

# High-Potency Multivitamin for Women's Unique Needs

## VITA-LEA® WITH IRON

Vita-Lea With Iron is a complete multivitamin and multimineral that supports women's overall health. Vita-Lea With Iron provides what you may be missing at meals with 24 vitamins and minerals. It delivers extra folic acid, iodine, and iron, too, so it's also great for prenatal and postnatal care. It helps to reduce the risk of neural tube defects when taken daily at least three months prior to becoming pregnant and during early pregnancy. Helps to support normal early fetal development (brain and spinal cord).

#57440 | 120 TABLETS



Gluten Free



Kosher



Vegetarian



Dairy Free

SUPPORT YOUR OVERALL HEALTH AND WELL-BEING

## Why We Love It

- Formulated for menstruating women of child-bearing age
- Great for prenatal and postnatal care with iron and additional folic acid and iodine
- Provides the foundation for your daily micronutrient needs with 24 essential vitamins and minerals
- It helps to reduce the risk of neural tube defects when taken daily at least three months prior to becoming pregnant and during early pregnancy. Helps to support normal early fetal development (brain and spinal cord)
- Clinically proven health benefits
- Rigorous quality testing. 341 quality tests for each production

### Vita-Lea® With Iron

**DOSEAGE: ADULTS:** 2 tablets daily with food a few hours before or after other medications or natural health products.

	Amount Per Tablet
Beta-carotene ( <i>Blakeslea trispora</i> )	2100 mcg (3500 IU)
Biotin	150 mcg
Calcium (dicalcium phosphate)	225 mg
Chromium (chromium chloride)	60 mcg
Copper (copper gluconate)	0.5 mg
Folate (folic acid)	300 mcg (501 mcg DFE)
Iodine (potassium iodide, <i>Laminaria digitata</i> )	145 mcg
Iron (ferrous fumarate)	9 mg
Magnesium (magnesium oxide)	100 mg
Manganese (manganese gluconate)	1.3 mg
Molybdenum (sodium molybdate)	37.5 mcg
Niacinamide	10 mg
Nickel (nickel sulphate)	7.5 mcg
Pantothenic acid (calcium d-pantothenate)	5 mg
Phosphorus (dicalcium phosphate)	175 mg
Riboflavin	0.85 mg
Selenium (sodium selenate)	35 mcg
Silicon (silicon dioxide)	5.5 mg
Thiamine (thiamine mononitrate)	0.75 mg
Tin (stannous chloride)	5 mcg
Vitamin A (vitamin A acetate)	225 mcg RAE (750 IU)
Vitamin B <sub>6</sub> (pyridoxine hydrochloride)	1 mg
Vitamin B <sub>12</sub> (cyanocobalamin)	3 mcg
Vitamin C (ascorbic acid)	60 mg
Vitamin D <sub>3</sub> (cholecalciferol)	12.5 mcg (500 IU)
Vitamin E (d-alpha-tocopheryl acid succinate)	20 mg AT (30 IU)
Vitamin K <sub>1</sub> (phytonadione)	60 mcg
Zinc (zinc gluconate)	7.5 mg

**NON-MEDICINAL INGREDIENTS:** ACEROLA (*MALPIGHIA GLABRA*) FRUIT EXTRACT, ALFALFA, CHOLINE BITARTRATE, CITRUS BIOFLAVONOIDS (GRAPEFRUIT, LEMON, ORANGE), CROSCARMELOSE SODIUM, HESPERIDIN COMPLEX, HYPRMELLOSE, INOSITOL, MAGNESIUM STEARATE, MANNITOL, MEDIUM CHAIN TRIGLYCERIDES, MICROCRYSTALLINE CELLULOSE, MIXED TOCOPHEROLS CONCENTRATE, PEA PROTEIN, RICE BRAN POWDER, ROSE HIPS POWDER, SPIRULINA.



