosphate) 2. Riboflavin (Vitamin B-2)(as Riboflavin-5-Phosphate) 50 Niacin (as Niacinamide and Niacin) 50 n Vitamin B-6 (as Pyridoxal-5-Phosphate) 5. Folate (as Quatrefolic* 680 mc [65]-5-methyltetrahydrofolate,glucosamine salt) 500 Vitamin B-12 (as Methylcobalamin [MecobalActive*]) 500 Biotin (as d-Biotin) 30 Pantothenic Acid (as d-Calcium Pantothenate) 10 Iron (as Ferochell* Ferrous Bisglycinate Chelate) 10 Iron (as Ferochell* Ferrous Bisglycinate Chelate) 10 Irn (as Selenium Iodide) 150 Magnesium (as Di-Magnesium Malate) 200 Copper (as TRAACS* Copper Bisglycinate Chelate) 200 Manganese (as TRAACS* Manganese Bisglycinate Chelate) 200 Manganese (as TRAACS* Molybdenum Glycinate Chelate) 200 Chromium (as TRAACS* Molybdenum Glycinate Chelate) 200 Chromium (as TRAACS* Molyb	mcg RAE	250%
Vitamin K 550 (as KI Phytonadione and Vitamin K2 Menaquinone-4) Thiamin (Vitamin B-1)(as Thiamine HCI) 2. Riboflavin (Vitamin B-2)(as Riboflavin-5-Phosphate) 2. Riboflavin (Vitamin B-2)(as Riboflavin-5-Phosphate) 2. Nitacin (as Nitacinamide and Niacin) 50 n Vitamin B-6 (as Pyridoxal-5-Phosphate) 5. Folate (as Quatrefolic" 680 mc [65]-5-methyltetrahydrofolate,glucosamine salt) 500 Vitamin B-12 (as Methylcobalamin [MecobalActive"]) 500 Biotin (as d-Biotin) 300 Pantothenic Acid (as d-Calcium Pantothenate) 10 Iron (as Ferochel" Ferrous Bisglycinate Chelate) 100 Iron (as Ferochel" Ferrous Bisglycinate Chelate) 100 Iron (as Selenium Glycinate Complex) 200 Copper (as TRAACS" Copper Bisglycinate Chelate) 200 Copper (as TRAACS" Anganesium Malate) 200 Chromium Nicotinate Bisglycinate Chelate) 200 Manganese (as TRAACS" Manganese Bisglycinate Chelate) 100 Molybdenum (as TRAACS" Molybdenum Glycinate Chelate) 100 Molybdenum (as TRAACS" Molybdenum Glycinate Chelate) 100 Chromium Nicotinate Bisglycinate Chelate)	600 mg	667%
(as KI Phytonadione and Vitamin K2 Menaquinone-4) Thiamin (Vitamin B-1)(as Thiamine HCI) 2. Riboflavin (Vitamin B-2)(as Riboflavin-5-Phosphate) 2. Niacin (as Niacinamide and Niacin) 50 Polate (as Quatrefolic* 680 mc [65]-5-methyltetrahydrofolate,glucosamine salt) 50 Vitamin B-12 (as Methylcobalamin [MecobalActive*]) 500 Biotin (as d-Biotin) 30 Pantothenic Acid (as d-Calcium Pantothenate) 10 Icolium (as TRAACS* (alcium Bisglycinate Chelate) 10 Iron (as Ferrochel* Ferrous Bisglycinate Chelate) 20 Zinc (as Zinc Bisglycinate Chelate) 10 Selenium (as Di-Magnesium Malate) 200 Copper (as TRAACS* Gopper Bisglycinate Chelate) 100 Magneseum (as TRAACS* Manganese Bisglycinate Chelate) 200 Copper (as TRAACS* Manganese Bisglycinate Chelate) 200 Molybdenum (as TRAACS* Molybdenum Glycinate Chelate) 200 Chromium (as TRAACS* Molybdenum Glycinate Chelate) 200		125%
