

VIVA Whole Foods Blend	16 mg	*
Rose Hips, CoQ10, Parsley Powder, Rice Bran, Alfalfa Powder, Watercress Powder, Lecithin Powder		
VIVA Antioxidant Blend	5,800 mcg	*
Grape Seed Extract, CoQ10, Lycopene, Lutein, Alpha Lipoic Acid		
*%Daily Value (DV) has not been established		

Other Ingredients: Calcium phosphate, xanthan gum, hydroxypropyl-methylcellulose, stearic acid (vegetable source), povidone, magnesium stearate (vegetable source).

Directions: As a dietary supplement, take 1 or more tablets daily with a meal. Many people do not get the daily recommended allowance of vitamins, minerals and other nutrients from their standard diets. Formulated with a broad range of synergistic nutrients and whole food concentrates, Viva Complete Multi helps supplement the shortcomings in many of today's diets.[†]

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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MADE IN THE USA

103



• COMPLETE SUPPLEMENT PROGRAM •

COMPLETE MULTI™

regular strength



Iron & Copper Free

A timed release multi-vitamin with essential vitamins and chelated minerals.

90 tablets

dietary supplement

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 90

	Amount Per Serving	%DV
Vitamin A (as Acetate, Beta Carotene)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	150 mg	250%
Vitamin D3 (as Cholecalciferol)	200 IU	50%
Vitamin E (as d-Alpha Tocopheryl Succinate)	100 IU	333%
Vitamin B1 (as Thiamine Mononitrate)	35 mg	2,333%
Vitamin B2 (as Riboflavin)	35 mg	2,058%
Niacin (as Niacinamide)	35 mg	175%
Vitamin B6 (as Pyridoxine HCl)	35 mg	1,750%
Folic Acid	200 mcg	50%
Vitamin B12 (as Cyanocobalamin)	50 mcg	833%
Biotin	50 mcg	17%
Pantothenic Acid (as Calcium Pantothenate)	35 mg	350%
Calcium (as Amino Acid Chelate)	20 mg	2%
Iodine (as Potassium Iodide)	35 mcg	23%
Magnesium (as Amino Acid Chelate)	4 mg	1%
Zinc (as Zinc Citrate)	3 mg	20%
Manganese (as Amino Acid Chelate)	1.5 mg	75%
Potassium (as Amino Acid Chelate)	5 mg	<1%
Choline (as Choline Bitartrate)	25 mg	*
Inositol	25 mg	*
PABA (Para Amino Benzoic Acid)	35 mg	*
Betaine	10 mg	*
Glutamic Acid	10 mg	*