



Vita-Lea® Dietary Supplement

The Perfect Multi

NOW WITH
800 IU OF
VITAMIN D₃

THE CHALLENGE

The key to good health is a commitment that includes a healthy diet and regular exercise—as well as the daily use of a multivitamin-multimineral supplement. Why? Because despite our best efforts, most of us fail to get all the vitamins and minerals we need from diet alone. In fact, fewer than 25% of adults eat the recommended five to nine servings of fruits and vegetables per day. And over time, poor nutritional intake can lead to impaired immune function, feelings of fatigue, and overall suboptimal health. Leading nutrition experts from multiple organizations—including the American Medical Association and Harvard School of Public Health—acknowledge the importance of a daily multivitamin-multimineral supplement.

THE SOLUTION VITA-LEA

The best of Shaklee science in one of the most comprehensive and balanced supplements you can buy, Vita-Lea® is specially formulated to provide you with 23 essential vitamins and minerals to promote overall health and vitality. Taken daily, Vita-Lea supports long-term colon, heart, and eye health, promotes strong bones and a healthy immune system, and provides protection against free radical damage.

A superior formulation compared to other leading multivitamins, Vita-Lea provides:

- 2 times the calcium to support bone building and maintenance of bone density*
- 2 times the vitamin D to support calcium absorption and healthy bones and teeth†
- 2 times the beta carotene, the natural, plant-based form of vitamin A†
- 2 times the vitamin E to promote immune, heart, and cellular health†**
- 2 times the magnesium to help maintain heart rhythm, as well as muscle and nerve function†
- 3 times the vitamin K to support bone metabolism and blood coagulation†
- 6 times the boron to aid in the metabolism of vitamin D and support bone development†
- 10 times the biotin, a catalyst for energy production†

WHO WILL BENEFIT FROM VITA-LEA?

- Adults interested in promoting long-term health and vitality
- Anyone whose day-to-day diet is not always optimal
- Those who are concerned about providing added support for immune function
- Those who live an especially stressful lifestyle
- Women who are trying to conceive

THE SHAKLEE DIFFERENCE

NEW, Clinically Supported Levels of Vitamin D₃

Vita-Lea now contains 800 IU of vitamin D₃ per serving, an amount clinically supported to significantly raise vitamin D levels in the blood. Cutting-edge research has linked higher vitamin D levels to bone and heart health, immune and cognitive function, and the retention of normal blood-sugar and blood-pressure levels.

Scientifically Advanced

Vita-Lea is supported by seven clinical studies and provides 23 essential vitamins and minerals for comprehensive and balanced nutritional support.

Patented Bioactivated Absorption System

Vita-Lea's patented folic acid microcoating technology allows for immediate release in the stomach to enhance absorption of folic acid, a crucial B vitamin that helps produce and maintain new cells.

Exceptional Quality

Over 340 quality control tests are conducted every time Vita-Lea is made to guarantee purity and potency.

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

100% Shaklee Guarantee



We stand behind each and every one of our products. The ingredients, purity, safety, and performance of all our Nutrition, Healthy Home, and Personal Care products are 100% guaranteed.

* See chart on following page.

† Adequate calcium intake is important, but daily intake above 2,000 mg is not likely to provide any additional benefit.

**This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

HOW SHOULD IT BE USED?

- Vita-Lea® with Iron Formula: Women of childbearing age and teens, take two tablets daily.
- Vita-Lea without Iron Formula: For those who don't need extra iron, take two tablets daily.

CLINICAL PROOF IN SUPPORT OF VITA-LEA

1. Albanese, A.A., et al., Calcium Nutrition and Skeletal and Alveolar Bone Health. *Nutr Rep Int*, 1985. 31(3): p. 741-755.
2. Albanese, A.A., et al., Effect of Age and Fractures on Bone Loss and Calcium Needs of Women 45 to 85+ Years of Age. *Nutr Rep Int*, 1985. 31: p. 1093-1115.
3. Hegenauer, J., et al., Transitory Hematologic Effects of Moderate Exercise Are not Influenced by Iron Supplementation. *Eur J Appl Physiol Occup Physiol*, 1983. 52(1): p. 57-61.
4. Spiller, G.A., et al., Multivitamin-Mineral Supplementation: Effects on Blood Chemistries of College-Age Women. *Acta Vitaminol Enzymol*, 1985. 7(3-4): p. 217-222.
5. Haymes, E.M., J.L. Puhl, and T.E. Temples, Training for Cross-Country Skiing and Iron Status. *Med Sci Sports Exerc*, 1986. 18(2): p. 162a-167.
6. Spiller, G., et al., Effect of Long-Term Vitamin-Mineral Supplements on Immune Response in Older Healthy Adults. *J Am Coll Nutr*, 1998. 17: p. 511.
7. Jensen, C., et al., Long-Term Effects of Nutrient Intervention on Markers of Bone Remodeling and Calcitropic Hormones in Late-Postmenopausal Women. *Am J Clin Nutr*, 2002. 75(6): p. 1114-20.

A Superior Formulation Compared to Other Leading Multivitamins

Compare nutrient levels in Vita-Lea with those of the leading retail brands.**

	Vita-Lea	Centrum®	One a Day® Maximum
Vitamin A	2,500 IU	2,485 IU	2,000 IU
Beta Carotene	2,500 IU	1,015 IU	500 IU
Vitamin C	120 mg	90 mg	60 mg
Vitamin D ₃	800 IU	400 IU	400 IU
Vitamin E	60 IU	30 IU	30 IU
Vitamin K	80 mcg	25 mcg	25 mcg
Biotin	300 mcg	30 mcg	30 mcg
Calcium	450 mg	200 mg	162 mg
Phosphorus	350 mg	109 mg	109 mg
Magnesium	200 mg	100 mg	100 mg
Selenium	70 mcg	55 mcg	20 mcg
Boron	1,000 mcg	150 mcg	150 mcg

**This comparison of label ingredients was conducted on May 29, 2009, and is valid only for the named products marketed at that time. All trademarks are the property of their respective owners. The brands compared contain more potassium and chloride, which Shaklee excluded because they are ubiquitous in the diet, as well as more manganese and molybdenum. Centrum also contains more folic acid, lutein, and lycopene.

Supplement Facts

Serving Size: 2 Tablets
Servings Per Container: 60 (120)

	Amount Per Serving	% DV
Total Carbohydrate	<1 g	<1%*
Vitamin A (50% as beta carotene and 50% 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-tocopherol succinate)	60 IU	200%
Vitamin K (as phytadione)	80 mcg	100%
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)	200 mg	50%
Zinc (as zinc gluconate)	15 mg	100%
Selenium (as trace mineral protein hydrolysate)	70 mcg	100%
Copper (as copper gluconate)	2 mg	100%
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 (DV) 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.