

Melatonin	40 mg	*
Grain	50 mg	*
Alkaloid Extract	50 mg	*
L-Glutamine	10 mg	*
L-Glutamine	10 mg	*
L-Tyrosine	10 mg	*
Viva Whole Food Blend	100 mg	*
Vegetable Protein, Garlic, Kelp, Spirulina, Chlorella, Wheat Germ, Barley Juice, Sunflower Oil, Lecithin Extract, Alfalfa Extract, Pine Bark		
Viva Proprietary Stemming Complex	100 mg	*
Chondroitin Polysulfate, Electrolytic Sodium, Sea Pollen, Sea Prickles, Mushroom Powder, Royal Jelly Powder		
Viva Proprietary Digestive Blend	50 mg	*
Probiotic, Peppermint		
* %Daily Value (DV) has not been established.		

Other Ingredients: lactitol, stearic acid (vegetable source), xanthan gum, magnesium stearate (vegetable source).

Directions: As a dietary supplement, take 2 tablets daily with food. 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 VegiSource Multi helps supplement the shortcomings in many of today's diets.

No sugar, salt, starch, yeast, corn, wheat, lecithin, 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
1005746726



© SPECIALTY FORMULAS ©

VEGISOURCE™

multivitamin



Full spectrum multi
with synergistic nutrients
& whole food concentrates

90 tablets dietary supplement

Supplement Facts

Serving Size: 2 Tablets Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin A (as Beta Carotene)	10,000 IU	200%
Vitamin C (as Ascorbic Acid, Ascorbyl Palmitate)	500 mg	100%
Vitamin D3 (as Cholecalciferol)	400 IU	100%
Vitamin E (as d-Alpha Tocopheryl Succinate)	100 IU	80%
Vitamin B1 (as Thiamine Mononitrate)	50 mg	4,000%
Vitamin B2 (as Riboflavin)	50 mg	1,000%
Niacin (as Nicotinamide)	50 mg	100%
Vitamin B6 (as Pyridoxine HCl)	50 mg	1,000%
Folic Acid	400 mcg	100%
Vitamin B12 (as Cyanocobalamin)	100 mcg	1,800%
Biotin	40 mcg	10%
Pantothenic Acid (as Calcium Pantothenate)	50 mg	800%
Calcium (as Phosphate, Citrate)	500 mg	80%
Iron (as Ferrous Fumarate)	10 mg	100%
Iodine (as Potassium Iodide)	15 mcg	10%
Magnesium (as Magnesium Oxide)	100 mg	50%
Zinc (as Ammonium Citrate)	10 mg	100%
Selenium (as L-Selenomethionine)	17 mcg	10%
Manganese (as Ammonium Citrate)	1 mg	100%
Chromium (as Picolinate)	17 mcg	50%
Molybdenum (as Citrate)	50 mcg	1,00%
Boron (as Citrate)	2 mg	-
Choline (as Choline Bitartrate)	40 mg	-
Inositol	40 mg	-
Chlorophyll	100 mg	-
Chlorophyll Powder	100 mg	-
Resveratrol	20 mg	-
Biotin	20 mg	-