

Viva Whole Food Blend	8 mg
Rice Mils, CoQ10, Flaxseed Powder, Rice Bran, Apple Powder, Almonds Powder, Lemon Powder	
Viva Amino Acid Blend	11,000 mcg
Orange Seed Extract, CoQ10, Lysine, Lutein, Alpha Lipoic Acid	
*Daily value (DV) has not been established	

Other Ingredients: Calcium (citrate, carbonate, aspartate, gluconate, hydroxyapatite, lactate, stearate and pyrophosphate sources), povidone, magnesium stearate (pyrophosphate source).

Directions: As a dietary supplement, take 1 tablet daily with a meal.

Many people do not get the daily recommended allowance of vitamins, minerals and other nutrients from their standard diets. Our Extra Strength Complete Multi Formula delivers a highly potent and broad range of synergistic nutrients to supplement the diets of all many active and busy people.

No sugar, salt, starch, yeast, corn, wheat, gluten, citrus, milk, egg, fish products, artificial coloring, flavoring, or preservatives added.

Store in a cool, dry place. Avoid refrigeration. 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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For more information, visit www.vivavitamins.com
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100-01012



• COMPLETE SUPPLEMENT PROGRAM •

COMPLETE MULTI™

extra strength



An extra strength
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 E (as Acetate, Beta Carotene)	10,000 IU	200%
Vitamin C (as Ascorbic Acid)	200 mg	200%
Vitamin D3 (as Cholecalciferol)	400 IU	80%
Vitamin B12 (as Methylcobalamin)	200 IU	400%
Vitamin B1 (as Thiamine Mononitrate)	25 mg	400%
Vitamin B6 (as Pyridoxine HCl)	25 mg	400%
Niacin (as Nicotinamide)	25 mg	400%
Vitamin B9 (as Folate F5)	25 mcg	500%
Iron (as Fe)	40 mg	100%
Vitamin B12 (as Cyanocobalamin)	100 mcg	1,000%
Biotin	100 mcg	20%
Phosphorus Acid (as Calcium Phosphorus)	25 mg	100%
Calcium (as Amino Acid Chelate)	40 mg	4%
Coin (as Potassium Phosphate)	10 mg	80%
Sodium (as Phosphate Buffer)	20 mg	80%
Magnesium (as Amino Acid Chelate)	1 mg	2%
Zinc (as Zinc Oxide)	1 mg	20%
Copper (as Copper Glycinate)	100 mcg	2%
Manganese (as Amino Acid Chelate)	1 mg	100%
Protein (as Amino Acid Chelate)	10 mg	20%
Choline (as Choline Bitartrate)	10 mg	-
Inulin	10 mg	-
Apple (from Apple Juice, Apple)	10 mg	-
Almonds	20 mg	-
Guar Gum	20 mg	-
Calcium Acid	20 mg	-