

VIVA Whole Foods Blend	32 mg	*
Rose Hips, CoQ10, Parsley Powder, Rice Bran, Alfalfa Powder, Watercress Powder, Lecithin Powder		
VIVA Antioxidant Blend	11,600 mcg	*
Grape Seed Extract, CoQ10, Lycopene, Lutein, Alpha Lipoic Acid		
*%Daily Value (DV) has not been established		

Other Ingredients: Microcrystalline cellulose, croscarmellose, natural chlorophyll coating.

Directions: 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 active, busy people.[†]

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

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

MADE IN THE USA • In God We Trust • Non-GMO
Manufactured in an NSF - GMP Certified Facility

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.

viva
vitamins

COMPLETE
MULTI



premium formulas

90 tablets

sustained release

Extra Strength

An extra strength sustained-release multi with essential vitamins and chelated minerals[†]

We always use the highest quality ingredients

Supplement Facts

Servings Per Container: 90

Serving Size: 1 Tablet

	Amount Per Serving	%DV
Vitamin A (as Beta Carotene, Acetate)	4,500 mcg (10,000 IU)	500%
Vitamin C (as Ascorbic Acid)	300 mg	333%
Vitamin D3 (as Cholecalciferol)	10 mcg (400 IU)	50%
Vitamin E (as d-Alpha Tocopheryl Succinate)	90 mg (100 IU)	600%
Vitamin B1 (as Thiamine Mononitrate)	70 mg	5,833%
Vitamin B2 (as Riboflavin)	70 mg	5,385%
Niacin (as Niacinamide)	70 mg	437%
Vitamin B6 (as Pyridoxine HCl)	70 mg	4,118%
Folic Acid	400 mcg	100%
Vitamin B12 (as Cyanocobalamin)	100 mcg	4,167%
Biotin	100 mcg	333%
Pantothenic Acid (as Calcium Pantothenate)	70 mg	1,400%
Calcium (as Amino Acid Chelate)	40 mg	3%
Iron (as Ferrous Fumarate)	5 mg	28%
Iodine (as Potassium Iodide)	70 mcg	47%
Magnesium (as Amino Acid Chelate)	8 mg	2%
Zinc (as Zinc Citrate)	6 mg	54%
Copper (as Copper Gluconate)	0.1 mg	11%
Manganese (as Amino Acid Chelate)	3 mg	130%
Potassium (as Amino Acid Chelate)	10 mg	<1%
Choline (as Choline Bitartrate)	50 mg	9%
Inositol	50 mg	*
PABA (Para Amino Benzoic Acid)	70 mg	*
Betaine	20 mg	*
Glutamic Acid	20 mg	*