Thiamin (Vitamin B-1)(as Thiamine HCI) 2. Riboflavin (Vitamin B-2)(as Riboflavin-5-Phosphate) 2. Riboflavin (Vitamin B-2)(as Riboflavin-5-Phosphate) 2. Niacin (as Niacinamide and Niacin) 50 n Vitamin B-6 (as Pyridoxal-5-Phosphate) 5. Folate (as Quatrefolic* 680 mc [65]-5-methyltetrahydrofolate,glucosamine salt) 500 Vitamin B-12 (as Methylcobalamin [MecobalActive*]) 500 Biotin (as d-Biotin) 300 Pantothenic Acid (as d-Calcium Pantothenate) 11 Calcium (as TRAACS* Calcium Bisglycinate Chelate) 100 Iron (as Ferochel* Ferrous Bisglycinate Chelate) 100 Iron (as Ferochel* Gopper Bisglycinate Chelate) 200 Coldine (as Selenium Glycinate Complex) 200 Copper (as TRAACS* Copper Bisglycinate Chelate) 200 Chromium (as TRAACS* Molybdenum Glycinate Chelate) 200 Chromium Micotinate Bisglycinate Chelate) 200 C	550 mcg	458%
Riboflavin (Vitamin B-2)(as Riboflavin-5-Phosphate) 2. Niacin (as Niacinamide and Niacin) 50 m Niacin (as Niacinamide and Niacin) 50 m Vitamin B-6 (as Pyridoxal-5-Phosphate) 5. Folate (as Quatrefolic® 680 mc (fS)-5-methyltetrahydrofolate,glucosamine salt) 500 Witamin B-12 (as Methylcobalamin [MecobalActive®]) 500 Biotin (as d-Biotin) 300 Pantothenic Acid (as d-Calcium Pantothenate) 10 Iron (as TRAACS® Calcium Bisglycinate Chelate) 100 Iron (as Ferrochel® Ferrous Bisglycinate Chelate) 100 Magnesium (as Di-Magnesium Malate) 200 Copper (as TRAACS® Copper Bisglycinate Chelate) 100 Khromium (as Selenium Glycinate Chelate) 200 Chromium (as TRAACS® Manganese Bisglycinate Chelate) 200 Chromium (as TRAACS® Molybdenum Glycinate Chelate) 200 Chromium Micotinate Bisglycinate Chelate) 200 Chromium Kiethina Elsomers 200 Chromium K Isomers		
Niacin (as Niacinamide and Niacin) 50 m Vitamin B-6 (as Pyridoxal-S-Phosphate) 5, Folate (as Quatrefolic® 680 mc [65]-5-methyltetrahydrofolate,glucosamine salt) 50 m Vitamin B-12 (as Methylcobalamin [MecobalActive®]) 500 m [65]-5-methyltetrahydrofolate,glucosamine salt) 500 m Vitamin B-12 (as Methylcobalamin [MecobalActive®]) 500 m [63]-5-methyltetrahydrofolate,glucosamine salt) 500 m Vitamin B-12 (as Methylcobalamin [MecobalActive®]) 500 m [63]-5-methyltetrahylcobalamin [MecobalActive®]) 500 m [63] Tamin B-12 (as Methylcobalamin [MecobalActive®]) 500 m [63] Tamin B-12 (as Methylcobalamin [MecobalActive®]) 500 m [63] Tamin B-12 (as Methylcobalamin [MecobalActive®]) 500 m [64] Tamin B-12 (as Methylcobalamin [MecobalActive®]) 500 m [65] Tamin B-12 (as Perova Bisglycinate Chelate) 100 m [10] Iron (as Selenium Iolide) 150 m Manganese (as TRAACS® Copper Bisglycinate Chelate) 200 monium Nicotinate Bisglycinate Chelate) Molybdenum (as TRAACS® Molybdenum Glycinate Chelate) 200 monium Nicotinate Bisglycinate Chelate) Molybdenum (as TRAACS® Molybdenum Glycinate Chelate) 200 monium Nicotinate Bisglycinate Chelat	2.3 mg	192%
