

# High-Potency Multivitamin for Men's Unique Needs

## VITA-LEA® MEN

Vita-Lea Men® is a complete multivitamin and multimineral that supports men's overall health, including brain, heart, bone, muscle, and immune health, and helps boost energy levels.\* Vita-Lea Men provides what you may be missing at meals with 23 vitamins and minerals, including 100% DV or more of all essential vitamins plus more calcium and magnesium compared to leading multivitamins on the market.

#20286 | 60 SERVINGS

RETAIL PRICE: \$30.25 | MEMBER PRICE: \$25.70 | PV: 18.15

#20287 | 120 SERVINGS

RETAIL PRICE: \$53.60 | MEMBER PRICE: \$45.60 | PV: 32.25

SUPPORT YOUR OVERALL HEALTH AND WELL-BEING



Vegetarian



Gluten Free



Nondairy



Star K Kosher

## Why We Love It

- Formulated for men under 50 years old and women who do not want supplemental iron
- Provides the foundation for your daily micronutrient needs with 23 essential vitamins and minerals
- Supports brain health, heart health, bone and muscle health, energy, immune health, and more\*
- Clinically proven health benefits.\* Based on 7 clinical studies and the Landmark Studies.
- Clinically proven superior absorption\*
- Rigorous quality testing. 352 quality tests for each production.

**DIRECTIONS:** Take 2 tablets daily.

NQ257A

### Supplement Facts

Serving Size: 2 Tablets  
Servings Per Container: 60

	Amount Per Serving	% DV*		Amount Per Serving	% DV
Total Carbohydrate	<1g	<1%**	Phosphorus (as dicalcium phosphate)	350 mg	28%
Vitamin A (70% as beta-carotene from BetaKeele triparto and 30% as vitamin A acetate)	1,500 mcg	167%	Iodine (as potassium iodide and sea kelp)	150 mcg	100%
Vitamin C (as ascorbic acid)	120 mg	133%	Magnesium (as magnesium oxide)	225 mg	54%
Vitamin D <sub>3</sub> (as cholecalciferol)	25 mcg (1,000 IU)	125%	Zinc (as zinc gluconate)	15 mg	136%
Vitamin E (as d-alpha-tocopheryl acid succinate and mixed tocopherols)	40 mg	267%	Selenium (as trace mineral protein hydrolysate)	70 mcg	127%
Vitamin K (as phytonadione)	120 mcg	100%	Copper (as copper gluconate)	1 mg	119%
Thiamin (as thiamine mononitrate)	1.5 mg	125%	Manganese (as manganese gluconate)	2.6 mg	113%
Riboflavin	1.7 mg	131%	Chromium (as trace mineral protein hydrolysate)	120 mcg	34.3%
Niacin (as niacinamide)	20 mg	125%	Molybdenum (as trace mineral protein hydrolysate)	75 mcg	167%
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride)	2 mg	118%	Sodium	5 mg	<1%
Folate 668 mcg DFE (400 mcg folic acid)	1.67 mg	167%	Nickel (as trace mineral protein hydrolysate)	15 mcg	†
Vitamin B <sub>12</sub> (as cyanocobalamin)	6 mcg	250%	Tin (as trace mineral protein hydrolysate)	10 mcg	†
Biotin (as d-biotin)	300 mcg	1,000%	Vanadium (as trace mineral protein hydrolysate)	20 mcg	†
Pantothenic Acid (as d-calcium pantothenate)	10 mg	200%	Boron (as boron glycinate)	1 mg	†
Calcium (as dicalcium phosphate)	450 mg	35%	Silicon (as silicon dioxide)	2 mg	†

**Other Ingredients:** Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Croscarmellose Sodium, Spirulina, Medium Chain Triglycerides, Inositol, Choline Bitartrate, Alfalfa Powder, Grapefruit Bioflavonoid, Hesperidin Complex, Lemon Bioflavonoid, Orange Bioflavonoid, Rice Bran Powder, Rose Hips Powder, Acerola Extract.



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\* THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

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VITA-LEA® MEN

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### FAQ

**How do I know if Vita-Lea Men is right for me?**

Vita-Lea Men is uniquely formulated to meet the specific nutritional needs of men under 50. Because it is formulated without iron, it is also great for women who do not require (or want) supplemental iron. If you fit this profile, Vita-Lea Men is the perfect multivitamin for you.

**How many vitamins and minerals are in Vita-Lea Men?**

Vita-Lea Men delivers 23 essential vitamins and minerals in 2 tablets. It's formulated with 100% DV or more of vitamins A, C, D, E, and K and all 8 B vitamins. It also contains essential minerals including calcium, iodine, zinc, and extra magnesium.

**Can I give Vita-Lea Men to my kids?**

Vita-Lea Men is specifically formulated for adults 18 years and older. However, if your child is at least 12 years old and can comfortably and safely swallow tablets, they can use Vita-Lea Men.

**Is Vita-Lea Men suitable for people with specific dietary restrictions or preferences?**

Vita-Lea Men is vegetarian, gluten-free, nondairy, 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 Men be stored?**

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

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VITA-LEA®

# The Most Comprehensive. Clinically Proven. Multi.

	 <b>Vita-Lea® Women</b>	 <b>Vita-Lea® Men</b>	 <b>Vita-Lea Gold® with Vitamin K</b>	 <b>Vita-Lea Gold® w/out Vitamin K</b>	 <b>Vita-Lea® Methylated</b>	 <b>Vita-Lea® Gummy</b>
<b>Description</b>	High-potency multivitamin/mineral <b>with added iron</b>	High-potency multivitamin/mineral <b>without added iron</b>	High-potency multivitamin/mineral <b>for adults 50+</b>	High-potency multivitamin/mineral <b>without vitamin K</b>	High-potency multivitamin/mineral <b>with methylated B vitamins</b>	Strawberry-flavored multivitamin/mineral gummy
<b>Nutrition</b>	<ul style="list-style-type: none"> <li>• 24 essential vitamins &amp; minerals</li> <li>• 100% DV of all essential vitamins</li> </ul>	<ul style="list-style-type: none"> <li>• 23 essential vitamins &amp; minerals</li> <li>• 100% DV of all essential vitamins</li> </ul>	<ul style="list-style-type: none"> <li>• 23 essential vitamins &amp; minerals</li> <li>• 100% DV of all essential vitamins</li> <li>• N-acetylcysteine</li> </ul>	<ul style="list-style-type: none"> <li>• 22 essential vitamins &amp; minerals</li> <li>• 100% DV of all essential vitamins (except vitamin K)</li> <li>• N-acetylcysteine</li> </ul>	<ul style="list-style-type: none"> <li>• 23 essential vitamins &amp; minerals</li> <li>• 100% DV of all essential vitamins</li> <li>• N-acetylcysteine</li> </ul>	<ul style="list-style-type: none"> <li>• 12 essential vitamins &amp; minerals</li> <li>• 100%+ DV of key nutrients of concern</li> </ul>
<b>Form</b>						
<b>Points of difference</b>	<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>• Contains methylfolate</li> <li>• Contains methylcobalamin</li> </ul>	<ul style="list-style-type: none"> <li>• Gummy</li> </ul>
<b>Who is this for?</b>	Menstruating women of child-bearing age	<ul style="list-style-type: none"> <li>• Men under 50 years old</li> <li>• Women who do not want supplemental iron</li> </ul>	<ul style="list-style-type: none"> <li>• Men and women over 50 years old</li> <li>• Younger women no longer menstruating</li> </ul>	Individuals on blood-thinning medications (i.e., warfarin, Coumadin)	Individuals seeking methylated B vitamins	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.

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