

**Other Ingredients:** Microcrystalline Cellulose, Xanthan Gum, Stearic acid (Vegetable source), Magnesium Stearate (Vegetable Source), Silica.

**Directions:** As a dietary supplement, take three tablets 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.

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. V.M.T. can help. With just three tablets daily, you will receive generous amounts of virtually all the vitamins and minerals you need to help promote good health.<sup>†</sup>

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

#### GMP Compliant Manufacturing

16201 Lindbergh Street, Van Nuys, CA 91406  
for more information visit [www.vivavitamins.com](http://www.vivavitamins.com)  
**MADE IN THE USA**

Viva Vitamins™ fully guarantees the potency of this product through:



# V.M.T. VITAMIN MINERAL TABLET

regular strength

Time-Released Vitamins

Chelated Minerals

Digestive Enzymes<sup>†</sup>

210 tablets

dietary supplement

## Supplement Facts

Serving Size: 3 Tablets

Servings Per Container: 70

	Amount Per Serving	%DV
Vitamin A (Beta-Carotene, Mixed Carotenoids)	10,000 IU	200
Vitamin C (Ascorbic Acid, Esterified & Buffered Calcium Ascorbate)	500 mg	833
Vitamin D3 (Cholecalciferol)	400 IU	100
Vitamin E (d-Alpha Tocopheryl Succinate)	200 IU	667
Vitamin B1 (Thiamine Mononitrate)	35 mg	2333
Vitamin B2 (Riboflavin)	35 mg	2059
Niacin (as Niacinamide)	35 mg	175
Vitamin B6 (Pyridoxine HCl)	35 mg	1750
Folic Acid	200 mcg	50
Vitamin B12 (Cyanocobalamin)	35 mcg	583
Biotin	35 mcg	12
Pantothenic Acid (Calcium Pantothenate)	35 mg	350
Calcium (Carbonate, Aspartate, Citrate, Gluconate, Ascorbate)	300 mg	30
Iron (Fumarate, Aspartate, Gluconate)	5 mg	28
Iodine (Kelp)	60 mcg	40
Magnesium (Oxide, Gluconate, Aspartate, Citrate)	150 mg	38
Zinc (Citrate, Aspartate, Gluconate)	15 mg	100
Selenium (L-Selenomethionine)	30 mcg	43
Copper (Gluconate)	75 mcg	38
Manganese (Gluconate, Amino Acid Chelate, Aspartate)	2 mg	100
Potassium (Citrate, Aspartate, Gluconate)	50 mg	1
Choline (as Choline Bitartrate)	35 mg	*
Inositol	35 mg	*
DL-Methionine	35 mg	*
PABA (Para Amino Benzoic Acid)	35 mg	*
Citrus Bioflavonoids	150 mg	*
Hesperidin	15 mg	*
Rutin	15 mg	*
Betaine HCl	20 mg	*
Bromelain	10 mg	*
Papain	10 mg	*
Pancreatin	10 mg	*

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