

VIVA Whole Foods Blend	16 mg	*
Rose Hips, CoQ10, Parsley Powder, Rice Bran, Alfalfa Powder, Watercress Powder, Lecithin Powder		
VIVA Antioxidant Blend	5,800 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



210 tablets



sustained release

Regular Strength

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

We always use the highest quality ingredients

Iron & Copper Free

Supplement Facts

Servings Per Container: 210

Serving Size: 1 Tablet

	Amount Per Serving	%DV
Vitamin A (as Beta Carotene, Acetate)	2,250 mcg (5,000 IU)	250%
Vitamin C (as Ascorbic Acid)	150 mg	167%
Vitamin D3 (as Cholecalciferol)	5 mcg (200 IU)	25%
Vitamin E (as d-Alpha Tocopheryl Succinate)	90 mg (100 IU)	600%
Vitamin B1 (as Thiamine Mononitrate)	35 mg	2,917%
Vitamin B2 (as Riboflavin)	35 mg	2,692%
Niacin (as Niacinamide)	35 mg	219%
Vitamin B6 (as Pyridoxine HCl)	35 mg	2,059%
Folic Acid	200 mcg	50%
Vitamin B12 (as Cyanocobalamin)	50 mcg	2,083%
Biotin	50 mcg	167%
Pantothenic Acid (as Calcium Pantothenate)	35 mg	700%
Calcium (as Amino Acid Chelate)	20 mg	1%
Iodine (as Potassium Iodide)	35 mcg	23%
Magnesium (as Amino Acid Chelate)	4 mg	1%
Zinc (as Zinc Citrate)	3 mg	27%
Manganese (as Amino Acid Chelate)	1.5 mg	65%
Potassium (as Amino Acid Chelate)	5 mg	<1%
Choline (as Choline Bitartrate)	25 mg	4%
Inositol	25 mg	*
PABA (Para Amino Benzoic Acid)	35 mg	*
Betaine	10 mg	*
Glutamic Acid	10 mg	*