

Directions: Take one or more tablets daily as a dietary supplement.

Viva Complete E 200 contains only 100% natural vitamin E, a major antioxidant and the primary defense against lipid peroxidation and helps protect cells from free radical/oxidative damage. Complete E also contains a unique spectrum of supporting antioxidants like Grape Seed Extract, Co-enzyme Q10 and an array of free-radical fighting carotenoids.†

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 E • 200



Dry, water dispersible
vitamin E with a spectrum
of supporting antioxidants

210 tablets
dietary supplement

Supplement Facts

Serving Size: 1 Tablet Servings Per Container: 210

	Amount Per Serving	%DV
Vitamin E (as d-Alpha Tocopheryl Succinate, Mixed Tocopherols)	200 IU	667%
Selenium (as L-Selenomethionine)	13 mcg	19%
Manganese (as Gluconate)	1 mg	50%
Proprietary Carotenoid Complex Beta Carotene, D. Salina (mixed carotenoids)	6,000 mcg	*
Viva Antioxidant Blend Grape Seed Extract, CoQ10, Lycopene, Lutein, Alpha Lipoic Acid	5,800 mcg	*

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

Other Ingredients: Dicalcium phosphate, microcrystalline cellulose, stearic acid (vegetable source), croscarmellose sodium, silica, magnesium stearate (vegetable source), triacetin, hydroxypropylmethylcellulose.