

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.†

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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For more information visit www.vivavitamins.com
MADE IN THE USA
0215040100



A timed release, buffered
and esterified vitamin C
with bioflavonoids.†

210 tablets
dietary supplement



• COMPLETE SUPPLEMENT PROGRAM •

COMPLETE C • 1000

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 210

	Amount Per Serving	%DV
Vitamin C (as Ascorbic Acid, Calcium Ascorbate)	1,000 mg	1,867%
Calcium (as Calcium Citrate)	50 mg	9%
Proprietary Bioflavonoids Blend from Orange, Grapefruit, Lemon, Lime, Tangerine (44% to 23.5% Hesperidin and Hesperetin)	750 mg	*
Rutin	50 mg	*
Hesperidin	25 mg	*
Quercetin	25 mg	*
Viva Antioxidant Blend Grape Seed Extract, CoQ10, Lycopene, Lutein, Alpha Lipoic Acid	11,880 mcg	

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

Other ingredients: Sorbitol, xanthan gum, hydroxypropylmethylcellulose, stearic acid (vegetable source), magnesium stearate (vegetable source), silica.