













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.

*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

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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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 BetaKaleo 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 ₃ (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 phytanadione)	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 ₆ (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 ₁₂ (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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U.S. Patent No(s). 6,465,013; 6,852,335

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VITA-LEA® MEN

High-Potency Multivitamin for Men's Unique Needs



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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High-Potency Multivitamin for Adults 50+

VITA-LEA GOLD®

Vita-Lea Gold® is a complete multivitamin and multimineral that 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 Gold provides what you may be missing at meals with high-potency vitamins and minerals, including 100% DV or more of all essential vitamins. Plus extra B vitamins, zinc, and N-acetylcysteine to support age-related changes, and more calcium and magnesium compared to leading multivitamins on the market.*

#20290 | 60 SERVINGS

RETAIL PRICE: \$33.90 | MEMBER PRICE: \$28.80 | PV: 20.40

SUPPORT YOUR OVERALL HEALTH AND WELL-BEING



Vegetarian



Gluten Free



Nondairy



Star K Kosher

Why We Love It

- Formulated for men over 50 and women who are no longer menstruating
- Provides the foundation for your daily micronutrient needs with 23 essential vitamins and minerals
- Contains added B vitamins and zinc to support age-related changes*
- Supports brain health, heart health, bone and joint health, energy, eye health, immune health, and more*
- Helps protect against damage caused by free radicals*
- Clinically proven health benefits.* Based on 7 clinical studies and the Landmark Studies.
- Clinically proven superior absorption*
- Rigorous quality testing. 351 quality tests for each production.

DIRECTIONS: Take 2 tablets daily.

Supplement Facts

Serving Size: 2 Tablets
Servings Per Container: 60

	Amount Per Serving	% DV		Amount Per Serving	% DV
Total Carbohydrate	<1 g	<1%**	Iodine (as potassium iodide and sea kelp)	150 mcg	100%
Vitamin A (70% as beta-carotene from <i>Blakeslea trispora</i> and 30% as 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 ₃ (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 and mixed tocopherols)	40 mg	267%	Copper (as copper gluconate)	1 mg	11%
Vitamin K (as phytonadione)	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	668 mcg DFE (400 mcg folic acid)	167%	Nickel (as trace mineral protein hydrolysate)	5 mcg	†
Vitamin B ₁₂ (as cyanocobalamin)	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, Inositol, Choline Bitartrate, Alfalfa Powder, Grapefruit Bioflavonoid, Hesperidin Complex, Lemon Bioflavonoid, Orange Bioflavonoid, Rice Bran Powder, Rose Hips Powder, Acerola Extract, Riboflavin Color.

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VITA-LEA GOLD®

High-Potency Multivitamin for Adults 50+



FAQ

How do I know if Vita-Lea Gold with Vitamin K is right for me?

Vita-Lea Gold with Vitamin K is uniquely formulated to meet the specific nutritional needs of men and women over 50 and younger women who are no longer menstruating. It's formulated with higher amounts of B vitamins and zinc to support age-related changes plus the antioxidant N-acetylcysteine to help defend against oxidative stress. If you fit this profile, Vita-Lea Gold is the perfect multivitamin for you.

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

Vita-Lea Gold with Vitamin K delivers 23 essential vitamins and minerals, including 100% DV or more of vitamins A, C, D, E, and K, as well as higher amounts of B vitamins and zinc to support age-related changes. Additionally, it also contains essential minerals such as calcium, iodine, and zinc along with the antioxidant N-acetylcysteine.

Can I give Vita-Lea Gold to my kids?

Vita-Lea Gold (with and without vitamin K) is specifically formulated for adults 50 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 Gold.

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

Vita-Lea Gold (with and without vitamin K) 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 Gold be stored?

Vita-Lea Gold (with and without vitamin K) should be stored in a cool, dry place.

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High-Potency Multivitamin for Adults 50+

VITA-LEA GOLD® WITHOUT VITAMIN K

Vita-Lea® Gold is a complete multivitamin and multimineral that 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 Gold provides what you may be missing at meals with high-potency vitamins and minerals, including 100% DV or more of all essential vitamins. Plus extra B vitamins, zinc, and N-acetylcysteine to support age-related changes, and more calcium and magnesium compared to leading multivitamins on the market.*

#20291 | 60 SERVINGS
RETAIL PRICE: \$33.90 | MEMBER PRICE: \$28.80 | PV: 20.40



Vegetarian



Gluten Free



Nondairy



Star K Kosher

SUPPORT YOUR OVERALL HEALTH AND WELL-BEING

Why We Love It

- Formulated for individuals on blood-thinning medications (i.e., warfarin, Coumadin)
- Provides the foundation for your daily micronutrient needs with 22 essential vitamins and minerals
- Formulated without vitamin K
- Contains added B vitamins and zinc to support age-related changes*
- Supports brain health, heart health, bone and joint health, energy, eye health, immune health, and more*
- Helps protect against damage caused by free radicals*
- Clinically proven health benefits.* Based on 7 clinical studies and the Landmark Studies.
- Clinically proven superior absorption*
- Rigorous quality testing. 343 quality tests for each production.

