



Vita-Lea®

Essential nutrition for optimal health*

GET TO KNOW VITA-LEA

Are you getting the nutrition you need every day to thrive? Leading nutrition experts acknowledge the importance of a daily multivitamin supplement.

Vita-Lea® is a high-potency formulation specially designed to promote optimal health with 23 essential vitamins and minerals.*

- Each serving delivers 100% or more of the Daily Value of all vitamins, including twice the Daily Value of vitamins C, D, and E—plus beta-carotene for safely increasing antioxidant protection*
- Promotes heart, immune, bone, and joint health, physical energy, and healthy skin, hair, and nails*
- Available in customized formulas based on the needs of men, women, and adults over 50
- Plus, Vita-Lea with Iron formula contains optimized micronutrient levels designed especially for women before, during, and after pregnancy, and while nursing. Vita-Lea with iron contains 800 mcg of folic acid, 200 mcg of iodine, and 18 mg of iron**

THE SHAKLEE DIFFERENCE



The power of nature,
unleashed by science.
Safe. Proven. Guaranteed.

At Shaklee, we are committed to innovating through science and looking to nature for the answers that can provide healthier lives. We ensure the highest quality and safety standards—conducting over 100,000 quality tests per year to ensure our products are safe for you and your family.

Vita-Lea

- Developed from the foundation Dr. Shaklee created with his work on the first multivitamin in the U.S., Vitalized Minerals, in 1915
- Based on seven clinical studies
- Patented Bioactivated Absorption System™ a microcoating designed to enhance absorption of folic acid.

Which brand has more?†

Per serving	Vita-Lea® (w/out iron)	One a Day® Men's
Vitamin A	✓	
Vitamin C	✓	
Thiamin (B ₁)	✓	
Riboflavin (B ₂)	=	=
Niacin	✓	
Biotin	✓	
Vitamin D (as Vitamin D ₃)	✓	
Vitamin E	✓	
Vitamin K	✓	
Folic Acid	=	=
Calcium	✓	
Magnesium	✓	
Zinc	=	=
Boron	✓	

†This comparison of label ingredients was conducted on March 11, 2016, and is valid only for the named products marketed at that time. All trademarks are the property of their respective owners. The brand compared contains more potassium and chloride, which Shaklee excluded because they are ubiquitous in the diet, as well as more Vitamin B₆ and Vitamin B₁₂.

**Iron deficient women should consider taking Shaklee Iron Plus C Complex for additional, enhanced absorption iron.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

IS VITA-LEA RIGHT FOR YOU?

- ✓ If you are interested in promoting long-term health and vitality*
- ✓ If your daily diet is not always optimal
- ✓ If you are looking for a prenatal/postnatal multivitamin (Vita-Lea Iron)

LEARN MORE



Watch the Why Supplement? video.



No artificial flavors, colors, sweeteners, or preservatives added.

ORDER NOW

#20288 Vita-Lea® Iron Formula

#20286 Vita-Lea® without Iron Formula

120 tablets/60 servings

Suggested Retail Price: \$27.10 | Member Price: \$23.05

Point Value: 17.70

#20289 Vita-Lea® Iron Formula

#20287 Vita-Lea® without Iron Formula

240 tablets/120 servings

Suggested Retail Price: \$48.15 | Member Price: \$40.95

Point Value: 31.45

#20290 Vita-Lea Gold®

#20291 Vita-Lea Gold® without K


(for people on blood-thinning medications)

120 tablets/60 servings

Suggested Retail Price: \$30.55 | Member Price: \$25.95

Point Value: 19.95

Vita-Lea® without Iron Formula

Supplement Facts 		
Serving Size: 2 Tablets		
Servings Per Container: 60 (120)		
	Amount Per Serving	% Daily Value
Total Carbohydrate	<1 g	<1%**
Vitamin A (70% as beta-carotene from <i>Blakeslea trispora</i> and 30% as vitamin A acetate)	5,000 IU	100%
Vitamin C (as ascorbic acid)	120 mg	200%
Vitamin D ₃ (as cholecalciferol)	800 IU	200%
Vitamin E (as d-alpha-tocopheryl acid succinate and mixed tocopherols)	60 IU	200%
Vitamin K (as phytonadione)	100 mcg	125%
Thiamin (as thiamine mononitrate)	1.5 mg	100%
Riboflavin	1.7 mg	100%
Niacin (as niacinamide)	20 mg	100%
Vitamin B ₆ (as pyridoxine hydrochloride)	2 mg	100%
Folate (as folic acid)	400 mcg	100%
Vitamin B ₁₂ (as cyanocobalamin)	6 mcg	100%
Biotin (as d-biotin)	300 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	10 mg	100%
Calcium (as dicalcium phosphate)	450 mg	45%
ONLY IN PRODUCT WITH IRON		
Iron (as ferrous fumarate)	18 mg	100%
Phosphorus (as dicalcium phosphate)	350 mg	35%
Iodine (as potassium iodide and sea kelp)	150 mcg	100%
Magnesium (as magnesium oxide)	225 mg	56%
Zinc (as zinc gluconate)	15 mg	100%
Selenium (as trace mineral protein hydrolysate)	70 mcg	100%
Copper (as copper gluconate)	1 mg	50%
Manganese (as manganese gluconate)	2 mg	100%
Chromium (as trace mineral protein hydrolysate)	120 mcg	100%
Molybdenum (as trace mineral protein hydrolysate)	75 mcg	100%
Sodium	5 mg	<1%
Nickel (as trace mineral protein hydrolysate)	15 mcg	†
Tin (as trace mineral protein hydrolysate)	10 mcg	†
Vanadium (as trace mineral protein hydrolysate)	20 mcg	†
Boron (as trace mineral protein hydrolysate)	1 mg	†
Silicon (as silicon dioxide)	2 mg	†

**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, ORANGE BIOFLAVONOID, RICE BRAN POWDER, ROSE HIPS POWDER, ACEROLA EXTRACT, HYDROXYLATED SOY LECITHIN, CARNAUBA WAX.

[Click here to see Vita-Lea Gold Supplement Facts.](#)

[Click here to see Vita-Lea Gold Supplement Facts without iron.](#)