

VIVA Whole Foods Blend Rose Hips, CoQ10, Parsley Powder, Rice Bran, Alfalfa Powder, Watercress Powder, Lecithin Powder	32 mg	*
VIVA Antioxidant Blend Grape Seed Extract, CoQ10, Lycopene, Lutein, Alpha Lipoic Acid	11,600 mcg	*

*%Daily Value (DV) has not been established

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

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:

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

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• COMPLETE SUPPLEMENT PROGRAM •

COMPLETE MULTI™

extra strength



Iron & Copper Free

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%
Iodine (as Potassium Iodide)	70 mcg	46%
Magnesium (as Amino Acid Chelate)	8 mg	2%
Zinc (as Zinc Citrate)	6 mg	40%
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	*