

Directions: Take one or more tablets daily as a dietary supplement. Minerals are extremely important in the function of human systems. 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.†

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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MADE IN THE USA
205



• COMPLETE SUPPLEMENT PROGRAM •

COMPLETE MINERALS

ultra strength



Chelated multi-minerals
with Krebs' cycle Intermediates

210 tablets
dietary supplement

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 210

	Amount Per Serving	%DV
Vitamin D3 (as Cholecalciferol)	400 IU	100%
Calcium (Carbonate, Amino Acid Chelate, Gluconate, Aspartate, Ascorbate, Citrate, Succinate, Fumarate, Malate, Ketoglutarate)	750 mg	75%
Iron (Citrate, Amino Acid Chelate, Gluconate, Aspartate, Ascorbate)	15 mg	83%
Iodine (Potassium Iodide - Kelp)	75 mcg	50%
Magnesium (Oxide, Amino Acid Chelate, Gluconate, Aspartate, Ascorbate, Citrate, Succinate, Fumarate, Ketoglutarate)	375 mg	94%
Zinc (Citrate, Amino Acid Chelate, Gluconate, Aspartate, Ascorbate)	10 mg	67%
Selenium (as l-selenomethionine)	50 mcg	72%
Copper (Gluconate, Citrate, Succinate, Fumarate, Malate, Ketoglutarate)	1 mg	50%
Manganese (Gluconate, Amino Acid Chelate, Ascorbate, Citrate)	10 mg	500%
G.T.F Chromium (Picolinate)	25 mcg	21%
Potassium (Citrate, Gluconate, Chloride, Aspartate, Ascorbate)	99 mg	3%
Boron (Citrate, Aspartate, Ascorbate)	3 mg	*

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

Other Ingredients: Stearic acid, croscarmellose sodium, silica, magnesium stearate, microcrystalline cellulose.

Note: All mineral potencies indicated are elemental.