

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

Viva Complete E 400 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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for more information visit www.vivavitamins.com

MADE IN THE USA
GMP Compliant Manufacturing



• COMPLETE SUPPLEMENT PROGRAM •

COMPLETE E 400



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)	400 IU	1333%
Selenium (as L-Selenomethionine)	25 mcg	36%
Manganese (as Gluconate)	2 mg	100%
Proprietary Carotenoid Complex Beta Carotene, D. salina (Mixed Carotenoids)	12,000 mcg	*
Viva Antioxidant Blend Grape Seed Extract, CoQ10, Lycopene, Lutein, Alpha Lipoic Acid	11,600 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.