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

COMPLETE SUPPLEMENT PROGRAM

CZFPPCKS



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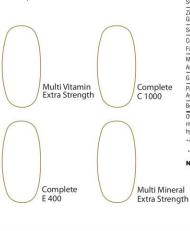
Convenient, daily packets with all your essential vitamins and chelated minerals

Supplement Facts

Complete Multi Extra Strength - Timed Release				
Amount Per Serving		%DV		
Vitamin A (as Beta Carotene, Acetate)	10,000 IU	2009		
Vitamin C (as Ascorbic Acid)	300 mg	5009		
Vitamin D3 (as Cholecalciferol)	400 IU	100%		
Vitamin E (as d-Alpha Tocopheryl Succinate)	200 IU	6679		
Vitamin B1 (as Thiamine Mononitrate)	70 mg	4,6679		
Vitamin B2 (as Riboflavin)	70 mg	4,1169		
Niacin (as Niacinamide)	70 mg	350%		
Vitamin B6 (as Pyridoxine HCI)	70 mg	3,500%		
Folic Acid	400 mcg	1009		
Vitamin B12 (as Cyanocobalamin)	100 mcg	1,6679		
Biotin	100 mcg	339		
Pantothenic Acid (as Calcium Pantothenate)	70 mg	7009		
Calcium (as Amino Acid Chelate)	40 mg	49		
Iron (as Ferrous Fumarate)	10 mg	569		
lodine (as Potassium Iodide)	70 mcg	469		
Magnesium (as Amino Acid Chelate)	8 mg	29		
Zinc (as Zinc Citrate)	6 mg	409		
Copper (as Copper Gluconate)	100 mcg	59		
Manganese (as Amino Acid Chelate)	3 mg	1509		
Potassium (as Amino Acid Chelate)	10 mg	<19		
Choline (as Choline Bitartrate)	50 mg	*		
Inositol	50 mg	*		
PABA (Para Amino Benzoic Acid)	70 mg	*		
Betaine	20 mg	*		
Glutamic Acid	20 mg			
VIVA Whole Foods Blend Rose Hips, Parsley Powder, Rice Bran, Alfalfa Powder, Watercress Powder, Lecithin P	32 mg owder	•		
VIVA Antioxidant Blend Grape Seed Extract, CoQ10, Lycopene,	11,600 mcg	*		

Other Ingredients: Calcium phosphate, hydroxypropylmethylcellulose, stearic acid (vegetable source), povidone, magnesium stearate (vegetable source), carboxymethyl cellulose, triacetin, silica. *%Daily Value

**% Daily Value has not been established



Amount Per Serving		%DV*
Vitamin C (as Ascorbic Acid, Esterified & Buffered Calcium Ascorbate)	1000 mg	1,667
Calcium (as Citrate)	50 mg	
Proprietary Bioflavonoids Blend From Orange, Grapefruit, Lemon, Lime, Tar	750 mg igerine	**
Rutin	50 mg	. 69
Hesperidin	25 mg	**
Quercetin	25 mg	
VIVA Antioxidant Blend Grape Seed Extract, CoQ10, Lycopene, Lutein, Alpha Lipoic Acid	11,600 mcg	

Other Ingredients: Xanthan gum, hydroxypropylmethylcellulose, stearic acid (vegetable source), magnesium stearate (vegetable source), silica, sodium carboxymethyl cellulose, triacetin, povidone.

Complete E 400			
Amount Per Serving		%DV*	
Vitamin E (as d-Alpha Tocopheryl Succinate, Mixed Tocopherols – Beta, Gamma, Delta)	400 IU	1,333	
Selenium (as L-Selenomethionine)	25 mcg	36	
Manganese (as Gluconate)	2 mg	100	
Proprietary Carotenoid Complex Beta Carotene, D. Salina (Mixed Carotenoids)	12,000 mcg	**	
VIVA Antioxidant Blend Grape Seed Extract, CoQ10, Lycopene, Lutein, Alpha Lipoic Acid	11,600 mcg	**	

Other Ingredients: Dicalcium phosphate, microcrystalline cellulose, stearic acid (vegetable source), croscarmellose sodium, silica, magnesium stearate (vegetable source), triacetin, hydroxypropylmethyl-

Amount Per Serving		%DV*
Calcium (Carbonate, Amino Acid Chelate, Gluconate, Aspartate, Ascorbate, Citrate, Succinate, Fumarate, Malate, Ketoglutarate)	600 mg	60
Iron (Citrate, Amino Acid Chelate, Gluconate, Aspartate, Ascorbate)	15 mg	83
Vitamin D3 (Cholecalciferol)	400 I.U.	100
lodine (Potassium Iodide-Kelp)	75 mcg	50
Magnesium (Oxide, Amino Acid Chelate, Gluconate, Aspartate, Ascorbate, Citrate, Succinate, Fumarate, Ketoglutarate)	300 mg	75
Zinc (Citrate, Amino Acid Chelate, Gluconate, Aspartate, Ascorbate)	10 mg	67
Selenium (L-Selenomethionine)	50 mcg	72
Copper (Gluconate, Citrate, Succinate, Furnarate, Malate, Ketoglutarate)	1 mg	50
Manganese (Gluconate, Amino Acid Chelate, Ascorbate, Citrate)	2 mg	100
G.T.F. Chromium (Picolinate)	25 mcg	21
Potassium (Citrate, Gluconate, Chloride, Aspartate, Ascorbate)	99 mg	3
Boron (Citrate, Aspartate, Ascorbate)	3 mg	**

hydroxypropylmethylcellulose.

- *%Daily Value
- * * % Daily Value has not been established

Note: All mineral potencies indicated are ele

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 1000, Complete E 400 and Complete Minerals. Extra Strength CSP is formulated for individuals with moderate stress and energy needs.1

- Complete Multi Extra Strength: Delivers a potent and broad range of synergistic nutrients to supplement the diets of many active and busy people.
- . Complete C 1000: Vitamin C is one of the most popular antioxidants, and Complete C 1000 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.†
- Complete E 400: Viva Complete E 400 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
- · Complete Minerals Extra Stength: 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.1

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

MADE IN THE USA



CSPPACKS

COMPLETE SUPPLEMENT PROGRAM

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

Multi Vitamin • Multi Mineral Complete E • Complete C

Extra Strength formulated for individuals with moderate stress and energy needs





A Company That Cares About You

Everyone who knows Bernard Kash, founder of Viva Vitamins™, has heard him say "People don't care how much you know, until they know how much you care." This philosophy is the foundation of the Viva brand.

Viva Vitamins™ evidence-based products are formulated by dietary supplement specialists, endorsed by physicians, and sold only in retail outlets were the salespeople have been educated to help determine the best dietary supplement program for each individual lifestyle and personal set of

From the people who formulate Viva Vitamins™ to the people who sell them to you, we use these supplements ourselves and are convinced of their quality, efficacy and safety. Truly, our greatest joy over the last four decades is to hear our customers tell us what a difference these formulas have made in their lives. Discover for yourself how effective a product can be when it comes from a company that cares about you - Viva Vitamins™.

No sugar, salt, starch, yeast, corn, wheat, gluten, 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.

Viva Vitamins™ fully guarantees the potency of this product through:

MADE IN THE USA

extra strength