Vitamin B-6 (as Pyridoxal-5-Phosphate) 5. Folate (as Quatrefolic* 680 mc [65]-5-methyltetrahydrofolate,glucosamine salt) 500 Vitamin B-12 (as Methylcobalamin [MecobalActive*]) 500 Biotin (as d-Biotin) 300 Pantothenic Acid (as d-Calcium Pantothenate) 10 Iron (as Ferrochell* Ferrous Bisglycinate Chelate) 100 Iodin (as Di-Magnesium Malate) 200 Zinc (as Zinc Bisglycinate Chelate) 100 Selenium (as Selenium Glycinate Complex) 200 Copper (as TRAACS* Copper Bisglycinate Chelate) 200 Manganese (as TRAACS* Manganese Bisglycinate Chelate) 200 Molybdenum (as TRAACS* Manganese Bisglycinate Chelate) 200 Chromium Nicotinate Bisglycinate Chelate) 200 Chromium (as TRAACS* Molybdenum Glycinate Chelate) 200 Chromium Isotinate Bisglycinate Chelate) 200 Chromium Isotinate Bisglycinate Chelate) 200 Chromium Isotinate Bisglycinate Chelate) 200 <tr< td=""><td>2.8 mg</td><td>215%</td></tr<>	2.8 mg	215%
Folate (as Quatrefolic® 680 mc [65]-5-methyltetrahydrofolate,glucosamine salt) 500 Vitamin B-12 (as Methylcobalamin [MecobalActive®]) 500 Biotin (as d-Biotin) 30 Pantothenic Acid (as d-Calcium Pantothenate) 10 Icalcium (as TRAACS® Calcium Bisglycinate Chelate) 10 Iron (as Ferrochel® Ferrous Bisglycinate Chelate) 10 Iron (as Ferrochel® Ferrous Bisglycinate Chelate) 150 Magnesium (as Di-Magnesium Malate) 200 Zinc (as Zinc Bisglycinate Chelate) 10 Manganese (as TRAACS® Anganese Bisglycinate Chelate) 200 Copper (as TRAACS® Manganese Bisglycinate Chelate) 200 Monganese (as TRAACS® Manganese Bisglycinate Chelate) 200 Chromium (as TRAACS® Manganese Bisglycinate Chelate) 200 Molybdenum (as TRAACS® Molybdenum Glycinate Chelate) 200 Trimethylglycine (TMG) 200 Quercetin 22 Yutamin E Isomers 1 (as DeltaGold® delta and gamma tocotrienols) 1 Hesperidin (from Citrus Bioflavonoids) 1 Boron (as Bororganic Glycine) 1	50 mg NE	313%
[65]-Š-methyltetrahydrofolate,glucosamine salt) Vitamin B-12 (as Methylcobalamin [MecobalActive"]) 500 Biotin (as d-Biotin) 30 Pantothenic Acid (as d-Calcium Pantothenate) 10 Calcium (as TRAACS* Calcium Bisglycinate Chelate) 10 Ion (as Ferochel" Ferrous Bisglycinate Chelate) 10 Ion (as Ferochel" Ferrous Bisglycinate Chelate) 10 Ion (as STRAACS* Calcium Bisglycinate Chelate) 10 Zinc (as Zinc Bisglycinate Chelate) 20 Zinc (as Zinc Bisglycinate Chelate) 20 Copper (as TRAACS* Calcium Bisglycinate Chelate) 20 Magnesse (as TRAACS* Manganese Bisglycinate Chelate) 20 Chromium (as TRAACS* Manganese Bisglycinate Chelate) 20 Molybdenum (as TRAACS* Molybdenum Glycinate Chelate) 20 Trimethylglycine (TMG) 20 Quercetin 22 Xutin 21 Vitamin E Isomers 11 (as DetlaGold* delta and gamma tocotrienols) 12 Hesperidin (from Citrus Bioflavonoids) 13 Boron (as Bororganic Glycine) 21	5.2 mg	306%
Vitamin B-12 (as Methylcobalamin [MecobalActive*]) 500 Biotin (as d-Biotin) 30 Pantothenic Acid (as d-Calcium Pantothenate) 1 Calcium (as TRAACS* Calcium Bisglycinate Chelate) 10 Iron (as Ferrochel* Ferrous Bisglycinate Chelate) 10 Iron (as Ferrochel* Ferrous Bisglycinate Chelate) 10 Iron (as Ferrochel* Ferrous Bisglycinate Chelate) 150 Magnesium (as Di-Magnesium Malate) 200 Zinc (as Zinc Bisglycinate Chelate) 15 Selenium (as Selenium Glycinate Complex) 200 Copper (as TRAACS* Copper Bisglycinate Chelate) 200 Chromium (as TRAACS* Copper Bisglycinate Chelate) 200 Chromium (as TRAACS* Manganese Bisglycinate Chelate) 200 Chromium Micotinate Bisglycinate Chelate) 200 Trimethylglycine (TMG) 200 Quercetin 2 Rutin 2 Vitamin E Isomers 1 (as DeltaGold* delta and gamma tocotrienols) 1 Boron (as Bororganic Glycine) 1	mcg DFE	170%
