

VIVA Whole Foods Blend Rose Hips, CoQ10, Parsley Powder, Rice Bran, Alfalfa Powder, Watercress Powder, Lecithin Powder	16 mg	*
VIVA Antioxidant Blend Grape Seed Extract, CoQ10, Lycopene, Lutein, Alpha Lipoic Acid	5,800 mcg	*
*%Daily Value (DV) has not been established		

Other Ingredients: Dicalcium phosphate, hydroxypropylmethylcellulose, stearic acid (vegetable source), povidone, magnesium stearate (vegetable source), microcrystalline cellulose, croscarmellose sodium, triacetin.

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

Many people do not get the daily recommended allowance of vitamins, minerals and other nutrients from their standard diets. Formulated with a broad range of synergistic nutrients and whole food concentrates, Viva Complete Multi helps supplement the shortcomings in many of today's diets.

No sugar, salt, starch, yeast, corn, wheat, lactose, gluten, milk, egg, fish products, artificial coloring, flavoring, or preservatives added.

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.

Viva Vitamins™ fully guarantees the potency of this product through:

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for more information visit www.vivavitamins.com
MADE IN THE USA
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COMPLETE MULTI™

regular strength



A timed release multi-vitamin
with essential vitamins
and chelated minerals.

210 tablets
dietary supplement

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 210

	Amount Per Serving	%DV
Vitamin A (as Acetate, Beta Carotene)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	150 mg	250%
Vitamin D3 (as Cholecalciferol)	200 IU	50%
Vitamin E (as d-Alpha Tocopheryl Succinate)	100 IU	333%
Vitamin B1 (as Thiamine Mononitrate)	35 mg	2,333%
Vitamin B2 (as Riboflavin)	35 mg	2,058%
Niacin (as Niacinamide)	35 mg	175%
Vitamin B6 (as Pyridoxine HCl)	35 mg	1,750%
Folic Acid	200 mcg	50%
Vitamin B12 (as Cyanocobalamin)	50 mcg	833%
Biotin	50 mcg	17%
Pantothenic Acid (as Calcium Pantothenate)	35 mg	350%
Calcium (as Amino Acid Chelate)	20 mg	2%
Iron (as Ferrous Fumarate)	5 mg	28%
Iodine (as Potassium Iodide)	35 mcg	23%
Magnesium (as Amino Acid Chelate)	4 mg	1%
Zinc (as Zinc Citrate)	3 mg	20%
Copper (as Copper Gluconate)	50 mcg	3%
Manganese (as Amino Acid Chelate)	1.5 mg	75%
Potassium (as Amino Acid Chelate)	5 mg	<1%
Choline (as Choline Bitartrate)	25 mg	*
Inositol	25 mg	*
PABA (Para Amino Benzoic Acid)	35 mg	*
Betaine	10 mg	*
Glutamic Acid	10 mg	*