

Lemon Bioflavonoid	25 mg	*
Hesperidin Concentrate	5 mg	*
Rutin	25 mg	*

*%Daily Value (DV) has not been established

**% Daily Value (DV) based on a 2,000 calorie per day diet

Other Ingredients: Microcrystalline cellulose, croscarmellose, clear aqueous coating.

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

Directions: As a dietary supplement, take 1 tablet two times daily with food, or as directed by a healthcare professional.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. In case of accidental overdose, call a doctor or poison control center immediately.

Keep out of reach of children. Do not use if safety seal under cap is broken or missing. Store in a cool, dry place. Do not refrigerate.

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!

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Manufactured in an NSF - GMP Certified Facility



† These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

viva
vitamins

PRE-NATAL™

For pregnant and lactating women



Multi vitamin and mineral supplement

Thin tabs that are easy to swallow†

We always use the highest quality ingredients

premium formulas ● 120 tablets ● dietary supplement

Supplement Facts

Servings Per Container: 60

Serving Size: 2 Tablets

	Amount Per Serving	%DV
Vitamin A (as 100% Beta Carotene)	4,500 mcg (10,000 IU)	500%
Vitamin C (as Ascorbic Acid, Rose Hips)	250 mg	277%
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 HCl)	30 mg	2,500%
Vitamin B2 (as Riboflavin)	30 mg	2,307%
Niacin (as Niacinamide)	100 mg	624%
Vitamin B6 (as Pyridoxine HCl)	30 mg	1,765%
Folate (as Folic Acid)	800 mcg	200%
Vitamin B12 (as Cyanocobalamin)	100 mcg	4,167%
Biotin	50 mcg	167%
Pantothenic Acid (as d-Calcium Pantothenate)	100 mg	2,000%
Calcium (as Calcium Carbonate, Calcium Citrate)	50 mg	4%
Iron (as Ferrous Fumarate)	18 mg	100%
Iodine (from Kelp)	150 mcg	100%
Magnesium (as Magnesium Oxide)	40 mg	10%
Zinc (as Zinc Gluconate)	15 mg	135%
Selenium (as Sodium Selenite)	15 mcg	27%
Copper (as Copper Gluconate)	1 mg	110%
Manganese (as Manganese Carbonate)	7 mg	303%
Potassium (as Potassium Gluconate)	25 mg	<2%
Choline (as Choline Bitartrate)	100 mg	18%
Inositol	100 mg	*
PABA (Para Amino Benzoic Acid)	30 mg	*
Betaine HCl	25 mg	*
Glutamic Acid HCl	25 mg	*