

**Directions:** As a dietary supplement take 1 or more tablets daily, preferably with meals.

Vitamin C is one of the most popular antioxidants. Complete C provides a potent dose of this key vitamin. We have used buffered and esterified forms of vitamin C along with bioflavonoids to improve the performance and bio-availability of this product.<sup>†</sup>

**FREE of:** Sugar, salt, yeast, soy, wheat, gluten, lactose, milk, egg, corn, fish products, artificial coloring, flavoring, or preservatives.

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.**

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

We at Viva are proud to use only the best food-based ingredients in our supplements. Our raw materials come from the USA, and we use only organic sources to ensure you're getting the best product possible, from the ground up!



**viva**<sup>TM</sup>  
**vitamins**

# COMPLETE C-500



**Buffered, esterified,  
sustained-release Vitamin C  
with bioflavonoids<sup>†</sup>**

**We always use the highest  
quality ingredients**

**premium formulas • 90 tablets • dietary supplement**

## Supplement Facts

Servings Per Container: 90

**Serving Size: 1 Tablet**

| Amount Per Serving                                                                                                                                                                                                                               |           | %DV  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|------|
| Vitamin C<br>(as ascorbic acid, calcium ascorbate)                                                                                                                                                                                               | 500 mg    | 555% |
| Calcium<br>(as calcium citrate and calcium ascorbate)                                                                                                                                                                                            | 39 mg     | 3%   |
| <b>Proprietary bioflavonoids complex</b>                                                                                                                                                                                                         | 375 mg    | *    |
| [Min 50% Hesperidin, Naringin and other flavonoids<br>(from Citrus bioflavonoids complex)]                                                                                                                                                       |           |      |
| Rutin                                                                                                                                                                                                                                            | 25 mg     | *    |
| Hesperidin (from Citrus sinensis extract (fruit)                                                                                                                                                                                                 | 13 mg     | *    |
| Quercetin (as dihydrate)                                                                                                                                                                                                                         | 13 mg     | *    |
| <b>VIVA Antioxidant Blend</b>                                                                                                                                                                                                                    | 5,800 mcg | *    |
| Grapeseed extract (Vitis vinifera) (inner core of fruit)<br>[standardized for 95% proanthocyanidins], Lycopene<br>(from tomatoes), Coenzyme Q10 (as ubiquinol),<br>Lutein (from Marigold flowers extract (Tagetes erecta)),<br>Alpha lipoic acid |           |      |

\* %Daily Value (DV) has not been established.

**Other Ingredients:** Microcrystalline cellulose, croscarmellose, clear aqueous coating.

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Los Angeles, CA | [www.VivaVitamins.com](http://www.VivaVitamins.com)

**MADE IN THE USA • In God We Trust • Non-GMO**

**Manufactured in an NSF - GMP Certified Facility**