

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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MADE IN THE USA
400/SF-R6186



● COMPLETE SUPPLEMENT PROGRAM ●

COMPLETE C-500



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

90 tablets
dietary supplement

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 90

	Amount Per Serving	%DV
Vitamin C (as Ascorbic Acid, Calcium Ascorbate)	500 mg	833.5%
Calcium (as Calcium Citrate)	25 mg	3%
Proprietary Bioflavonoids Blend from Orange, Grapefruit, Lemon, Lime, Tangerine (std. to 23.5% Hesperidin and Naringin)	375 mg	*
Rutin	25 mg	*
Hesperidin	13 mg	*
Quercetin	13 mg	*
Viva Antioxidant Blend Grape Seed Extract, CoQ10, Lycopene, Lutein, Alpha Lipoic Acid	11,600 mcg	

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

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