Biotin (as d-Biotin) 30 Pantothenic Acid (as d-Calcium Pantothenate) 10 Calcium (as TRAACS* Calcium Bisglycinate Chelate) 10 Iron (as Ferrochel* Ferrous Bisglycinate Chelate) 10 Iodine (as Potassium Iodide) 150 Magnesium (as DI-Magnesium Malate) 200 Zinc (as Zinc Bisglycinate Chelate) 10 Selenium (as Selenium Glycinate Complex) 200 Copper (as TRAACS* Copper Bisglycinate Chelate) 200 Chromium (as TRAACS* Manganese Bisglycinate Chelate) 200 Chromium Micotinate Bisglycinate Chelate) 200 Chromium Micotinate Bisglycinate Chelate) 200 Molybdenum (as TRAACS* Molybdenum Glycinate Chelate) 200 Chromium Micotinate Bisglycinate Chelate) 200 Chromium Sitting (TMG) 200 Quercetin 2 Quercetin 2 (as DeltaGold* delta and gamma tocotrienols) 1 Hesperidin (from Citrus Bioflavonoids) 1 Boron (as Bororganic Glycine) 1		
Pantothenic Acid (as d-Calcium Pantothenate) 11 Calcium (as TRAACS* Calcium Bisglycinate Chelate) 10 Iron (as Ferrochel* Ferrous Bisglycinate Chelate) 10 Iodine (as Potassium Iodide) 150 Magnesium (as Di-Magnesium Malate) 200 Zinc (as Zinc Bisglycinate Chelate) 10 Tinc (as Zinc Bisglycinate Chelate) 10 Zinc (as Zinc Bisglycinate Chelate) 10 Selenium (as Selenium Glycinate Complex) 200 Copper (as TRAACS* Copper Bisglycinate Chelate) 200 Manganese (as TRAACS* Manganese Bisglycinate Chelate) 200 Chromium Nicotinate Bisglycinate Chelate) 200 Chromium Nicotinate Bisglycinate Chelate) 200 Molybdenum (as TRAACS* Molybdenum Glycinate Chelate) 200 Chromium Nicotinate Bisglycinate Chelate) 200 Chromium Nicotinate Bisglycinate Chelate) 200 Chromium Rischare Bisglycinate Chelate) 200 Chromium Rischare Bisglycinate Chelate) 200 Chromium Rischare Bisglycinate Chelate) 200 Quercetin 20 Quercetin 20 Quercetin 20 (as DeltaGold* delta and ga	500 mcg 3	
Calcium (as TRAACS* Calcium Bisglycinate Chelate) 10 Iron (as Ferrochel* Ferrous Bisglycinate Chelate) 150 Iodine (as Potassium Iodide) 150 Magnesium (as Di-Magnesium Malate) 200 Zinc (as Zinc Bisglycinate Chelate) 10 Selenium (as Selenium Glycinate Complex) 200 Copper (as TRAACS* Copper Bisglycinate Chelate) 200 Manganese (as TRAACS* Manganese Bisglycinate Chelate) 200 Chromium (as TRAACS* Manganese Bisglycinate Chelate) 200 Chromium (as TRAACS* Manganese Bisglycinate Chelate) 200 Chromium (as TRAACS* Molybdenum Glycinate Chelate) 200 Chromium Nicotinate Bisglycinate Chelate) 200 Chromium Nicotinate Bisglycinate Chelate) 200 Chromium (as TRAACS* Molybdenum Glycinate Chelate) 200 Quercetin 20 Zutin 20 Vitamin E Isomers 10 (as DeltaGold* delta and gamma tocotrienols) 1 Boron (as Bororganic Glycine) 1	30 mcg	100%
