

CSPPACKS

• COMPLETE SUPPLEMENT PROGRAM •

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

viva™
vitamins
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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 Extra Strength - Timed Release			Complete C 1000 - Timed Release		
Amount Per Serving		%DV*	Amount Per Serving		%DV*
Vitamin A (as Beta Carotene, Acetate)	10,000 IU	200%	Vitamin C (as Ascorbic Acid, Esterified & Buffered Calcium Ascorbate)	1000 mg	1,667
Vitamin C (as Ascorbic Acid)	300 mg	500%	Calcium (as Citrate)	50 mg	5
Vitamin D3 (as Cholecalciferol)	400 IU	100%	Proprietary Bioflavonoids Blend From Orange, Grapefruit, Lemon, Lime, Tangerine	750 mg	**
Vitamin E (as d-Alpha Tocopheryl Succinate)	200 IU	667%	Rutin	50 mg	**
Vitamin B1 (as Thiamine Mononitrate)	70 mg	4,667%	Hesperidin	25 mg	**
Vitamin B2 (as Riboflavin)	70 mg	4,116%	Quercetin	25 mg	**
Niacin (as Nicotinamide)	70 mg	350%	VIVA Antioxidant Blend Grape Seed Extract, CoQ10, Lycopene, Lutein, Alpha Lipoic Acid	11,600 mcg	**
Vitamin B6 (as Pyridoxine HCl)	70 mg	3,500%	Other Ingredients: Xanthan gum, hydroxypropylmethylcellulose, stearic acid (vegetable source), magnesium stearate (vegetable source), silica, sodium carboxymethyl cellulose, triacetin, povidone.		
Folic Acid	400 mcg	100%	Complete E 400		
Vitamin B12 (as Cyanocobalamin)	100 mcg	1,667%	Amount Per Serving		%DV*
Biotin	100 mcg	333%	Vitamin E (as d-Alpha Tocopheryl Succinate, Mixed Tocopherols - Beta, Gamma, Delta)	400 IU	1,333
Pantothenic Acid (as Calcium Pantothenate)	70 mg	700%	Selenium (as L-Selenomethionine)	25 mcg	36
Calcium (as Amino Acid Chelate)	40 mg	4%	Manganese (as Gluconate)	2 mg	100
Iron (as Ferrous Fumarate)	10 mg	56%	Proprietary Carotenoid Complex Beta Carotene, D. Salina (Mixed Carotenoids)	12,000 mcg	**
Iodine (as Potassium Iodide)	70 mcg	46%	VIVA Antioxidant Blend Grape Seed Extract, CoQ10, Lycopene, Lutein, Alpha Lipoic Acid	11,600 mcg	**
Magnesium (as Amino Acid Chelate)	8 mg	2%	Other Ingredients: Dicalcium phosphate, microcrystalline cellulose, stearic acid (vegetable source), croscarmellose sodium, silica, magnesium stearate (vegetable source), triacetin, hydroxypropylmethylcellulose.		
Zinc (as Zinc Citrate)	6 mg	40%	Complete Minerals - Extra Strength		
Copper (as Copper Gluconate)	100 mcg	5%	Amount Per Serving		%DV*
Manganese (as Amino Acid Chelate)	3 mg	150%	Calcium (Carbonate, Amino Acid Chelate, Gluconate, Aspartate, Ascorbate, Citrate, Succinate, Fumarate, Malate, Ketoglutarate)	600 mg	60
Potassium (as Amino Acid Chelate)	10 mg	<1%	Iron (Citrate, Amino Acid Chelate, Gluconate, Aspartate, Ascorbate)	15 mg	83
Choline (as Choline Bitartrate)	50 mg	**	Vitamin D3 (Cholecalciferol)	400 I.U.	100
Inositol	50 mg	**	Iodine (Potassium Iodide-Kelp)	75 mcg	50
PABA (Para Amino Benzoic Acid)	70 mg	**	Magnesium (Oxide, Amino Acid Chelate, Gluconate, Aspartate, Ascorbate, Citrate, Succinate, Fumarate, Ketoglutarate)	300 mg	75
Betaine	20 mg	**	Zinc (Citrate, Amino Acid Chelate, Gluconate, Aspartate, Ascorbate)	10 mg	67
Glutamic Acid	20 mg	**	Selenium (L-Selenomethionine)	50 mcg	72
VIVA Whole Foods Blend Rose Hips, Parsley Powder, Rice Bran, Alfalfa Powder, Watercress Powder, Lecithin Powder	32 mg	**	Copper (Gluconate, Citrate, Succinate, Fumarate, Malate, Ketoglutarate)	1 mg	50
VIVA Antioxidant Blend Grape Seed Extract, CoQ10, Lycopene, Lutein, Alpha Lipoic Acid	11,600 mcg	**	Manganese (Gluconate, Amino Acid Chelate, Ascorbate, Citrate)	2 mg	100

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

Multi Vitamin
Extra Strength

Complete
C 1000

Complete
E 400

Multi Mineral
Extra Strength

Tablets are shown actual size

viva™
vitamins

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.†

• **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 carotenoids.†

• **Complete Minerals Extra Strength:** 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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MADE IN THE USA

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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 where the salespeople have been educated to help determine the best dietary supplement program for each individual lifestyle and personal set of health goals.

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:

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Multi Vitamin • Multi Mineral
Complete E • Complete C

Extra Strength formulated for individuals
with moderate stress and energy needs



30 packs
4 tablets per pack
dietary supplement

extra strength

