

Directions: Take 1 tablet daily with a meal, or as directed by a health care professional.

Iron is instrumental in hemoglobin production and oxygen delivery. Viva's Super Iron Complex includes Vitamin C, Vitamin B-12 and Folic Acid to help optimize the benefits and absorbability of the iron, minimizing stomach discomfort.†

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under the age of 6. In case of accidental overdose, call a physician or Poison Control Center immediately.

Do not refrigerate. 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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Los Angeles, CA | www.VivaVitamins.com

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!



SUPER IRON COMPLEX 50



Highly absorbable with chelated forms of iron†

We always use the highest quality ingredients

premium formulas • 100 tablets • dietary supplement

Supplement Facts

Servings Per Container: 100

Serving Size: 1 Tablet

	Amount Per Serving	%DV
Vitamin C (as Ascorbic Acid)	75 mg	83%
Vitamin B6 (as Pyridoxine HCl)	25 mg	1,470%
Folic Acid	200 mcg	50%
Vitamin B12 (as Cyanocobalmin)	50 mcg	2,083%
Calcium (as amino acid chelate)	100 mg	8%
Iron (as Ferrous Fumarate, Ascorbate, Aspartate, Amino Acid Chelate, Citrate, Gluconate, Ketoglutarate, Malate, Succinate)	50 mg	278%
Copper (as Gluconate)	1 mg	111%

* %Daily Value (DV) has not been established.

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

Note: Mineral potencies indicated are elemental.

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