

Betaine	20 mg	*
Glutamic Acid	20 mg	*
Rutin	25 mg	*
VIVA Whole Foods Blend	32 mg	*
Rose Hips, CoQ10, Parsley Powder, Rice Bran, Alfalfa Powder, Watercress Powder, Lecithin Powder		
VIVA Antioxidant Blend	11,600 mcg	*
Grape Seed Extract, CoQ10, Lycopene, Lutein, Alpha Lipoic Acid		

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

**Other Ingredients:** Hydroxypropylmethylcellulose, stearic acid (vegetable source), povidone, silica, magnesium stearate (vegetable source), calcium phosphate, sodium carboxymethyl cellulose, triacetin.

**Directions:** As a dietary supplement, take 1 tablet daily with a meal.

Viva Ultra Strength Complete Multi is an extremely potent, multiple vitamin made from the finest ingredients. Designed to help support the daily diets of active and busy men and women, this complete one-per day vitamin helps fill in the gaps created by a fast-paced world.†

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

# COMPLETE MULTI™

**ultra** strength



An ultra 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 Acetate, Beta Carotene)	25,000 IU	500%
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)	100 mg	6,667%
Vitamin B2 (as Riboflavin)	100 mg	5,882%
Niacin (as Niacinamide)	100 mg	500%
Vitamin B6 (as Pyridoxine HCl)	100 mg	5,000%
Folic Acid	600 mcg	150%
Vitamin B12 (as Cyanocobalamin)	200 mcg	3,333%
Biotin	100 mcg	33%
Pantothenic Acid (as Calcium Pantothenate)	100 mg	1,000%
Calcium (as DiCalcium Phosphate)	100 mg	10%
Iron (as Ferrous Fumarate)	18 mg	100%
Phosphorus (DiCalcium Phosphate)	30 mg	3%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Oxide)	50 mg	13%
Zinc (as Zinc Citrate)	15 mg	15%
Selenium (as l-selenomethionine)	100 mcg	143%
Copper (as Copper Sulfate)	1.5 mg	75%
Manganese (as Manganese Sulfate)	5 mg	250%
Chromium (as Chromium Picolinate)	50 mcg	42%
Molybdenum (as Amino Acid Chelate)	15 mcg	20%
Potassium (as Citrate)	20 mg	<1%
Choline (as Choline Bitartrate)	80 mg	*
Inositol	80 mg	*
PABA (Para Amino Benzoic Acid)	100 mg	*