

Other Ingredients: Microcrystalline Cellulose, Xanthan Gum, Povidone, Stearic Acid (Vegetable Source), Magnesium Stearate (Vegetable Source), Silica.

Directions: As a dietary supplement, take three tablets daily with a meal, preferably breakfast or lunch. It is not recommended that you take the tablets with dinner since the extra B vitamins may give you energy in the evening when you want to go to sleep.

According to the U.S.D.A., only about 10% of Americans eat a good diet. Furthermore, many Americans have failed to meet the recommended intake for several key nutrients. V.M.T. can help. With just three tablets daily, you will receive generous amounts of virtually all the vitamins and minerals you need to help promote good health.[†]

No gluten, sugar, salt, starch, yeast, corn, wheat, lactose, milk, egg, fish products, artificial coloring, flavoring, or preservatives.

Store in a cool dry place. Do not refrigerate. Please recycle.

KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL UNDER CAP IS BROKEN OR MISSING.

† These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

GMP Compliant Manufacturing

©2010 Manufactured exclusively for Viva Vitamins™
16201 Lindbergh Street, Van Nuys, CA 91406
for more information visit www.vivavitamins.com
MADE IN THE USA

Viva Vitamins™ fully guarantees the potency of this product through:



V.M.T. VITAMIN MINERAL TABLET

extra strength

Time-Released Vitamins
Chelated Minerals
Digestive Enzymes[†]

210 tablets
dietary supplement

Supplement Facts

Serving Size: 3 Tablets

Servings Per Container: 70

	Amount Per Serving	%DV*
Vitamin A (Beta-Carotene, Mixed Carotenoids)	20,000 IU	400
Vitamin C (Ascorbic Acid, Esterified & Buffered Calcium Ascorbate)	1000 mg	1667
Vitamin D3 (Cholecalciferol)	800 IU	200
Vitamin E (d-Alpha Tocopheryl Succinate)	400 IU	1333
Vitamin B1 (Thiamine Mononitrate)	70 mg	4667
Vitamin B2 (Riboflavin)	70 mg	4118
Niacin (as Niacinamide)	70 mg	350
Vitamin B6 (Pyridoxine HCl)	70 mg	3500
Folic Acid	400 mcg	100
Vitamin B12 (Cyanocobalamin)	70 mcg	1167
Biotin	70 mcg	23
Pantothenic Acid (Calcium Pantothenate)	70 mg	700
Calcium (Carbonate, Aspartate, Citrate, Gluconate, Ascorbate)	600 mg	60
Iron (Fumarate, Aspartate, Gluconate)	10 mg	56
Iodine (Kelp)	120 mcg	80
Magnesium (Oxide, Gluconate, Aspartate, Citrate)	300 mg	75
Zinc (Citrate, Aspartate, Gluconate)	30 mg	200
Selenium (L-Selenomethionine)	60 mcg	86
Copper (Gluconate)	1.5 mg	75
Manganese (Gluconate, Amino Acid Chelate, Aspartate)	4 mg	200
Potassium (Citrate, Aspartate, Gluconate)	99 mg	3
Choline (as Choline Bitartrate)	70 mg	**
Inositol	70 mg	**
DL-Methionine	70 mg	**
PABA (Para Amino Benzoic Acid)	70 mg	**
Citrus Bioflavonoids	300 mg	**
Hesperidin	30 mg	**
Rutin	30 mg	**
Betaine HCl	40 mg	**
Bromelain	20 mg	**
Papain	20 mg	**
Pancreatin	20 mg	**

*Percentage Daily Value

**Daily Value not established