

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

A popular B-complex formula, Viva B-Complex 50 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 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 L.L.C., Farmingdale, NY 11735
for more information visit www.vivavitamins.com
MADE IN THE USA
30519-HC25



B • COMPLEX 50

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)	50 mg	3,333%
Vitamin B2 (as Riboflavin)	50 mg	2,941%
Niacin (as Niacinamide)	50 mg	250%
Vitamin B6 (as Pyridoxine HCl)	50 mg	2,500%
Folic Acid	400 mcg	100%
Vitamin B12 (as Cyanocobalamin)	50 mcg	833%
Biotin	50 mcg	17%
Pantothenic Acid (as Calcium Pantothenate)	50 mg	500%
Choline (as Choline Bitartrate)	25 mg	*
Inositol	25 mg	*
PABA (Para Amino Benzoic Acid)	25 mg	*
VIVA Proprietary Blend Aflata Powder, Watercress Powder, Parsley Powder, Lecithin Powder, Rice Bran Concentrate	14 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).