

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

Vitamin C is one of the most popular antioxidants and Complete-C provides a potent dose of this key vitamin. We have added buffered and esterified forms of vitamin C along with bioflavonoids to improve the performance and bioavailability of this product.[†]

No sugar, salt, starch, yeast, corn, soy, wheat, gluten, lactose, 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 C-500



A timed release, buffered
and esterified vitamin C
with bioflavonoids[†]

210 tablets
dietary supplement

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 210

	Amount Per Serving	%DV
Vitamin C (as Ascorbic Acid, Calcium Ascorbate)	500 mg	833.5%
Calcium (as Calcium Citrate)	25 mg	3%
Proprietary Bioflavonoids Blend from Orange, Grapefruit, Lemon, Lime, Tangerine	375 mg	*
Rutin	25 mg	*
Hesperidin	13 mg	*
Quercitin	13 mg	*
Viva Antioxidant Blend Grape Seed Extract, CoQ10, Lycopene, Lutein, Alpha Lipoic Acid	5,800 mcg	

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

Other Ingredients: Povidone, croscarmellose sodium, triacetin, stearic acid (vegetable source), hydroxypropylmethylcellulose, magnesium stearate (vegetable source), silica.