



Vita-Lea® Essential Nutrition for Optimal Health

GET TO KNOW VITA-LEA

Are you getting the nutrition you need every day to thrive? Leading nutrition experts acknowledge the importance of a daily multivitamin supplement.

Vita-Lea is a high-potency formulation specially designed to promote optimal health with more than 20 essential vitamins and minerals.

- Each serving delivers more biotin, calcium, magnesium, niacinamide, phosphorus, thiamine, vitamin C, vitamin D, vitamin E, and vitamin K than other multis, plus more beta-carotene for safely increasing antioxidant protection
- Promotes bone health; immune function; healthy metabolism; healthy skin, hair, nails, teeth, and gums; and overall good health
- Available in customized formulas based on the needs of men, women, and adults over 50
- Plus, Vita-Lea With Iron contains optimized micronutrient levels designed especially for women before, during, and after pregnancy, and while nursing; it provides 800 mcg of folic acid, 200 mcg of iodine, and 18 mg of iron*

THE SHAKLEE DIFFERENCE™



The power of nature,
unleashed by science.
Safe. Proven. Guaranteed.

At Shaklee, we're committed to innovating through science and looking to nature for the answers that can provide healthier lives. We ensure the highest quality and safety standards, conducting more than 100,000 quality tests per year to ensure our products are safe for you and your family.

Vita-Lea

- Developed from the foundation Dr. Shaklee created with his work on the first multivitamin in the United States, Vitalized Minerals, in 1915
- Based on seven clinical studies
- Features the patented Bioactivated Absorption System™, a micro coating designed to enhance absorption of folic acid

Which brand has more?†

Per Serving	Vita-Lea Without Iron	One a Day® Men
Beta-carotene (a source of vitamin A)	✓	
Vitamin C	✓	
Thiamin (B ₁)	✓	
Riboflavin (B ₂)	=	=
Niacinamide	✓	
Biotin	✓	
Vitamin D (as vitamin D ₃)	✓	
Vitamin E	✓	
Vitamin K (as vitamin K ₁)	✓	
Folic Acid	=	=
Calcium	✓	
Magnesium	✓	
Zinc	=	=

*The Institute of Medicine (IOM) recommends 18 mg of iron daily for non-pregnant women aged 19 to 51. Women who are iron deficient should consider taking Shaklee Iron Plus Vitamin C supplement for additional, enhanced iron absorption.

†This comparison of label ingredients was conducted on April 5, 2017 and is valid only for the named products marketed at that time. All trademarks are the property of their respective owners. The brand compared contains more vitamin A but substantially less beta-carotene, which is a safer source of vitamin A, as well as more vitamin B₆, B₁₂, copper, and selenium.

IS VITA-LEA RIGHT FOR YOU?

- ✓ If you're interested in promoting long-term health and vitality.
- ✓ If your daily diet isn't always optimal.
- ✓ If you're looking for a prenatal-postnatal multivitamin (Vita-Lea With Iron).

ORDER NOW

#57440 Vita-Lea® With Iron

– ideal for women

#57445 Vita-Lea® Without Iron

– ideal for men

#57450 Vita-Lea® Gold With Vitamin K

– ideal for adults 50+

#57455 Vita-Lea® Gold Without Vitamin K

– ideal for adults 50+

(for those taking blood-thinning medications)

