

LEBG360C

CSPPACKS

• COMPLETE SUPPLEMENT PROGRAM •

Regular Strength Formula
Convenient, daily packets with all your
essential vitamins and chelated minerals



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Convenient, daily packets with all your essential vitamins
and chelated minerals

Supplement Facts

Serving Size: 1 packet (4 tablets)
Servings Per Container: 30

Complete Multi Regular Strength - Timed Release		Complete C 500 - Timed Release	
Amount Per Serving	%DV*	Amount Per Serving	%DV*
Vitamin A (as Acetate, Beta Carotene)	5,000 IU 100%	Vitamin C (as Ascorbic Acid, Esterified & Buffered Calcium Ascorbate)	500 mg 833
Vitamin C (as Ascorbic Acid)	150 mg 250%	Calcium (as Citrate)	25 mg 2
Vitamin D3 (as Cholecalciferol)	200 IU 50%	Proprietary Bioflavonoids Blend From Orange, Grapefruit, Lemon, Lime, Tangerine	375 mg *
Vitamin E (as d-Alpha Tocopheryl Succinate)	100 IU 333%	Rutin	25 mg *
Vitamin B1 (as Thiamine Mononitrate)	35 mg 2,333%	Hesperidin	13 mg *
Vitamin B2 (as Riboflavin)	35 mg 2,058%	Quercetin	13 mg **
Niacin (as Niacinamide)	35 mg 175%	VIVA Antioxidant Blend	5,800 mcg **
Vitamin B6 (as Pyridoxine HCl)	35 mg 1,750%	Grape Seed Extract, CoQ10, Lycopene, Lutein, Alpha Lipoic Acid	
Folic Acid	200 mcg 50%	Other Ingredients: Povidone, croscarmellose sodium, triacetin, stearic acid (vegetable source), hydroxypropylmethylcellulose, magnesium stearate (vegetable source), silica.	
Vitamin B12 (as Cyanocobalamin)	50 mcg 833%	Complete E 200	
Biotin	50 mcg 17%	Amount Per Serving	%DV*
Pantothenic Acid (as Calcium Pantothenate)	35 mg 350%	Vitamin E (as d-Alpha Tocopheryl Succinate, Mixed Tocopherols - Beta, Gamma, Delta)	200 IU 667
Calcium (as Amino Acid Chelate)	20 mg 2%	Selenium (as L-Selenomethionine)	13 mcg 19
Iron (as Ferrous Fumarate)	5 mg 28%	Manganese (as Gluconate)	1 mg 50
Iodine (as Potassium Iodide)	35 mcg 23%	Proprietary Carotenoid Complex Beta Carotene, D. Salina (Mixed Carotenoids)	6,000 mcg **
Magnesium (as Amino Acid Chelate)	4 mg 1%	VIVA Antioxidant Blend	5,800 mcg **
Zinc (as Zinc Citrate)	3 mg 20%	Grape Seed Extract, CoQ10, Lycopene, Lutein, Alpha Lipoic Acid	
Copper (as Copper Gluconate)	50 mcg 3%	Other Ingredients: Dicalcium phosphate, microcrystalline cellulose, stearic acid (vegetable source), croscarmellose sodium, silica, magnesium stearate (vegetable source), triacetin, hydroxypropylmethylcellulose.	
Manganese (as Amino Acid Chelate)	1.5 mg 75%	Complete Minerals - Regular Strength	
Potassium (as Amino Acid Chelate)	5 mg <1%	Amount Per Serving	%DV*
Choline (as Choline Bitartrate)	25 mg **	Calcium (Carbonate, Amino Acid Chelate, Gluconate, Aspartate, Ascorbate, Citrate, Succinate, Fumarate, Malate, Ketoglutarate)	300 mg 30
Inositol	25 mg **	Iron (Citrate, Amino Acid Chelate, Gluconate, Aspartate, Ascorbate)	7.5 mg 42
PABA (Para Amino Benzoic Acid)	35 mg **	Vitamin D3 (Cholecalciferol)	200 I.U. 50
Betaine	10 mg **	Iodine (Potassium Iodide-Kelp)	37.5 mcg 25
Glutamic Acid	10 mg **	Magnesium (Oxide, Amino Acid Chelate, Gluconate, Aspartate, Ascorbate, Citrate, Succinate, Fumarate, Ketoglutarate)	150 mg 38
VIVA Whole Foods Blend	16 mg **	Zinc (Citrate, Amino Acid Chelate, Gluconate, Aspartate, Ascorbate)	5 mg 33
Rose Hips, Parsley Powder, Rice Bran, Alfalfa Powder, Watercress Powder, Lecithin Powder		Selenium (L-Selenomethionine)	25 mcg 10
VIVA Antioxidant Blend	5,800 mcg **	Copper (Gluconate, Citrate, Succinate, Fumarate, Malate, Ketoglutarate)	0.5 mg 25
Grape Seed Extract, CoQ10, Lycopene, Lutein, Alpha Lipoic Acid		Manganese (Gluconate, Amino Acid Chelate, Ascorbate, Citrate)	1 mg 50
Other Ingredients: Dicalcium phosphate, hydroxypropylmethylcellulose, stearic acid (vegetable source), povidone, magnesium stearate (vegetable source), microcrystalline cellulose, croscarmellose sodium, triacetin.		G.T.F. Chromium (Picolinate)	25 mcg 21
*%Daily Value		Potassium (Citrate, Gluconate, Chloride, Aspartate, Ascorbate)	50 mg 1
**% Daily Value has not been established		Boron (Citrate, Aspartate, Ascorbate)	1.5 mg **
		Other Ingredients: Stearic acid, croscarmellose sodium, silica, magnesium stearate, microcrystalline cellulose, triacetin, hydroxypropylmethylcellulose.	
		*%Daily Value	
		**% Daily Value has not been established	



