

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

Our most potent B-complex formula, Viva B-Complex 100 offers a well-balanced blend of key B vitamins. In addition, the formula is time released and provides other nutritional factors for enhanced product performance. Designed specifically to provide the body with the potencies essential for sound health, each tablet delivers a comprehensive and potent supply of the vitamin B complex family in one formula.

No sugar, salt, starch, yeast, corn, soy, wheat, 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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by Phoenix Labs Rising LLC, Farmingdale, NY 11735
for more information visit www.vivavitamins.com
MADE IN THE USA
3081246236



B • COMPLEX 100

time released

Promotes overall health†

Vital to energy metabolism†

90 tablets dietary supplement

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 90

	Amount Per Serving	%DV*
Vitamin B1 (as Thiamine Mononitrate)	100 mg	6,667%
Vitamin B2 (as Riboflavin)	100 mg	5,882%
Niacin (as Nicotinamide)	100 mg	500%
Vitamin B6 (as Pyridoxine HCl)	100 mg	5,000%
Folic Acid	800 mcg	200%
Vitamin B12 (as Cyanocobalamin)	100 mcg	1,667%
Biotin	100 mcg	33%
Pantothenic Acid (as Calcium Pantothenate)	100 mg	1,000%
Choline (as Choline Bitartrate)	50 mg	*
Inositol	50 mg	*
PABA (Para Amino Benzoic Acid)	50 mg	*
VIVA Proprietary Blend Alfalfa Powder, Watercress Powder, Parsley Powder, Lecithin Powder, Rice Bran Concentrate	27 mg	*

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

Other Ingredients: Microcrystalline cellulose, dicalcium phosphate, xanthan gum, sorbitol, stearic acid (vegetable source), povidone, silica, magnesium stearate (vegetable source).