



COMPLETE SUPPLEMENT PROGRAM

Convenient, daily packets with all your essential vitamins and chelated minerals

Supplement Facts

Serving Size: 1 packet (4 tablets)
Servings Per Container: 30

Complete Multi Regular Strength - Timed Release

Amount Per Serving	%DV*
Vitamin A (as Beta Carotene, Acetate)	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)	2.5 mg 14%
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 **
Viva Whole Foods Blend Rose Hips, Parsley Powder, Rice Bran, Malt Powder, Watercress Powder, Lecithin Powder	16 mg **
Viva Antioxidant Blend Grape Seed Extract, CoQ10, Lycopene, Lutein, Alpha Lipoic Acid	5,800 mcg **

Other Ingredients: Calcium phosphate, xanthan gum, hydroxypropylmethylcellulose, stearic acid (vegetable source), povidone, magnesium stearate (vegetable source).

*%Daily Value

**% Daily Value has not been established



Complete Multi
Regular Strength



Complete
C 500



Complete
E 200



Complete Minerals
Regular Strength

Tablets are shown approximate size.

Actual colors may vary due to natural ingredients.
Color scale showing shades of pills is for reference only,
not indicative of the actual color of the pills.

Complete C 500 - Timed Release

Amount Per Serving	%DV*
Vitamin C (as Ascorbic Acid, Esterified & Buffered Calcium Ascorbate)	500 mg 833%
Calcium (as Citrate)	25 mg 2%
Proprietary Bioflavonoids Blend From Orange, Grapefruit, Lemon, Lime, Tangerine	375 mg *
Rutin	25 mg *
Hesperidin	13 mg *
Quercetin	13 mg **
Viva Antioxidant Blend Grape Seed Extract, CoQ10, Lycopene, Lutein, Alpha Lipoic Acid	5,800 mcg **

Other Ingredients: Xanthan gum, methylcellulose, stearic acid (vegetable source), silicon dioxide, magnesium stearate (vegetable source).

Complete E 200

Amount Per Serving	%DV*
Vitamin E (as d-Alpha Tocopheryl Succinate, Mixed Tocopherols - Beta, Gamma, Delta)	200 IU 667%
Selenium (as L-Selenomethionine)	13 mcg 19%
Manganese (as Gluconate)	1 mg 50%
Proprietary Carotenoid Complex Beta Carotene, D Salina (Mixed Carotenoids)	6,000 mcg **
Viva Antioxidant Blend Grape Seed Extract, CoQ10, Lycopene, Lutein, Alpha Lipoic Acid	5,800 mcg **

Other Ingredients: Dicalcium phosphate, microcrystalline cellulose, stearic acid (vegetable source), croscarmellose sodium, silicon dioxide, magnesium stearate (vegetable source).

Complete Minerals - Regular Strength

Amount Per Serving	%DV*
Calcium (Carbonate, Amino Acid Chelate, Gluconate, Aspartate, Ascorbate, Citrate, Succinate, Fumarate, Malate, Ketoglutarate)	300 mg 30%
Iron (Citrate, Amino Acid Chelate, Gluconate, Aspartate, Ascorbate)	7.5 mg 42%
Vitamin D3 (Cholecalciferol)	200 IU 50%
Iodine (Potassium Iodide/Kelp)	37.5 mcg 25%
Magnesium (Oxide, Amino Acid Chelate, Gluconate, Aspartate, Ascorbate, Citrate, Succinate, Fumarate, Ketoglutarate)	150 mg 38%
Zinc (Citrate, Amino Acid Chelate, Gluconate, Aspartate, Ascorbate)	5 mg 33%
Selenium (L-Selenomethionine)	25 mcg 10%
Copper (Gluconate, Citrate, Succinate, Fumarate, Malate, Ketoglutarate)	0.5 mg 25%
Manganese (Gluconate, Amino Acid Chelate, Ascorbate, Citrate)	1 mg 50%
G.T.F. Chromium (Picolinate)	25 mcg 21%
Potassium (Citrate, Gluconate, Chloride, Aspartate, Ascorbate)	50 mg 1%
Boron (Citrate, Aspartate, Ascorbate)	1.5 mg **

Other Ingredients: Cellulose, stearic acid (vegetable source), croscarmellose sodium, silicon dioxide, magnesium stearate (vegetable source).

*%Daily Value

**% Daily Value has not been established

Note: All Mineral Potencies Indicated Are Elemental.



We Care
About Your
Family's
Health

Directions: As a dietary supplement, take the contents of one packet (four tablets) once daily with a meal, preferably breakfast or lunch. It is not recommended that you take the tablets with dinner since the extra B vitamins may give you energy in the evening when you want to go to sleep.

About CSP

According to the U.S.D.A., only about 10% of Americans eat a good diet. Furthermore, many Americans have failed to meet the recommended intake for several key nutrients. CSP can help. With just four tablets daily from a convenient packet, you will receive generous amounts of virtually all the vitamins and minerals you need to help promote good health. These four tablets consist of our best selling products: Complete Multi, Complete C 500, Complete E 200 and Complete Minerals. Regular Strength CSP is formulated for individuals with mild to moderate stress and energy needs.†

• **Complete Multi Regular Strength:** Delivers a potent and broad range of synergistic nutrients to supplement the diets of many active and busy people.†

• **Complete C 500:** Vitamin C is one of the most popular antioxidants, and Complete C 500 provides a potent dose of this key vitamin. We have added buffered and esterified forms of vitamin C along with bioflavonoids to improve the performance and activity of this product.†

• **Complete E 200:** Viva Complete E 200 contains 100% natural vitamin E, a major antioxidant and the primary defense against lipid peroxidation, which helps protect cells from free radical/oxidative damage. Complete E also contains a unique spectrum of supporting antioxidants such as Grape Seed Extract, Co-enzyme Q10, and an array of free-radical fighting carotenoids.†

• **Complete Minerals Regular Strength:** 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.†

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



CSP PACKS

• COMPLETE SUPPLEMENT PROGRAM •

Convenient, daily packets with all your
essential vitamins and chelated minerals

Multi Vitamin • Multi Mineral Complete E • Complete C

Regular Strength formulated for individuals
with mild to moderate stress and energy needs



regular strength

COMPLETE
SUPPLEMENT
PROGRAM

A Company That Cares About You

Everyone who knows Bernard Kash, founder of Viva Vitamins™, has heard him say "People don't care how much you know, until they know how much you care." This philosophy is the foundation of the Viva brand.

Viva Vitamins™ evidence-based products are formulated by dietary supplement specialists, endorsed by physicians, and sold only in retail outlets where the salespeople have been educated to help determine the best dietary supplement program for each individual lifestyle and personal set of health goals.

From the people who formulate Viva Vitamins™ to the people who sell them to you, we use these supplements ourselves and are convinced of their quality, efficacy and safety. Truly, our greatest joy over the last four decades is to hear our customers tell us what a difference these formulas have made in their lives. Discover for yourself how effective a product can be when it comes from a company that cares about you - Viva Vitamins™.

VIVA VITAMINS USES ALL NATURAL INGREDIENTS.

No sugar, salt, starch, yeast, corn, wheat, gluten, lactose, 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.



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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