Multi Vitamin
Regular Strength



Complete
C 500



Complete
E 200



Multi Mineral
Regular Strength

Tablets are shown actual size



Directions: As a dietary supplement, take the contents of one packet (four tablets) once daily with a meal, preferably breakfast or lunch. It is not recommended that you take the tablets with dinner since the extra B vitamins may give you energy in the evening when you want to go to sleep.

About CSP

According to the U.S.D.A., only about 10% of Americans eat a good diet. Furthermore, many Americans have failed to meet the recommended intake for several key nutrients. CSP can help. With just four tablets daily from a convenient packet, you will receive generous amounts of virtually all the vitamins and minerals you need to help promote good health. These four tablets consist of our best selling products: Complete Multi, Complete C 500, Complete E 200 and Complete Minerals. Regular Strength CSP is formulated for individuals with mild to moderate stress and energy needs.†

†RPSOHWH OXOWL SHJXODU 6WUHQDNH Vers a potent and broad range of synergistic nutrients to supplement the diets of many active and busy people.†

†RPSOHWH & Vitamin C is one of the most popular antioxidants, and Complete C 500 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 activity of this product.†

†RPSOHWH(Viva Complete E 200 contains only 100% natural vitamin E, a major antioxidant and the primary defense against lipid peroxidation and helps protect cells from free radical/oxidative damage. Complete E also contains a unique spectrum of supporting antioxidants like Grape Seed Extract, Co-enzyme Q10 and an array of free-radical fighting carotenoids.†

†RPSOHWH OLQHUUOV SHJXODU 6WHQJWK Minerals work in concert with vitamins to normalize metabolism, growth, development and cellular activity. Calcium, magnesium and boron are necessary for healthy bones and teeth. Iron and copper are needed for healthy red blood cells and oxygen transport. Zinc and manganese are utilized in multiple cellular enzyme activities. Selenium provides antioxidant protection. Chromium supports healthy blood sugar metabolism.†

†These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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Complete E • Complete C

Regular Strength formulated for individuals
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30 packs
4 tablets per pack
dietary supplement

regular strength



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