



Vita-Lea[®] Dietary Supplement

The Perfect Multi



THE CHALLENGE

According to the Journal of the American Medical Association (JAMA), every adult should supplement their diet with a multivitamin to help maintain good health. Research also shows that intake of some vitamins strengthens the immune system and helps promote long-term health. Our diets are full of highly processed foods and deficient in important vitamins and minerals. Less than 25% of adults eat the recommended five to nine servings of fruits and vegetables per day.

VITA-LEA

Vita-Lea provides 23 essential nutrients in perfectly balanced amounts to promote overall health and wellness and support long-term colon, heart, and eye health and also helps strengthen the immune system. Vita-Lea has been clinically proven, to be superior to other leading multivitamins and contains:

- 2 times the antioxidants for immune function prevention of free radical damage*
- 2 times the calcium for building bones. Regular exercise and a healthy diet with supplemental calcium may reduce the risk of osteoporosis later in life.**
- 2 times the magnesium for helping to maintain heart rhythm, muscle, and nerve function*
- 2 times the beta carotene for a more biopotent form of vitamin A*
- 3 times the selenium to help protect the lung, colon, and prostate*
- 3 times the vitamin K to support the bone-building process*
- 6 times the boron to support bone health and development*
- 10 times the biotin, a catalyst for energy production*

THE SHAKLEE DIFFERENCE

- Vita-Lea is comprehensive, balanced, and clinically proven
- Vita-Lea provides 23 essential vitamins and critical minerals at clinically proven levels.
- Vita-Lea utilizes a patented Bioactivated Absorption System™ exclusive to Shaklee for enhanced absorption of folic acid, an important nutrient for overall cellular health.
- Every time Vita-Lea is produced, it undergoes 349 of the most stringent quality control tests to guarantee the purity and potency of the product.
- Star-K kosher certified

Compare the nutrient levels in Vita-Lea[®] with those of the leading brands.

	VITA-LEA*	CENTRUM*	ONE A DAY* MAXIMUM	SPRING VALLEY*
Vitamin A	2,500 IU	2,485 IU	2,000 IU	2,485 IU
Beta carotene	2,500 IU	1,015 IU	500 IU	1,015 IU
Vitamin C	120 mg	60 mg	60 mg	60 mg
Vitamin E	60 IU	30 IU	30 IU	30 IU
Vitamin K	80 mcg	25 mcg	25 mcg	25 mcg
Biotin	300 mcg	30 mcg	30 mcg	30 mcg
Calcium	450 mg	162 mg	162 mg	162 mg
Phosphorus	350 mg	109 mg	109 mg	109 mg
Magnesium	200 mg	100 mg	100 mg	100 mg
Selenium	70 mcg	20 mcg	20 mcg	20 mcg
Boron	1,000 mcg	150 mcg	150 mcg	150 mcg

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

*See chart

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

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 concerned about providing added support for immune function

HOW SHOULD IT BE USED?

- Vita-Lea with Iron Formula: Women of childbearing age and teens, take two tablets daily. When ordering, use Item Code # 20302 (120 tablets) / 20303 (240 tablets).
- Vita-Lea without Iron Formula: Men and postmenopausal women, take two tablets daily. When ordering, use Item Code # 20216 (120 tablets) / 20217 (240 tablets).

CLINICAL PROOF IN SUPPORT OF VITA-LEA

Effects of Calcium and Micronutrients on Premenopausal and Postmenopausal Bone Loss. *J Am Med Assoc* 1980;244:1915 (abstract).

Multivitamin-mineral Supplementation: Effects on Blood Chemistries of College-Age Women. Spiller, Pattison, Jensen, Wong, Whittam, Scala. *Acta Vitaminol Enzymol* 1985;7:217-22.

Calcium Nutrition and Skeletal and Alveolar Bone Health. Albanese, Lorenze, Edelson. *Nutr Rep Int* 1985;31:741-55.

Homocysteine Lowering in Men and Women with Normal Plasma Homocysteine Levels. Spiller, Bruce, Jensen. *J Am Coll Nutr* 1998;17:530 (abstract).

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).

Vita-Lea without Iron Formula

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 (50% as beta carotene and 50% as vitamin A acetate)	5000 IU	100%	Magnesium (as magnesium oxide)	200 mg	50%
Vitamin C (as ascorbic acid)	120 mg	200%	Zinc (as zinc gluconate)	15 mg	100%
Vitamin D (as cholecalciferol)	400 IU	100%	Selenium (as trace mineral protein hydrolysate)	70 mcg	100%
Vitamin E (as d-alpha tocopheryl acid succinate)	60 IU	200%	Copper (as copper gluconate)	2 mg	100%
Vitamin K (as phytonadione)	80 mcg	100%	Manganese (as manganese gluconate)	2 mg	100%
Thiamin (as thiamin mononitrate)	1.5 mg	100%	Chromium (as trace mineral protein hydrolysate)	120 mcg	100%
Riboflavin	1.7 mg	100%	Molybdenum (as trace mineral protein hydrolysate)	75 mcg	100%
Niacin (as niacinamide)	20 mg	100%	Sodium	5 mg	<1%
Vitamin B6 (as pyridoxine hydrochloride)	2 mg	100%	Nickel (as trace mineral protein hydrolysate)	15 mcg	†
Folate (as folic acid)	400 mcg	100%	Tin (as trace mineral protein hydrolysate)	10 mcg	†
Vitamin B12 (as cyanocobalamin)	6 mcg	100%	Vanadium (as trace mineral protein hydrolysate)	20 mcg	†
Biotin (as d-biotin)	300 mcg	100%	Boron (as trace mineral protein hydrolysate)	1 mg	†
Pantothenic Acid (as d-calcium pantothenate)	10 mg	100%	Silicon (as silicon dioxide)	2 mg	†
Calcium (as dicalcium phosphate)	450 mg	45%	* Percent Daily Values are based on a 2,000 calorie diet.		
Phosphorus (as dicalcium phosphate)	350 mg	35%	† Daily Value not established.		

Vita-Lea with iron formula also provides 18 mg of iron per serving.

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.

SUPPORT MATERIALS

- Vita-Lea Brochure: #75224 (English), #75225 (Spanish)
- 2006 Product Guide: #75206 (English), #75207 (Spanish)

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.



For more information, visit Shaklee.com.