

**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.†

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!

† 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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Manufactured in an NSF - GMP Certified Facility



# COMPLETE MINERALS



## Regular Strength

Chelated multi-minerals with Krebs' cycle intermediates

We always use the highest quality ingredients

Iron & Copper Free

premium formulas ● 90 tablets ● dietary supplement

## Supplement Facts

Servings Per Container: 90

Serving Size: 1 Tablet

|                                                                                                                               | Amount Per Serving | %DV** |
|-------------------------------------------------------------------------------------------------------------------------------|--------------------|-------|
| Vitamin D3 (as Cholecalciferol)                                                                                               | 5 mcg (200 IU)     | 25%   |
| Calcium (Carbonate, Amino Acid Chelate, Gluconate, Aspartate, Ascorbate, Citrate, Succinate, Fumarate, Malate, Ketoglutarate) | 300 mg             | 23%   |
| Iodine (as Potassium Iodide-Kelp)                                                                                             | 37.5 mcg           | 25%   |
| Magnesium (Oxide, Amino Acid Chelate, Gluconate, Aspartate, Ascorbate, Citrate, Succinate, Fumarate, Ketoglutarate)           | 150 mg             | 36%   |
| Zinc (Citrate, Amino Acid Chelate, Gluconate, Aspartate, Ascorbate)                                                           | 5 mg               | 45%   |
| Selenium (as L-Selenomethionine)                                                                                              | 25 mcg             | 45%   |
| Manganese (Gluconate, Amino Acid Chelate, Ascorbate, Citrate)                                                                 | 1 mg               | 43%   |
| G.T.F. Chromium (as Chromium Picolinate)                                                                                      | 25 mcg             | 71%   |
| 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.  
FREE of: Sugar, salt, gluten, yeast, wheat, lactose, milk, egg, fish products, peanuts, soy, tree nuts, artificial color, flavors or preservatives.

Note: All mineral potencies indicated are elemental.