

Directions: As a dietary supplement, take 1 or more tablets daily.

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: Gluten, sodium, yeast, wheat, lactose, milk, egg, peanuts, soy, tree nuts, artificial color, flavors 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.

[†] 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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for more information visit www.vivavitamins.com

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

Manufactured in an NSF - GMP Certified Facility



Best if used by:



COMPLETE MINERALS



premium formulas • 90 tablets • dietary supplement

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

**We always use the freshest
food-derived ingredients**

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 90

	Amount Per Serving	%DV**
Vitamin D (as cholecalciferol)	400 IU	100%
Calcium (as calcium-carbonate, amino acid chelate, gluconate, aspartate, ascorbate, citrate, succinate, fumarate, malate, alpha-ketoglutarate)	600 mg	60%
Iron (as iron citrate, amino acid chelate, gluconate, aspartate, ascorbate)	15 mg	83%
Iodine (from potassium iodide and kelp)	75 mcg	50%
Magnesium (as magnesium oxide, amino acid chelate, gluconate, aspartate, ascorbate, citrate, succinate, fumarate, alpha-ketoglutarate)	300 mg	75%
Zinc (as zinc oxide, amino acid chelate, gluconate, aspartate, ascorbate)	10 mg	67%
Selenium (as L-selenomethionine)	50 mcg	71%
Copper (as copper gluconate, citrate, succinate, fumarate, malate, alpha-ketoglutarate)	1 mg	50%
Manganese (as gluconate, amino acid chelate, ascorbate, citrate)	2 mg	100%
GTF Chromium (as chromium picolinate)	25 mcg	21%
Potassium (as potassium chloride, citrate, gluconate, aspartate, ascorbate)	99 mg	3%
Boron (as boron citrate/aspartate/glycinate complex)	3 mg	*

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

Other Ingredients: Stearic acid, croscarmellose sodium, magnesium stearate (vegetable source), and aqueous film coating (purified water, hydroxypropyl methylcellulose, vegetable glycerin, and titanium dioxide).

May contain traces of Crustacean shellfish.

Note: All mineral potencies indicated are elemental.