120 tablets

Member Price: \$26.95 | Point Value: 15.30

Vita-Lea®



Dosage: Adults: 2 tablets daily

	Amount per tablet		
	Without Iron	With Iron	Gold*
Beta-carotene (<i>Blakeslea trispora</i>)	2100 mcg (3500 IU)	2100 mcg (3500 IU)	2100 mcg (3500 IU)
Biotin	150 mcg	150 mcg	150 mcg
Boron (boron glycinate)	0.5 mg	0 mg	0.5 mg
Calcium (dicalcium phosphate)	225 mg	225 mg	225 mg
Chromium (chromium chloride)	60 mcg	60 mcg	60 mcg
Copper (cupric gluconate)	0.5 mg	0.5 mg	0.5 mg
Folate (folic acid)	200 mcg (334 mcg DFE)	300 mcg (501 mcg DFE)	200 mcg (334 mcg DFE)
Iodine (potassium iodide, <i>Laminaria digitata</i>)	75 mcg	145 mcg	0 mcg
Iodine (potassium iodide, sea kelp)	0 mcg	0 mcg	75 mcg
Iron (ferrous fumarate)	0 mg	9 mg	0 mg
Magnesium (magnesium oxide)	112.5 mg	100 mg	112.5 mg
Manganese (manganese gluconate)	1.3 mg	1.3 mg	1.5 mg
Molybdenum (sodium molybdate)	37.5 mcg	37.5 mcg	37.5 mcg
N-acetyl-L-cysteine	0 mg	0 mg	25 mg
Niacinamide	10 mg	10 mg	15 mg
Nickel (nickel sulphate)	7.5 mcg	7.5 mcg	2.5 mcg
Pantothenic acid (calcium d-pantothenate)	5 mg	5 mg	7.5 mg
Phosphorus (dicalcium phosphate)	175 mg	175 mg	175 mg
Riboflavin	0.85 mg	0.85 mg	1.275 mg
Selenium (sodium selenate)	35 mcg	35 mcg	35 mcg
Silicon (silicon dioxide)	1 mg	5.5 mg	1 mg
Thiamine (thiamine mononitrate)	0.75 mg	0.75 mg	1.125 mg
Tin (stannous chloride)	5 mcg	5 mcg	5 mcg
Vanadium (sodium metavanadate)	10 mcg	0 mcg	10 mcg
Vitamin A (vitamin A acetate)	225 mcg RAE (750 IU)	225 mcg RAE (750 IU)	225 mcg RAE (750 IU)
Vitamin B ₆ (pyridoxine hydrochloride)	1 mg	1 mg	2 mg
Vitamin B ₁₂ (cyanocobalamin)	3 mcg	3 mcg	12 mcg
Vitamin C (ascorbic acid)	60 mg	60 mg	60 mg
Vitamin D ₃ (cholecalciferol)	12.5 mcg (500 IU)	12.5 mcg (500 IU)	12.5 mcg (500 IU)
Vitamin E (d-alpha-tocopheryl acid succinate)	20 mg AT (30 IU)	20 mg AT (30 IU)	20 mg AT (30 IU)
Vitamin K ₁ (phytonadione)	60 mcg	60 mcg	60 mcg
Zinc (zinc gluconate)	7.5 mg	7.5 mg	11.25 mg

WITHOUT IRON NON-MEDICINAL INGREDIENTS: acerola (*Malpighia glabra*) fruit extract, alfalfa, choline bitartrate, citrus bioflavonoids (grapefruit, lemon, orange), croscarmellose sodium, hesperidin complex, hypromellose, inositol, magnesium stearate, mannitol, medium chain triglycerides, microcrystalline cellulose, mixed tocopherols concentrate, pea protein, rice bran powder, rose hips powder, spirulina.

WITH IRON NON-MEDICINAL INGREDIENTS: acerola (*Malpighia glabra*) fruit extract, alfalfa, choline bitartrate, citrus bioflavonoids (grapefruit, lemon, orange), croscarmellose sodium, hesperidin complex, hypromellose, inositol, magnesium stearate, mannitol, medium chain triglycerides, microcrystalline cellulose, mixed tocopherols concentrate, pea protein, rice bran powder, rose hips powder, spirulina.

GOLD WITH VITAMIN K NON-MEDICINAL INGREDIENTS: acerola (*Malpighia glabra*) fruit extract, alfalfa, choline bitartrate, citrus bioflavonoids (grapefruit, lemon, orange), croscarmellose sodium, hesperidin complex, hypromellose, inositol, magnesium stearate, mannitol, medium chain triglycerides, microcrystalline cellulose, mixed tocopherols concentrate, pea protein, rice bran powder, rose hips powder, spirulina.

GOLD WITHOUT VITAMIN K NON-MEDICINAL INGREDIENTS: acerola (*Malpighia glabra*) fruit extract, alfalfa, choline bitartrate, citrus bioflavonoids (grapefruit, lemon, orange), croscarmellose sodium, hesperidin complex, hypromellose, inositol, magnesium stearate, mannitol, medium chain triglycerides, microcrystalline cellulose, mixed tocopherols concentrate, pea protein, rice bran powder, rose hips powder, spirulina.

*Medicinal Ingredients for Vita-Lea Gold With Vitamin K. Those for Vita-Lea Gold Without Vitamin K are identical with one exception (i.e., there is no vitamin K).