Iron (as Ferrochel® Ferrous Bisglycinate Chelate) Iodine (as Potassium Iodide) 150 Magnesium (as Di-Magnesium Malate) 20 Zinc (as Zinc Bisglycinate Chelate) 10 Selenium (as Selenium Glycinate Complex) 200 Copper (as TRAACS® Copper Bisglycinate Chelate) Manganese (as TRAACS® Manganese Bisglycinate Chelate) Manganese (as TRAACS® Manganese Bisglycinate Chelate) Chromium (as TRAACS® Manganese Bisglycinate Chelate) Molybdenum (as TRAACS® Molybdenum Glycinate Chelate) 100 Trimethylglycine (TMG) 20 Quercetin 22 Witin 21 Witin 21 Masser 21 (as DeltaGold® delta and gamma tocotrienols) Hesperidin (from Citrus Bioflavonoids) 1 Boron (as Bororganic Glycine)	12 mg	240%
Iodine (as Potassium Iodide) 150 Magnesium (as Di-Magnesium Malate) 20 Zinc (as Zinc Bisglycinate Chelate) 1 Selenium (as Selenium Glycinate Complex) 200 Copper (as TRAACS* Copper Bisglycinate Chelate) 200 Manganese (as TRAACS* Manganese Bisglycinate Chelate) 200 Chromium (as TRAACS* Manganese Bisglycinate Chelate) 200 Chromium Nicotinate Bisglycinate Chelate) 200 Molybdenum (as TRAACS* Molybdenum Glycinate Chelate) 200 Chromium Nicotinate Bisglycinate Chelate) 200 Chromium Nicotinate Bisglycinate Chelate) 200 Chromium Rate TRAACS* Molybdenum Glycinate Chelate) 100 Trimethylglycine (TMG) 20 Quercetin 2 Rutin 2 (as DeltaGold* delta and gamma tocotrienols) 1 Hesperidin (from Citrus Bioflavonoids) 1 Boron (as Bororganic Glycine) 1	100 mg	8%
Magnesium (as Di-Magnesium Malate) 20 Zinc (as Zinc Bisglycinate Chelate) 1 Selenium (as Selenium Glycinate Complex) 200 Copper (as TRAACS® Copper Bisglycinate Chelate) 200 Manganese (as TRAACS® Manganese Bisglycinate Chelate) 200 Chromium (as TRAACS® Manganese Bisglycinate Chelate) 200 Chromium Nicotinate Bisglycinate Chelate) 200 Molybdenum (as TRAACS® Molybdenum Glycinate Chelate) 200 Trimethylglycine (TMG) 20 Quercetin 2 (as DeltaGold® delta and gamma tocotrienols) 1 Boron (as Bororganic Glycine) 1	8 mg	44%
Zinc (as Zinc Bisglycinate Chelate) 1 Selenium (as Selenium Glycinate Complex) 200 Copper (as TRAACS" Copper Bisglycinate Chelate) 200 Manganese (as TRAACS" Manganese Bisglycinate Chelate) 200 Chromium (as TRAACS" Copper Bisglycinate Chelate) 200 Chromium Nicotinate Bisglycinate Chelate) 200 Molybdenum Micotinate Bisglycinate Chelate) 200 Trimethylglycine (TMG) 200 Quercetin 20 Quercetin 20 (as DeltaGold" delta and gamma tocotrienols) 1 Boron (as Bororganic Glycine) 1	150 mcg	100%
Selenium (as Selenium Glycinate Complex) 200 Copper (as TRAACS* Copper Bisglycinate Chelate) 200 Manganese (as TRAACS* Manganese Bisglycinate Chelate) 200 Chromium (as TRAACS* Manganese Bisglycinate Chelate) 200 Chromium Nicotinate Bisglycinate Chelate) 200 Molybdenum (as TRAACS* Molybdenum Glycinate Chelate) 100 Trimethylglycine (TMG) 20 Quercetin 2 Rutin 2 (as DeltaGold* delta and gamma tocotrienols) 1 Boron (as Bororganic Glycine) 1	200 mg	48%
