

Directions: As a dietary supplement, take 1 or more tablets daily.

Minerals are extremely important in the function of human systems. Minerals work in concert with vitamins to normalize metabolism, growth, development and cellular activity. Calcium, magnesium and boron are necessary for healthy bones and teeth. Zinc and manganese are utilized in multiple cellular enzyme activities. Selenium provides antioxidant protection. Chromium supports healthy blood sugar metabolism.[†]

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

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.

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

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MADE IN THE USA

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● COMPLETE SUPPLEMENT PROGRAM ●

COMPLETE MINERALS

regular strength



Iron & Copper Free

Chelated multi-minerals
with Krebs' cycle Intermediates

90 tablets dietary supplement

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 90

	Amount Per Serving	%DV
Calcium (Carbonate, Amino Acid Chelate, Gluconate, Aspartate, Ascorbate, Citrate, Succinate, Fumarate, Malate, Ketoglutarate)	300 mg	30%
Vitamin D3 (Cholecalciferol)	200 IU	50%
Iodine (as Potassium Iodide-Kelp)	38 mcg	25%
Magnesium (Oxide, Amino Acid Chelate, Gluconate, Aspartate, Ascorbate, Citrate, Succinate, Fumarate, Ketoglutarate)	150 mg	38%
Zinc (Citrate, Amino Acid Chelate, Gluconate, Aspartate, Ascorbate)	5 mg	33%
Selenium (as L-Selenomethionine)	25 mcg	10%
Manganese (Gluconate, Amino Acid Chelate, Ascorbate, Citrate)	1 mg	50%
G.T.F. Chromium (as Chromium Picolinate)	25 mcg	21%
Potassium (Citrate, Gluconate, Chloride, Aspartate, Ascorbate)	50 mg	1%
Boron (as Boron Citrate)	1.5 mg	*

*%Daily Value (DV) has not been established.

Other Ingredients: Stearic acid, croscarmellose sodium, silica, magnesium stearate, microcrystalline cellulose.

Note: All mineral potencies indicated are elemental.



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