

High-Potency Multivitamin for Women's Unique Needs

VITA-LEA® WOMEN

Vita-Lea® Women is a complete multivitamin and multimineral that supports women's overall health, including brain, heart, bone, and immune health, promotes healthy hair, skin, and nails, and helps boost energy levels.* Vita-Lea Women provides what you may be missing at meals with 24 vitamins and minerals, including 100% DV or more of all essential vitamins plus more calcium and magnesium compared to leading multivitamins on the market. It delivers extra folic acid, iodine, and iron, too, so it's also great for prenatal and postnatal care.

#20288 | 60 SERVINGS
RETAIL PRICE: \$30.25 | MEMBER PRICE: \$25.70 | PV: 18.15

#20289 | 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 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
- Supports brain health, heart health, bone health, energy, healthy hair, skin, and nails, immune health, and more*
- Clinically proven health benefits.* Based on 7 clinical studies and the Landmark Studies.
- Clinically proven superior absorption*
- Rigorous quality testing. 341 quality tests for each production.

DIRECTIONS: Take 2 tablets daily.

Supplement Facts

Serving Size: 2 Tablets
Servings Per Container: 120

	Amount Per Serving	% DV	Prenatal % DV		Amount Per Serving	% DV	Prenatal % DV
Total Carbohydrate	<1g	<1%**	<1%**	Iron (as ferrous fumarate)	18 mg	100%	67%
Vitamin A (70% as beta-carotene from Blakeslea trispora and 30% as vitamin A acetate)	1,500 mcg	167%	115%	Phosphorus (as dicalcium phosphate)	350 mg	28%	28%
Vitamin C (as ascorbic acid)	120 mg	133%	100%	Iodine (as potassium iodide and sea kelp)	290 mcg	493%	100%
Vitamin D ₃ (as cholecalciferol)	25 mcg (1,000 IU)	125%	166%	Magnesium (as magnesium oxide)	200 mg	48%	50%
Vitamin E (as d-alpha-tocopheryl acid succinate and mixed tocopherols)	40 mg	267%	212%	Zinc (as zinc gluconate)	15 mg	136%	115%
Vitamin K (as phytanadione)	120 mcg	100%	133%	Selenium (as trace mineral protein hydrolysate)	70 mcg	127%	100%
Thiamin (as thiamine mononitrate)	15 mg	125%	107%	Copper (as copper gluconate)	1 mg	111%	77%
Riboflavin	17 mg	131%	106%	Manganese (as manganese gluconate)	2.6 mg	113%	100%
Niacin (as niacinamide)	20 mg	125%	111%	Chromium (as trace mineral protein hydrolysate)	120 mcg	343%	267%
Vitamin B ₆ (as pyridoxine hydrochloride)	2 mg	118%	100%	Molybdenum (as trace mineral protein hydrolysate)	75 mcg	167%	150%
Folate	1,002 mcg DFE (600 mcg folic acid)	251%	167%	Sodium	5 mg	<1%	<1%
Vitamin B ₁₂ (as cyanocobalamin)	6 mcg	250%	214%	Nickel (as trace mineral protein hydrolysate)	15 mcg	t	t
Biotin (as d-biotin)	300 mcg	1,000%	657%	Tin (as trace mineral protein hydrolysate)	10 mcg	t	t
Pantothenic Acid (as d-calcium pantothenate)	10 mg	200%	143%	Silicon (as silicon dioxide)	11 mg	t	t
Calcium (as dicalcium phosphate)	450 mg	35%	35%				

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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NQ260A
Item #20289

*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 Women is right for me?

Vita-Lea Women 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 Women is the perfect multivitamin for you.

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

Vita-Lea Women delivers 24 essential vitamins and minerals in 2 tablets. It's formulated with 100% DV or more of vitamins A, C, D, E, K, and all 8 B vitamins, including extra folic acid. It also contains essential minerals, including calcium, magnesium, and zinc as well as extra iodine and iron.

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

Yes. Vita-Lea Women makes a great prenatal and postnatal vitamin. But we recommend you try Meology® Prenatal, our customizable supplement plan to support you at every stage of your pregnancy, from planning to get pregnant all the way through postnatal and lactation.

Can I give Vita-Lea Women to my kids?

Vita-Lea Women is specifically formulated for adults 18 years and older. However, if your child is menstruating and old enough to swallow tablets comfortably and safely, they can use Vita-Lea Women.

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

Vita-Lea Women 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 Women be stored?

Vita-Lea Women 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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