Copper (as TRAACS* Copper Bisglycinate Chelate) Manganese (as TRAACS* Manganese Bisglycinate Chelate) Chromium (as TRAACS* Manganese Bisglycinate Chelate) Chromium Nicotinate Bisglycinate Chelate) Molybdenum (as TRAACS* Molybdenum Glycinate Chelate) Molybdenum (as TRAACS* Molybdenum Glycinate Chelate) Ouercetin 20 Quercetin 21 (as DeltaGold* delta and gamma tocotrienols) Hesperidin (from Citrus Bioflavonoids) 1 Boron (as Bororganic Glycine)	15 mg	136%
Manganese (as TRAACS® Manganese Bisglycinate Chelate) Chromium (as TRAACS® 200 Chromium Nicotinate Bisglycinate Chelate) Molybdenum (as TRAACS® Molybdenum Glycinate Chelate) 100 Trimethylglycine (TMG) 20 Quercetin 22 Rutin 2 Vitamin E Isomers (as DeltaGold® delta and gamma tocotrienols) Hesperidin (from Citrus Bioflavonoids) 1 Boron (as Bororganic Glycine)	200 mcg	364%
Chromium (as TRAACS* 200 Chromium Nicotinate Bisglycinate Chelate) 200 Molybdenum (as TRAACS* Molybdenum Glycinate Chelate) 100 Trimethylglycine (TMG) 20 Quercetin 2 Rutin 2 Vitamin E Isomers 1 (as DeltaGold* delta and gamma tocotrienols) 1 Boron (as Bororganic Glycine) 1	2 mg	222%
Chromium Nicotinate Bisglycinate Chelate) Molybdenum (as TRAACS* Molybdenum Glycinate Chelate) 10C Trimethylglycine (TMG) 20 Quercetin 2 Rutin 2 (as DeltaGold* delta and gamma tocotrienols) 1 Boron (as Bororganic Glycine) 1	1 mg	43%
Molybdenum (as TRAACS* Molybdenum Glycinate Chelate) 10C Trimethylglycine (TMG) 20 Quercetin 2 Rutin 2 Vitamin E Isomers 1 (as DeltaGold* delta and gamma tocotrienols) 1 Boron (as Bororganic Glycine) 1	200 mcg	571%
Trimethylglycine (TMG) 200 Quercetin 2 Rutin 2 Vitamin E Isomers 1 (as DeltaGold* delta and gamma tocotrienols) Hesperidin (from Citrus Bioflavonoids) 1 Boron (as Bororganic Glycine)		
Quercetin 2 Rutin 2 Vitamin E Isomers 1 (as DeltaGold® delta and gamma tocotrienols) 1 Hesperidin (from Citrus Bioflavonoids) 1 Boron (as Bororganic Glycine) 1	100 mcg	222%
Quercetin 2 Rutin 2 Vitamin E Isomers 1 (as DeltaGold® delta and gamma tocotrienols) 1 Hesperidin (from Citrus Bioflavonoids) 1 Boron (as Bororganic Glycine) 1	200 mg	
Rutin 2 Vitamin E Isomers 1 (as DeltaGold* delta and gamma tocotrienols) 1 Hesperidin (from Citrus Bioflavonoids) 1 Boron (as Bororganic Glycine) 1	25 mg	*
Vitamin E Isomers (as DeltaGold® delta and gamma tocotrienols) (as DeltaGold® delta and gamma tocotrienols) Hesperidin (from Citrus Bioflavonoids) 1 Boron (as Bororganic Glycine)	25 mg	
(as DeltaGold® delta and gamma tocotrienols) Hesperidin (from Citrus Bioflavonoids) 1 Boron (as Bororganic Glycine)	15 mg	*
Hesperidin (from Citrus Bioflavonoids) 1 Boron (as Bororganic Glycine)	Ding	
Boron (as Bororganic Glycine)	10 mg	*
	2 mg	
*Daily Value not established	2 1119	
Daily value flut established.		
