

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

CSPPACKS

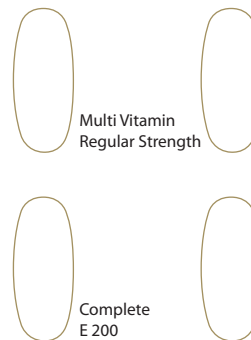
COMPLETE SUPPLEMENT PROGRAM

viva™ COMPLETE SUPPLEMENT PROGRAM
vitamins 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			Complete C 500 - Timed Release		
Amount Per Serving	%DV*		Amount Per Serving	%DV*	
Vitamin A (as Acetate, Beta Carotene)	5,000 IU	100%	Vitamin C (as Ascorbic Acid, Esterified & Buffered Calcium Ascorbate)	500 mg	833
Vitamin C (as Ascorbic Acid)	150 mg	250%	Calcium (as Citrate)	25 mg	2
Vitamin D3 (as Cholecalciferol)	200 IU	50%	Proprietary Bioflavonoids Blend From Orange, Grapefruit, Lemon, Lime, Tangerine	375 mg	*
Vitamin E (as d-Alpha Tocopheryl Succinate)	100 IU	333%	Rutin	25 mg	*
Vitamin B1 (as Thiamine Mononitrate)	35 mg	2,333%	Hesperidin	13 mg	*
Vitamin B2 (as Riboflavin)	35 mg	2,058%	Quercetin	13 mg	**
Niacin (as Niacinamide)	35 mg	175%	VIVA Antioxidant Blend Grape Seed Extract, CoQ10, Lycopene, Lutein, Alpha Lipoic Acid	5,800 mcg	**
Vitamin B6 (as Pyridoxine HCl)	35 mg	1,750%	Other Ingredients: Povidone, croscarmellose sodium, triacetin, stearic acid (vegetable source), hydroxypropylmethylcellulose, magnesium stearate (vegetable source), silica.		
Folic Acid	200 mcg	50%	Complete E 200		
Vitamin B12 (as Cyanocobalamin)	50 mcg	833%	Amount Per Serving	%DV*	
Biotin	50 mcg	17%	Vitamin E (as d-Alpha Tocopheryl Succinate, Mixed Tocopherols - Beta, Gamma, Delta)	200 IU	667
Pantothenic Acid (as Calcium Pantothenate)	35 mg	350%	Selenium (as L-Selenomethionine)	13 mcg	19
Calcium (as Amino Acid Chelate)	20 mg	2%	Manganese (as Gluconate)	1 mg	50
Iron (as Ferrous Fumarate)	5 mg	28%	Proprietary Geronoid Complex Beta Carotene, D. Salina (Mixed Carotenoids)	6,000 mcg	**
Iodine (as Potassium Iodide)	35 mcg	23%	VIVA Antioxidant Blend Grape Seed Extract, CoQ10, Lycopene, Lutein, Alpha Lipoic Acid	5,800 mcg	**
Magnesium (as Amino Acid Chelate)	4 mg	1%	Other Ingredients: Dicalcium phosphate, microcrystalline cellulose, stearic acid (vegetable source), croscarmellose sodium, silica, magnesium stearate (vegetable source), triacetin, hydroxypropylmethylcellulose.		
Zinc (as Zinc Citrate)	3 mg	20%	Complete Minerals - Regular Strength		
Copper (as Copper Gluconate)	50 mcg	3%	Amount Per Serving	%DV*	
Manganese (as Amino Acid Chelate)	1.5 mg	75%	Calcium (Carbonate, Amino Acid Chelate, Gluconate, Aspartate, Ascorbate, Citrate, Succinate, Fumarate, Malate, Ketoglutarate)	300 mg	30
Potassium (as Amino Acid Chelate)	5 mg	<1%	Iron (Citrate, Amino Acid Chelate, Gluconate, Aspartate, Ascorbate)	7.5 mg	42
Choline (as Choline Bitartrate)	25 mg	**	Vitamin D3 (Cholecalciferol)	200 I.U.	50
Inositol	25 mg	**	Iodine (Potassium Iodide-Kelp)	37.5 mcg	25
PABA (Para Amino Benzoic Acid)	35 mg	**	Magnesium (Oxide, Amino Acid Chelate, Gluconate, Aspartate, Ascorbate, Citrate, Succinate, Fumarate, Ketoglutarate)	150 mg	38
Betaine	10 mg	**	Zinc (Citrate, Amino Acid Chelate, Gluconate, Aspartate, Ascorbate)	5 mg	33
Glutamic Acid	10 mg	**	Selenium (L-Selenomethionine)	25 mcg	10
VIVA Whole Foods Blend	16 mg	**	Copper (Gluconate, Citrate, Succinate, Fumarate, Malate, Ketoglutarate)	0.5 mg	25
Rose Hips, Parsley Powder, Rice Bran, Alfalfa Powder, Watercress Powder, Lecithin Powder			Manganese (Gluconate, Amino Acid Chelate, Ascorbate, Citrate)	1 mg	50
VIVA Antioxidant Blend	5,800 mcg	**	G.T.F. Chromium (Picolinate)	25 mcg	21
Grape Seed Extract, CoQ10, Lycopene, Lutein, Alpha Lipoic Acid			Potassium (Citrate, Gluconate, Chloride, Aspartate, Ascorbate)	50 mg	1
Other Ingredients: Dicalcium phosphate, hydroxypropylmethylcellulose, stearic acid (vegetable source), povidone, magnesium stearate (vegetable source), microcrystalline cellulose, croscarmellose sodium, triacetin.			Boron (Citrate, Aspartate, Ascorbate)	1.5 mg	**
**Daily Value			Other Ingredients: Stearic acid, croscarmellose sodium, silica, magnesium stearate, microcrystalline cellulose, triacetin, hydroxypropylmethylcellulose.		
** Daily Value has not been established			**Daily Value		
			** Daily Value has not been established		



Multi Vitamin Regular Strength
Complete C 500
Complete E 200
Multi Mineral Regular Strength
Tablets are shown actual size



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 only 100% natural vitamin E, a major antioxidant and the primary defense against lipid peroxidation and helps protect cells from free radical/oxidative damage. Complete E also contains a unique spectrum of supporting antioxidants like 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.

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



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™.

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.

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

CSPPACKS

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



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