VITA-LEA® WITH IRON

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### FAQs

#### **How do I know if Vita-Lea With Iron is right for me?**

Vita-Lea With Iron is uniquely formulated to meet the specific nutritional needs of menstruating women of child-bearing age. It contains 18 mg of iron, along with extra folic acid (600 mcg) and iodine (290 mcg), making it an ideal choice for women who are menstruating and those that require supplemental iron. If you fit this profile, Vita-Lea With Iron is the perfect multivitamin for you.

#### **How many vitamins and minerals are in Vita-Lea With Iron?**

Vita-Lea With Iron delivers 24 essential vitamins and minerals in 2 tablets. It also contains essential minerals, including calcium, magnesium, and zinc as well as extra iodine and iron.

#### **Can Vita-Lea With Iron be used as a prenatal multivitamin?**

Yes. Vita-Lea Women makes a great prenatal and postnatal vitamin. It helps to reduce the risk of neural tube defects when taken daily at least three months prior to becoming pregnant and during early pregnancy. Helps to support normal early fetal development (brain and spinal cord).

#### **Can I give Vita-Lea With Iron to my kids?**

Vita-Lea With Iron is specifically formulated for adults 18 years and older.

#### **Is Vita-Lea With Iron suitable for people with specific dietary restrictions or preferences?**






Vita-Lea With Iron is vegetarian, gluten free, non-dairy, and Star-K Kosher. We always recommend that you consult with your physician if you have any specific concerns regarding whether a product is appropriate for you.

#### **How should Vita-Lea With Iron be stored?**

Vita-Lea With Iron should be stored in a cool, dry place.

# The Most Comprehensive. Clinically Proven. Multi.



	Vita-Lea® With Iron	Vita-Lea® Without Iron	Vita-Lea® Gold With Vitamin K	Vita-Lea® Gold Without Vitamin K	Vita-Lea® Gummy
Description	High-potency mineral with added iron.	High-potency multivitamin/mineral without added iron.	High-potency multivitamin/mineral for adults 50+.	High-potency multivitamin/mineral without vitamin K for adults 50+.	Strawberry-flavoured multivitamin/mineral gummy.
Nutrition	<ul style="list-style-type: none"> <li>• 24 essential vitamins and minerals</li> </ul>	<ul style="list-style-type: none"> <li>• 23 essential vitamins and minerals</li> </ul>	<ul style="list-style-type: none"> <li>• 23 essential vitamins and minerals</li> <li>• N-acetylcysteine</li> </ul>	<ul style="list-style-type: none"> <li>• 22 essential vitamins and minerals</li> <li>• N-acetylcysteine</li> </ul>	<ul style="list-style-type: none"> <li>• 12 essential vitamins and minerals</li> </ul>
Form					
Points of difference	<ul style="list-style-type: none"> <li>• Contains iron</li> <li>• Contains added folic acid</li> <li>• Contains added iodine</li> <li>• Great for prenatal and postnatal care</li> </ul>	<ul style="list-style-type: none"> <li>• Does not contain iron</li> </ul>	<ul style="list-style-type: none"> <li>• Contains added B vitamins and zinc to support age-related changes</li> <li>• Contains N-acetylcysteine</li> </ul>	<ul style="list-style-type: none"> <li>• Does not contain vitamin K</li> <li>• Contains added B vitamins and zinc to support age-related changes</li> <li>• Contains N-acetylcysteine</li> </ul>	<ul style="list-style-type: none"> <li>• Gummy</li> </ul>
Who is this for?	Menstruating women of child-bearing age.	Men under 50 years old, and women who do not want supplemental iron.	Men and women over 50 years old, and younger women no longer menstruating.	Men and women over 50 years old, and younger women no longer menstruating. Ideal for those taking blood-thinning medication (such as warfarin and Coumadin).	Individuals who prefer gummies over tablets.

**Over 1,700+ quality tests conducted across the Vita-Lea line for each production**

Our quality standards exceed US Pharmacopeia, US GMP, US FDA, and other international regulatory standards.