

High-Potency Multivitamin with Methylated B Vitamins

VITA-LEA® METHYLATED

Vita-Lea® Methylated is a complete multivitamin and multimineral that contains methylated B vitamins and supports overall health, including brain, heart, bone, and immune health, promotes the health of hair, skin, and nails, and helps boost energy levels.* Vita-Lea Methylated provides what you may be missing at meals with 23 vitamins and minerals, including 100% DV or more of all essential vitamins, as well as methylfolate and methylcobalamin, plus more calcium and magnesium compared to leading multivitamins on the market.

#22099 | 60 SERVINGS
RETAIL PRICE: \$40.00 | MEMBER PRICE: \$34.00 | PV: 20.40

SUPPORT YOUR OVERALL HEALTH AND WELL-BEING



Vegetarian



Gluten Free



Nondairy



Star K Kosher

Why We Love It

- Formulated for individuals seeking methylated B vitamins
- Provides the foundation for your daily micronutrient needs with 23 essential vitamins and minerals
- Formulated with methylated B vitamins, including methylfolate and methylcobalamin
- Supports brain health, heart health, bone and joint 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. 364 quality tests for each production.

DIRECTIONS: Take 2 tablets daily.

Supplement Facts					
Serving Size: 2 Tablets Servings Per Container: 60					
	Amount Per Serving	% DV			
Total Carbohydrate	<1 g	<1%**	Iodine (as potassium iodide and sea kelp)	160 mcg	100%
Vitamin A (as beta-carotene and vitamin A acetate)	1,500 mcg	167%	Magnesium (as magnesium oxide)	225 mg	54%
Vitamin C (as ascorbic acid)	120 mg	133%	Zinc (as zinc gluconate)	22.5 mg	205%
Vitamin D (as cholecalciferol)	25 mcg (1,000 IU)	125%	Selenium (as trace mineral protein hydrolysate)	70 mcg	127%
Vitamin E (as d-alpha-tocopheryl acid succinate)	40 mg	267%	Copper (as copper gluconate)	1 mg	111%
Vitamin K (as phytanadione)	120 mcg	100%	Manganese (as manganese gluconate)	2.3 mg	100%
Thiamin (as thiamine mononitrate)	2.25 mg	188%	Chromium (as trace mineral protein hydrolysate)	120 mcg	343%
Riboflavin	2.55 mg	196%	Molybdenum (as trace mineral protein hydrolysate)	75 mcg	167%
Niacin (as niacinamide)	30 mg	188%	Sodium	5 mg	<1%
Vitamin B ₆ (as pyridoxine hydrochloride)	4 mg	235%	N-acetylcysteine	50 mg	†
Folate (as calcium L-5-methyltetrahydrofolate)	668 mcg DFE	167%	Nickel (as trace mineral protein hydrolysate)	5 mcg	†
Vitamin B ₁₂ (as methylcobalamin)	24 mcg	1,000%	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)	15 mg	300%	Boron (as boron glycinate)	1 mg	†
Calcium (as dicalcium phosphate)	450 mg	35%	Silicon (as silicon dioxide)	2 mg	†
Phosphorus (as dicalcium phosphate)	350 mg	28%			

Other Ingredients: Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Croscarmellose Sodium, Spirulina, Medium Chain Triglycerides, Sodium Copper Chlorophyllin Color, 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



FAQ

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

Vita-Lea Methylated is formulated for people who are looking for methylated B vitamins.

How many vitamins and minerals are in Vita-Lea Methylated?

Vita-Lea Methylated provides 23 essential vitamins and minerals, including 100% DV or more of vitamins A, C, D, E, and K and all 8 B vitamins, including methylfolate and methylcobalamin. It also contains essential minerals, including calcium, iodine, zinc, and magnesium, along with N-acetylcysteine, a powerful antioxidant.

What are methylated B vitamins?

B vitamins can be either methylated or non-methylated. Folic acid and cyanocobalamin, the standard forms of folate and vitamin B12 commonly found in supplements, are not methylated. In contrast, methylfolate and methylcobalamin are the methylated forms of folate and vitamin B12, respectively.

The methylated forms, methylfolate and methylcobalamin, have gained attention because genetic testing has become more common. Certain variants of the MTHFR gene, identified through these tests, are believed to decrease the efficiency of methylating folate and vitamin B12. However, research has confirmed that both methylated and standard B vitamin formulations are equally effective.

Despite genetic variations that may affect how efficiently certain individuals metabolize these vitamins, the use of methylated B vitamins is not necessary, regardless of genetic background. Folic acid and cyanocobalamin, known for their safety, efficacy, and stability, remain excellent options for individuals across all genetic backgrounds.

Is Vita-Lea Methylated suitable for children?

Vita-Lea Methylated 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 Methylated.

Can Vita-Lea Methylated be used as a prenatal multivitamin?

No. Vita-Lea Methylated should not be used as a prenatal vitamin. Folic acid is the only type of folate shown to help prevent neural tube defects. And all authoritative health organizations recommend 400 mcg of folic acid for this purpose. Additionally, Vita-Lea Methylated does not contain iron, which is essential during pregnancy for supporting blood cell formation and oxygen transfer to the baby. It's important to choose a prenatal multivitamin specifically designed to meet the nutritional needs of pregnant and nursing women, including adequate folic acid and iron.

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

Vita-Lea Methylated 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 Methylated be stored?

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

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VITA-LEA®

The Most Comprehensive. Clinically Proven. Multi.

	 Vita-Lea® Women	 Vita-Lea® Men	 Vita-Lea Gold® with Vitamin K	 Vita-Lea Gold® w/out Vitamin K	 Vita-Lea® Methylated	 Vita-Lea® Gummy
Description	High-potency multivitamin/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	High-potency multivitamin/mineral with methylated B vitamins	Strawberry-flavored multivitamin/mineral gummy
Nutrition	<ul style="list-style-type: none"> • 24 essential vitamins & minerals • 100% DV of all essential vitamins 	<ul style="list-style-type: none"> • 23 essential vitamins & minerals • 100% DV of all essential vitamins 	<ul style="list-style-type: none"> • 23 essential vitamins & minerals • 100% DV of all essential vitamins • N-acetylcysteine 	<ul style="list-style-type: none"> • 22 essential vitamins & minerals • 100% DV of all essential vitamins (except vitamin K) • N-acetylcysteine 	<ul style="list-style-type: none"> • 23 essential vitamins & minerals • 100% DV of all essential vitamins • N-acetylcysteine 	<ul style="list-style-type: none"> • 12 essential vitamins & minerals • 100%+ DV of key nutrients of concern
Form						
Points of difference	<ul style="list-style-type: none"> • Contains iron • Contains added folic acid • Contains added iodine • Great for prenatal and postnatal care 	<ul style="list-style-type: none"> • Does not contain iron 	<ul style="list-style-type: none"> • Contains added B vitamins and zinc to support age-related changes* • Contains N-acetylcysteine 	<ul style="list-style-type: none"> • Does not contain vitamin K • Contains added B vitamins and zinc to support age-related changes* • Contains N-acetylcysteine 	<ul style="list-style-type: none"> • Contains methylfolate • Contains methylcobalamin 	<ul style="list-style-type: none"> • Gummy
Who is this for?	Menstruating women of child-bearing age	<ul style="list-style-type: none"> • Men under 50 years old • Women who do not want supplemental iron 	<ul style="list-style-type: none"> • Men and women over 50 years old • Younger women no longer menstruating 	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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