



Vita-Lea®

High-Potency Multivitamin and Multimineral Dietary Supplement

Shaklee scientists have formulated the most comprehensive and balanced supplement you can buy, with 23 essential nutrients and plant-based phytonutrients. In addition to 100% Daily Value (DV) of all essential vitamins, it provides twice the DV of vitamins C and E, critical antioxidants that help prevent cell damage, plus vitamin K to support bone formation. Vita-Lea is routinely tested for potency and availability for intestinal absorption. Long-term use of Vita-Lea has been demonstrated in clinical studies to improve measures of health and well-being.

A choice of formulations to meet individual needs:

- Iron Formula for women of childbearing age and teens
- Without Iron Formula for men and postmenopausal women.



CHALLENGE

Decades of well-conducted and published independent research show that getting the right nutrients in the right amounts can make a powerful difference in our health status at every age and can help to support optimal health as we grow older.

Unfortunately, however, most Americans fall short of getting enough of the critical nutrients they need to feel their very best. According to the Healthy Eating Index in the United States Department of Agriculture's Dietary Guidelines for 2000, almost 90% of Americans have diets that are poor or need improvement.

Many turn to supplementation, hoping that a daily multivitamin-multimineral supplement can fill in the gaps. But differences among multis on the market today are great. The factors to consider are quality, nutrient balance, and the scientific support for the formulation.

SCIENTIFICALLY ADVANCED VITA-LEA

Clinically tested Vita-Lea is scientifically formulated for potency and bioavailability.

- Provides 23 essential nutrients in a better balance than competitive supplements (see chart)
- Helps promote long-term health
- Helps support immune function and promotes colon, heart, and eye health
- Helps fight harmful oxidation with twice the Daily Value (DV) for vitamins C and E, critical antioxidants that help prevent cell damage from harmful oxidation
- Helps promote strong bones as shown in clinical tests of Vita-Lea plus supplemental calcium
- Supports brain function
- Helps metabolic processes with better balanced B vitamins, providing 100% of the DV to help metabolize energy
- More of a wider spectrum of important trace minerals to help fight oxidation, regulate blood sugar, help build strong bones, and more
- The balanced nutrients necessary for excellent prenatal supplement when taken with Iron Plus C Complex and Super Cal Mag Plus

WHO WILL BENEFIT FROM VITA-LEA?

- Anyone interested in promoting long-term health
- Anyone whose day-to-day diet is not always optimal
- Older Americans whose ability to utilize nutrients in the diet is slowed down by the body's normal aging process
- Those concerned about providing support for immune function

Scientifically Advanced Vita-Lea

High Potency Multivitamin and Multimineral Dietary Supplement

Iron Formula

120 tablets #20300

240 tablets #20305

Without Iron Formula

120 tablets #20016

240 tablets #20017

WHAT'S IN VITA-LEA®?

Supplement Facts

Serving Size: 2 Tablets Servings Per Container: 120

Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Total Carbohydrate <1 g	<1%*	Phosphorus (as dicalcium phosphate) 350 mg	35%
Vitamin A (as vitamin A acetate) 5000 IU	100%	Iodine (as potassium iodide and sea kelp) 150 mcg	100%
Vitamin C (as ascorbic acid) 120 mg	200%	Magnesium (as magnesium oxide) 200 mg	50%
Vitamin D (as cholecalciferol) 400 IU	100%	Zinc (as zinc gluconate) 15 mg	100%
Vitamin E (as d-alpha tocopheryl acid succinate) 60 IU	200%	Selenium (as trace mineral protein hydrolysate) 70 mcg	100%
Vitamin K (as phytonadione) 80 mcg	100%	Copper (as copper gluconate) 2 mg	100%
Thiamin (as thiamin mononitrate) 1.5 mg	100%	Manganese (as manganese gluconate) 3.5 mg	175%
Riboflavin 1.7 mg	100%	Chromium (as trace mineral protein hydrolysate) 130 mcg	108%
Niacin (as niacinamide) 20 mg	100%	Molybdenum (as trace mineral protein hydrolysate) 160 mcg	213%
Vitamin B6 (as pyridoxine hydrochloride) 2 mg	100%	Sodium 5 mg	<1%
Folate (as folic acid) 400 mcg	100%	Nickel (as trace mineral protein hydrolysate) 15 mcg	†
Vitamin B12 (as cyanocobalamin) 6 mcg	100%	Tin (as trace mineral protein hydrolysate) 10 mcg	†
Biotin (as d-biotin) 300 mcg	100%	Vanadium (as trace mineral protein hydrolysate) 2 mcg	†
Pantothenic Acid (as d-calcium pantothenate) 10 mg	100%	Boron (as trace mineral protein hydrolysate) 1 mg	†
Calcium (as dicalcium phosphate) 450 mg	45%	Silicon (as silicon dioxide) 2 mg	†
Iron (as ferrous fumarate) 18 mg	100%		

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily values not established.

Other Ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose, croscarmellose sodium, spirulina, inositol, choline bitartrate, alfalfa powder, grapefruit bioflavonoid, hesperidin complex, lemon bioflavonoid, mixed tocopherols, orange bioflavonoid, rice bran powder, rose hips powder, acerola extract, hydroxylated soy lecithin, carnauba wax.

HOW SHOULD VITA-LEA BE USED?

Vita-Lea Iron Formula: Women of childbearing age and teens, take two tablets daily.

Vita-Lea without Iron Formula: Men and postmenopausal women, take two tablets daily.

SCIENTIFIC SUPPORT FOR VITA-LEA

- An independent clinical study found that taking Vita-Lea for one year provides support for the immune system of healthy elderly adults.
- Studies show that consuming a multivitamin-multimineral supplement as part of a healthy, balanced diet helps support immune function and promotes colon, heart, and eye health.¹
- Extensively tested to assure premium quality and potency.

WHY CHOOSE VITA-LEA?

- Named a best value for the money by the Center for Science in the Public Interest in its April 2000 newsletter's comparison of multivitamins
- A choice of formulations with and without iron
- Backed by independent clinical research, including studies that confirm bioavailability
- Gentle formulation of zinc and protein-bound trace minerals for easy digestion
- Smooth, natural spirulina-cellulose coating for easier swallowing
- More balanced formulation than competitive supplements
- 100% Shaklee Guaranteed

SUPPORT MATERIALS

- Shaklee Foundations Brochure
English #74844; Spanish #74845
- Shaklee Product Guide
English #74733; Spanish #74845

Reference:

Spiller G, Bruce B, Morse S et al. Effect of long-term vitamin-mineral supplements on immune response in older healthy adults. *Journal of the American College of Nutrition* 1998; 12:511 (abst.).

If for any reason a Shaklee product is not satisfactory, return it to your Shaklee Independent Distributor or Shaklee Corporation for exchange or a full refund.



For more information, visit www.shaklee.com.

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