

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: Calcium phosphate, hydroxypropylmethylcellulose, stearic acid (vegetable source), povidone, magnesium stearate (vegetable source), sodium carboxymethyl cellulose, triacetin, silica.

Directions: As a dietary supplement, 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 many active and busy people.[†]

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:

©2008 Manufactured exclusively for Viva Vitamins™
16201 Lindbergh Street, Van Nuys, CA 91406
for more information visit www.vivavitamins.com
MADE IN THE USA



8



• COMPLETE SUPPLEMENT PROGRAM •

COMPLETE MULTI™

extra strength



An extra strength
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 Beta Carotene, Acetate)	10,000 IU	200%
Vitamin C (as Ascorbic Acid)	300 mg	500%
Vitamin D3 (as Cholecalciferol)	400 IU	100%
Vitamin E (as d-Alpha Tocopheryl Succinate)	200 IU	667%
Vitamin B1 (as Thiamine Mononitrate)	70 mg	4,667%
Vitamin B2 (as Riboflavin)	70 mg	4,116%
Niacin (as Niacinamide)	70 mg	350%
Vitamin B6 (as Pyridoxine HCl)	70 mg	3,500%
Folic Acid	400 mcg	100%
Vitamin B12 (as Cyanocobalamin)	100 mcg	1,667%
Biotin	100 mcg	33%
Pantothenic Acid (as Calcium Pantothenate)	70 mg	700%
Calcium (as Amino Acid Chelate)	40 mg	4%
Iron (as Ferrous Fumarate)	10 mg	56%
Iodine (as Potassium Iodide)	70 mcg	46%
Magnesium (as Amino Acid Chelate)	8 mg	2%
Zinc (as Zinc Citrate)	6 mg	40%
Copper (as Copper Gluconate)	100 mcg	5%
Manganese (as Amino Acid Chelate)	3 mg	150%
Potassium (as Amino Acid Chelate)	10 mg	<1%
Choline (as Choline Bitartrate)	50 mg	*
Inositol	50 mg	*
PABA (Para Amino Benzoic Acid)	70 mg	*
Betaine	20 mg	*
Glutamic Acid	20 mg	*