

**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.<sup>†</sup>

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.**

<sup>†</sup> 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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for more information visit [www.vivavitamins.com](http://www.vivavitamins.com)  
**MADE IN THE USA**  
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● COMPLETE SUPPLEMENT PROGRAM ●

# COMPLETE C<sup>+</sup> 1000



A timed release, buffered and esterified  
vitamin C with bioflavonoids.<sup>†</sup>

90 tablets  
dietary supplement

## Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 90

|                                                                                             | Amount Per Serving | %DV    |
|---------------------------------------------------------------------------------------------|--------------------|--------|
| Vitamin C<br>(as Ascorbic Acid, Calcium Ascorbate)                                          | 1,000 mg           | 1,667% |
| Calcium (as Calcium Citrate)                                                                | 50 mg              | 5%     |
| Proprietary Bioflavonoids Blend<br>from Orange, Grapefruit, Lemon,<br>Lime, Tangerine       | 750 mg             | *      |
| Rutin                                                                                       | 50 mg              | *      |
| Hesperidin                                                                                  | 25 mg              | *      |
| Quercitin                                                                                   | 25 mg              | *      |
| Viva Antioxidant Blend<br>Grape Seed Extract, CoQ10,<br>Lycopene, Lutein, Alpha Lipoic Acid | 11,600 mcg         |        |

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

**Other Ingredients:** Xanthan gum, hydroxypropylmethylcellulose, stearic acid (vegetable source), magnesium stearate (vegetable source), silica, sodium carboxymethyl cellulose, triacetin, povidone.