DIRECTIONS: Take 2 tablets daily.

NQ262A

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)	150 mcg	100%
Vitamin A (70% as beta-carotene from Blakeslea trispora and 30% as 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 ₃ (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 and mixed tocopherols)	40 mg	267%	Copper (as copper gluconate)	1 mg	11%
Thiamin (as thiamine mononitrate)	2.25 mg	188%	Manganese (as manganese gluconate)	2.3 mg	100%
Riboflavin	2.65 mg	196%	Chromium (as trace mineral protein hydrolysate)	120 mcg	343%
Niacin (as niacinamide)	30 mg	188%	Molybdenum (as trace mineral protein hydrolysate)	75 mcg	167%
Vitamin B ₆ (as pyridoxine hydrochloride)	4 mg	235%	Sodium	5 mg	<1%
Folate	668 mcg DFE (400 mcg folic acid)	167%	N-acetylcysteine	50 mg	†
Vitamin B ₁₂ (as cyanocobalamin)	24 mcg	1,000%	Nickel (as trace mineral protein hydrolysate)	5 mcg	†
Biotin (as d-biotin)	300 mcg	1,000%	Tin (as trace mineral protein hydrolysate)	10 mcg	†
Pantothenic Acid (as d-calcium pantothenate)	15 mg	300%	Vanadium (as trace mineral protein hydrolysate)	20 mcg	†
Calcium (as dicalcium phosphate)	450 mg	35%	Boron (as boron glycinate)	1 mg	†
Phosphorus (as dicalcium phosphate)	350 mg	28%	Silicon (as silicon dioxide)	2 mg	†

Other Ingredients: Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Croscarmellose Sodium, Spirulina, Riboflavin Color, 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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U.S. Patent No(s).
6,465,013; 6,852,335



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VITA-LEA GOLD® WITHOUT VITAMIN K

High-Potency Multivitamin for Adults 50+



FAQ

How do I know if Vita-Lea Gold without Vitamin K is right for me?

If you're taking certain blood thinning medications (warfarin or Coumadin), Vita-Lea Gold without Vitamin K is the best choice for you. It's exclusion of vitamin K makes it a great option for individuals who need to be cautious about their vitamin K intake due to medication interactions.

How many vitamins and minerals are in Vita-Lea Gold without Vitamin K?

Vita-Lea Gold without Vitamin K delivers 22 essential vitamins and minerals, including 100% DV or more of vitamins A, C, D, and E, as well as higher amounts of B vitamins and zinc to support age-related changes. Additionally, it also contains essential minerals such as calcium, iodine, and zinc along with the antioxidant N-acetylcysteine.

Can I give Vita-Lea Gold to my kids?

Vita-Lea Gold (with and without vitamin K) is specifically formulated for adults 50 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 Gold.

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

Vita-Lea Gold (with and without vitamin K) 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 Gold be stored?

Vita-Lea Gold (with and without vitamin K) should be stored in a cool, dry place.

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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.

Distributed by Shaklee Corporation, Pleasanton, CA 94566 • productsupport@shaklee.com • 1.800.SHAKLEE

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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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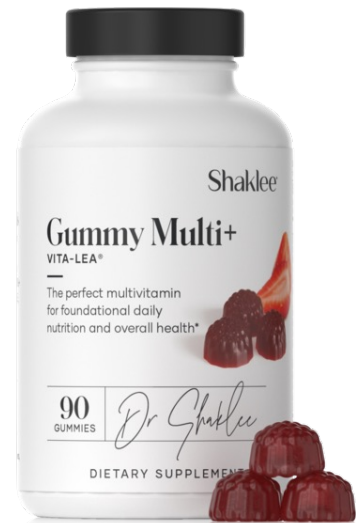
The Perfect Gummy Multivitamin to Fill Nutrient Gaps

VITA-LEA® GUMMY

Vita-Lea® Gummy is a strawberry multivitamin gummy that contains core nutrients to support overall health, including brain, heart, and immune health, and help boost energy levels.* This gummy provides what you may be missing at meals with 100% DV or more of key nutrients of concern, including vitamins A, C, D, and E.

