



Vita-Lea Gold™ Dietary Supplement

The Perfect Multi Especially Designed for People 50+



THE CHALLENGE

Every six seconds, someone turns 50 in the United States. And as we mature, our body's demand for nutritional support increases as our ability to absorb different nutrients – vitamins B₆, B₁₂, C, D, and K – decreases. Plus, taking certain prescription drugs can put us at greater risk for depletion of additional important nutrients like riboflavin and zinc.

VITA-LEA GOLD

The culmination of more than 90 years of nutritional experience and breaking clinical and scientific research, Vita-Lea Gold is a carefully designed multivitamin/multimineral that contains 23 essential nutrients at clinically proven levels. This scientifically advanced formula addresses four key health concerns for people 50+ - longevity, bone health, vision, and energy: Vita-Lea Gold provides:

- N-acetylcysteine, a form of the amino acid cysteine, which offers protection from free radical damage, a potential cause of premature aging*
- More bone-building nutrients to preserve bone integrity, including:**
 - 2 times the calcium**
 - 2 times the vitamin D**
 - 4 times the vitamin K**
 - 6 times the boron**
- More beta carotene, a biopotent form of vitamin A that plays an important role in vision, helps regulate the immune system, and protects cells from free radical damage**
- Five key nutrients clinically proven to protect vision health
- 10 times the biotin, a catalyst for energy production**
- A healthy combination of the B vitamins to address changing needs as we age

THE SHAKLEE DIFFERENCE

- Vita-Lea Gold is the only multivitamin for people 50+ with N-acetylcysteine, an amino acid cysteine associated with repairing and maintaining cell integrity.
- Vita-Lea Gold is the only multi for people 50+ that gives you a choice of formulas: with vitamin K for its bone-building benefits, or without vitamin K for those taking a blood-thinning medication (anticoagulant)
- The patented Bioactivated Absorption System™ in Vita-Lea Gold allows increased absorption of folic acid, which supports healthy DNA replication and compensates for slower absorption rates of nutrients as we age.
- Vita-Lea Gold undergoes 349 of the most stringent quality tests for purity and potency
- Star-K kosher certified

WHO WILL BENEFIT FROM VITA-LEA GOLD?

- People 50+:
- interested in promoting long-term health
 - concerned with supporting immune function and colon and heart health
 - looking for comprehensive nutritional support for bone and vision health
 - Who wants a complete, balanced multivitamin specifically designed with their unique needs in mind

HOW SHOULD IT BE USED?

- The recommended serving of Vita-Lea Gold is two tablets daily, preferably with a meal.
- Two formulas are available, one with vitamin K and one without vitamin K for those taking blood-thinning medication (anticoagulants).

**See chart

CLINICAL PROOF IN SUPPORT OF VITA-LEA GOLD

- Clinical studies have shown that adults who supplement their nutrition with calcium taken with at least 500 mg of vitamin D, magnesium, and lower levels of vitamin A from retinol have a slower rate of bone loss and less risk of osteoporosis.*
- The nutrients in Vita-Lea Gold have been shown to support the immune system in a clinical study with healthy elderly participants.* These studies demonstrate that inadequate micronutrient intakes are associated with poorer immune responses. Studies also show that consumption of a multivitamin can help support immunity in the elderly, even though immune function tends to decline with age.***
- A number of essential nutrients are needed for normal visual function, and vitamins A, C, E, and zinc are among those most important. Several studies have observed that long-term intake of multivitamin supplements with these nutrients is linked to retaining ocular health. Antioxidant nutrients such as C, E, and zinc are believed to play a role in fighting UV-induced free radical damage of the proteins in the eye's lens and retina.*

SUPPORT MATERIALS

- Vita-Lea Gold Brochure: #75228 (English), #75229 (Spanish)
- 2006 Product Guide: #75026 (English), #75027 (Spanish)

Compare Vita-Lea Gold™ with leading brands

	VITA-LEA GOLD™ (with Vitamin K)	CENTRUM SILVER'	SPRING VALLEY MATURE'
N-acetylcysteine	50 mg	—	—
Vitamin A	1,500 IU	2,485 IU	2,485 IU
Beta Carotene	1,500 IU	1,015 IU	1,015 IU
Vitamin D	800 IU	400 IU	400 IU
Vitamin E	60 IU	45 IU	45 IU
Vitamin K	80 mcg	10 mcg	10 mcg
Thiamin B ₁	2.25 mg	1.5 mg	1.5 mg
Riboflavin B ₂	2.55 mg	1.7 mg	1.7 mg
Niacin B ₃	30 mg	20 mg	20 mg
Vitamin B ₆	4 mg	3 mg	3 mg
Biotin	300 mcg	30 mcg	30 mcg
Calcium	450 mg	200 mg	200 mg
Phosphorus	350 mg	48 mg	48 mg
Iodine	150 mcg	150 mcg	150 mcg
Magnesium	200 mg	100 mg	100 mg
Selenium	70 mcg	20 mcg	20 mcg
Chromium	120 mcg	150 mcg	150 mcg
Sodium	5 mg	—	—
Tin	10 mcg	—	—
Vanadium	20 mcg	10 mcg	10 mcg
Boron	1,000 mcg	150 mcg	150 mcg

This comparison of label ingredients was conducted on May 26, 2005 and is valid only for the named products marketed at that time. All trademarks are the property of their respective owners. Other brands contain more chloride and potassium which Shaklee has chosen to exclude because these are ubiquitous in the diet.

*** Adequate intake of calcium is important, but daily intake above 2,000 mg is not likely to provide any additional benefits.

Vita-Lea® Gold with vitamin K

Supplement Facts	Serving Size: 2 Tablets	Servings Per Container: 60
	Amount Per Serving	% Daily Value
Total Carbohydrate	<1g	<1%**
Vitamin A (50% as beta carotene and 50% as vitamin A acetate)	3000 IU	60%
Vitamin C (as ascorbic acid)	120 mg	200%
Vitamin D (as cholecalciferol)	800 IU	200%
Vitamin E (as d-alpha tocopheryl acid succinate)	60 IU	200%
Vitamin K (as phytonadione)	80 mcg	100%
Thiamin (as thiamin mononitrate)	2.25 mg	150%
Riboflavin	2.55 mg	150%
Niacin (as niacinamide)	30 mg	150%
Vitamin B6 (as pyridoxine hydrochloride)	4 mg	200%
Folate (as folic acid)	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	24 mcg	400%
Biotin (as d-biotin)	300 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	15 mg	150%
Calcium (as dicalcium phosphate)	450 mg	45%
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)	22.5 mg	150%
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%
N-acetylcysteine	50 mg	†
Nickel (as trace mineral protein hydrolysate)	5 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	†

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, HYDROXYPROPYL METHYLCELLULOSE, CROSCARMELOLLOSE 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. COLORED WITH RIBOFLAVIN.

Vita-Lea Gold with vitamin K formula also provides 80 mcg of vitamin K per serving.

* 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.

** See chart

† Effect of Long-Term Vitamin-Mineral Supplements on Immune Response in Older Healthy Adults: Spiller, Whittam, Bruce, Morse, Chernoff, Jensen. J Am Coll Nutr 1998; 17:511 (abstract)

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.



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