

IT'S VITAL™ CORE NUTRITION

CUTTING-EDGE MULTIVITAMIN



Can I give It's Vital Core Nutrition to my children?

It's Vital Core Nutrition is designed for adult use and is not recommended for children. Always consult your pediatrician before giving any supplements to children.

Can I take It's Vital Core Nutrition if I am pregnant or nursing?

We suggest that you consult your physician prior to using any of our products if you are pregnant or nursing.

Supplement Facts

Serving Size: 3 Tablets

Servings Per Container: 30

Amount Per Serving			%DV	Amount Per Serving			%DV	
Vitamin A (100% as beta-carotene and from red palm fruit)	10,000 IU	200%		Nutri-Bound™ Whole Food Complex†: Low-temperature dehydrates of pomegranate fruit (from 4:1 extract), spirulina algae, cranberry juice, apple, pineapple, tomato, carrot, orange, cauliflower, beet root, blueberry, celery stalk, red grape, grapefruit, kale, lemon, lime, prune, raspberry, strawberry, watermelon, radish, broccoli floret, brussels sprouts, cantaloupe, cherry, leek, onion, papaya, peach, pear			100 mg	*
Vitamin C (as ascorbic acid, potassium ascorbate & calcium ascorbate)	350 mg	583%						
Vitamin D (as cholecalciferol)	1000 IU	250%						
Vitamin E (as d-alpha-tocopheryl succinate)	100 IU	333%						
Thiamin (as thiamin mononitrate with Nutri-Bound™ whole food complex)	25 mg	1,667%		Mind/Body Energy Blend with Balancing Adaptogens†: <i>Panax ginseng</i> root standardized extract (4% ginsenosides), <i>Ginkgo biloba</i> leaf (from 50:1 extract), eleuthero root (from 5:1 extract), soy lecithin (24% phosphatidyl choline), inositol, rhodiola root standardized extract			300 mg	*
Riboflavin (as riboflavin & riboflavin 5'-phosphate with Nutri-Bound™ whole food complex)	25 mg	1,471%						
Niacin (as inositol hexanicotinate & nicotinic acid with Nutri-Bound™ whole food complex)	50 mg	250%		Digestive Support Blend with Active Enzymes†: Purified plant fiber, aloe vera leaf gel (from 200:1 concentrate), plant enzymes (acid protease, amylase, amyloglucosidase, fungal amylase, fungal protease, bromelain, cellulase, lactase, lipase, neutral protease, papain), milk thistle seed standardized extract, cinnamon bark, dandelion root, peppermint essential oil, spearmint essential oil, artichoke leaf extract, clove bud			620 mg	*
Vitamin B6 (as pyridoxine HCl & pyridoxal 5'-phosphate with Nutri-Bound™ whole food complex)	25 mg	1,250%						
Folate (as folic acid with Nutri-Bound™ whole food complex)	400 mcg	100%		Metabolic Support Blend†: Green tea leaf (from 35:1 extract), ginger root extract, raspberry ketones, cayenne pepper, black pepper fruit extract			380 mg	*
Vitamin B12 (as methylcobalamin with Nutri-Bound™ whole food complex)	300 mcg	100%						
Biotin (as D-biotin with Nutri-Bound™ whole food complex)	300 mcg	100%		Immune Support Blend†: Reishi mushroom (from 10:1 extract), elderberry fruit (from 10:1 extract), lycium (goji) berry (from 5:1 extract), astragalus root, cordyceps (fungi)			100 mg	*
Pantothenic acid (as D-calcium pantothenate & pantothenine with Nutri-Bound™ whole food complex)	50 mg	500%						
Calcium (as calcium carbonate and from Aquamin® red algae sea minerals, calcium citrate & calcium amino acid chelate)	500 mg	50%		Cardio Support Blend†: Hawthorn berry (from 10:1 extract), citrus bioflavonoid complex, trans-resveratrol (from <i>Polygonum cuspidatum</i> root standardized extract), alpha-lipoic acid, high-allycin garlic, coenzyme Q10			125 mg	*
Magnesium (as magnesium oxide, magnesium citrate, and from Aquamin® red algae sea minerals)	200 mg	50%						
				Antioxidant Phytonutrient Complex†: Grape seed OPC (from 25:1 extract, 95% proanthocyanidins), bilberry fruit (from 50:1 extract, 25% proanthocyanidins), turmeric root (from 25:1 extract, 95% curcumin), lutein (3 mg, from marigold flower), lycopene			375 mg	*

* Daily value (DV) not established.

Other Ingredients:

Controlled-release gel matrix (hypromellose, vegetable stearic acid, vegetable stearin, vegetable magnesium stearate), film coat (hypromellose, spirulina, macrogol, hydroxypropyl cellulose, stevia leaf extract) and silica.

Contains: Soy



[†]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.