#21514 | 30 SERVINGS

RETAIL PRICE: \$39.40 | MEMBER PRICE: \$33.50 | PV: 20.40



Vegetarian



Gluten Free



Nondairy

SUPPORT YOUR OVERALL HEALTH AND WELL-BEING

Why We Love It

- Formulated for individuals who prefer gummies over tablets
- Helps fill nutrient gaps with 12 essential vitamins and minerals
- Supports brain health, heart health, energy, immune health, and more*
- Available in a sugar-free, strawberry-flavored gummy
- Clinically proven health benefits.* Based on 7 clinical studies.

DIRECTIONS: Adults take up to 3 gummies daily, children ages 4–17 take 2 gummies daily.

NQ327A

Supplement Facts

Serving Size: 2 or 3 Gummies
Servings Per Container: 30 or 45

	2 gummies (Children 4+)		3 gummies (Adults 18+)	
	Amount	% DV	Amount	% DV
Calories	15		20	
Total Carbohydrate	4 g	1%**	7 g	3%**
Vitamin A (as vitamin A palmitate and beta-carotene)	900 mcg	100%	1,350 mcg	150%
Vitamin C (as ascorbic acid)	90 mg	100%	135 mg	150%
Vitamin D (as cholecalciferol)	20 mcg (800 IU)	100%	30 mcg (1,200 IU)	150%
Vitamin E (as d-alpha-tocopherol)	15 mg	100%	22.5 mg	150%
Niacin (as niacinamide)	8 mg	50%	12 mg	75%
Vitamin B ₆ (as pyridoxine hydrochloride)	0.85 mg	50%	1.275 mg	75%
Folate	200 mcg DFE 50% (120 mcg folic acid)		300 mcg DFE 75% (180 mcg folic acid)	
Vitamin B ₁₂ (as cyanocobalamin)	2.4 mcg	100%	3.6 mcg	150%
Biotin	30 mcg	100%	45 mcg	150%
Pantothenic Acid (as calcium d-pantothenate)	5 mg	100%	7.5 mg	150%
Iodine (as potassium iodide)	75 mcg	50%	112.5 mcg	75%
Zinc (as zinc citrate)	5.5 mg	50%	8.25 mg	75%

**Percent Daily Values (DV) are based on a 2,000 calorie diet.

†Daily Value not established.

Other Ingredients: Maltitol Syrup, Erythritol, Xylitol, Pectin, Water, Natural Strawberry Flavor, Lactic Acid, Malic Acid, Citric Acid, Monk Fruit Extract, Vegetable Juice For Color.

Item #21514

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FAQ

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

With essential vitamins and minerals foundational to overall health and well-being, our Vita-Lea Gummy is an excellent alternative multivitamin solution for anyone who struggles with swallowing tablets and people who prefer other delivery forms.

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

Vita-Lea Gummy provides 12 essential vitamins and minerals. These include key nutrients of concern, vitamins A, B6, B12, C, D, and E, niacin, folic acid, biotin, pantothenate, iodine, and zinc.

Due to their format, gummy vitamins cannot hold as many nutrients as tablets. Consequently, Vita-Lea Gummy contains fewer vitamins and minerals than Vita-Lea tablets. When formulating this product, we focused on including the most critical nutrients to ensure it meets the key nutritional needs of most people.

Can I give Vita-Lea Gummy to my kids?

Yes. Kids ages 4 and up can take Vita-Lea Gummy and should take 2 gummies daily. But we recommend kids try Meology® Kids, our all-in-one vitamin gummy packs for kids.

What is the serving size for Vita-Lea Gummy?

Children 4 years and up should take 2 gummies daily. Adults 18 years and older should take 3 gummies daily.

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

Vita-Lea Gummy is vegetarian, gluten-free, and nondairy. We always recommend that you consult with your physician if you have any specific concerns regarding whether a product is appropriate for you.

Does Vita-Lea Gummy have a flavor?

Yes, Vita-Lea Gummy is strawberry-flavored.

Does Vita-Lea Gummy contain sugar or other sweeteners?

Vita-Lea Gummy is sugar-free. Instead, it utilizes a maltitol base and is sweetened with xylitol, erythritol, and monk fruit extract. One Vita-Lea gummy contains ~7 calories per gummy.

Why do the gummies have a white coating?

The sanding on the outside of the gummies is maltitol, a naturally derived, sugar-free sweetener. This sanding helps reduce stickiness.

How should Vita-Lea Gummy be stored?

Vita-Lea Gummy should be stored in a cool, dry place away from direct sunlight.

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