Other Ingredients: Cellulose (capsule), microcrystalline		

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 vou 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.

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%	۲	۲	۲
Vitamin C (as Ascorbic Acid)	600 mg	667%	۲	۲	۲
Vitamin D (as Cholecalciferol)	25 mcg (1000 IU)	125%	۲	۲	۲
/itamin K (as K1 Phytonadione and Vitamin K2 Menaquinone-4)	550 mcg	458%	۲	۲	۲
hiamin (Vitamin B-1) (as Thiamine HCI)	2.3 mg	192%	۲	۲	۲
iboflavin (Vitamin B-2) (as Riboflavin-5-Phosphate)	2.8 mg	215%	۲	۲	۲
Viacin (as Niacinamide and Niacin)	50 mg NE	313%	۲	۲	۲
/itamin B-6 (as Pyridoxal-5-Phosphate)	5.2 mg	306%	۲	۲	۲
olate (as Quatrefolic® [6S]-5-methyltetrahydrofolate, glucosamine salt)	680 mcg DFE	170%	۲	۲	۲
/itamin B-12 (as Methylcobalamin)	500 mcg	20,833%	۲	۲	
Biotin (as d-Biotin)	30 mcg	100%	۲	۲	۲
Pantothenic Acid (as d-Calcium Pantothenate)	12 mg	240%	۲	۲	۲
Calcium (as TRAACS® Calcium Bisglycinate Chelate)	100 mg	8%	۲	۲	۲
ron (as Ferrochel® Ferrous Bisglycinate Chelate)	8 mg	44%	0	\bigcirc	۲
lodine (as Potassium lodide)	150 mcg	100%	۲	\bigcirc	
Magnesium (as Di-Magnesium Malate)	200 mg	48%	۲	۲	۲
Zinc (as Zinc Bisglycinate Chelate)	15 mg	136%	۲	۲	۲
Selenium (as Selenium Glycinate Complex)	200 mcg	364%	۲	۲	۲
Copper (as TRAACS® Copper Bisglycinate Chelate)	2 mg	222%	0	۲	۲
Manganese (as TRAACS® Manganese Bisglycinate Chelate)	1 mg	43%	۲	۲	۲
Chromium (as TRAACS® Chromium Nicotinate Bisglycinate Chelate)	200 mcg	571%	۲	۲	۲
Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	100 mcg	222%	۲	۲	۲
rimethylglycine (TMG)	200 mg	*	۲	۲	۲
Juercetin	25 mg	*	۲	۲	۲
Rutin	25 mg	*	۲	۲	۲
vitamin E Isomers (DeltaGold®) [as delta and gamma tocotrienols from annatto (<i>Bixa orellana</i>)(seed)]	15 mg	*	۲	۲	
Hesperidin (from Citrus Flavonoids)	10 mg	*	۲	•	
Boron (as Bororganic Glycine)	2 mg	*	۲	•	
Daily Value not established.					

*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.