

Directions: Take 1 or more tablets daily with a meal.

Minerals are extremely important in the function of human systems. 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.†

Contains No: Sugar, salt, gluten, yeast, wheat, lactose, milk, egg, fish products, peanuts, soy, tree nuts, artificial color, flavors or preservatives.

Do not refrigerate. Keep out of the reach of children. Do not use if safety seal under cap is broken or missing.

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!

©2018 Manufactured exclusively for Viva Vitamins™

For more information, visit www.VivaVitamins.com

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

Manufactured in an NSF - GMP Certified Facility

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

vivaTM
vitamins

COMPLETE MINERALS



Regular Strength

**Chelated multi-minerals
with Krebs' cycle intermediates**

**We always use the highest
quality ingredients**

premium formulas • 90 tablets • dietary supplement

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 90

	Amount Per Serving	%DV**
Calcium (Carbonate, Amino Acid Chelate, Gluconate, Aspartate, Ascorbate, Citrate, Succinate, Fumarate, Malate, Ketoglutarate)	300 mg	30%
Iron (Citrate, Amino Acid Chelate, Gluconate, Aspartate, Ascorbate)	7.5 mg	42%
Vitamin D3 (as Cholecalciferol)	200 IU	50%
Iodine (as Potassium Iodide-Kelp)	37.5 mcg	25%
Magnesium (Oxide, Amino Acid Chelate, Gluconate, Aspartate, Ascorbate, Citrate, Succinate, Fumarate, Ketoglutarate)	150 mg	38%
Zinc (Citrate, Amino Acid Chelate, Gluconate, Aspartate, Ascorbate)	5 mg	33%
Selenium (as L-Selenomethionine)	25 mcg	36%
Copper (Gluconate, Citrate, Succinate, Fumarate, Malate, Ketoglutarate)	.5 mg	25%
Manganese (Gluconate, Amino Acid Chelate, Ascorbate, Citrate)	1 mg	50%
G.T.F. Chromium (as Chromium Picolinate)	25 mcg	21%
Potassium (Citrate, Gluconate, Chloride, Aspartate, Ascorbate)	50 mg	1%
Boron (Citrate, Aspartate, Ascorbate)	1.5 mg	*

* Daily Value not established. ** Daily Values are based on a 2,000 calorie per day diet.

Other Ingredients: Microcrystalline cellulose, croscarmellose, titanium dioxide.

Note: All mineral potencies indicated are elemental.

