

## The Perfect Multivitamin

Vita-Lea Women is a high potency formulation specially designed to support the unique needs of women. Promotes:

- Bone health
- Heart health
- Breast health
- Reproductive health
- Immune health
- Healthy skin, hair, and nails

## 24 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 more beta carotene for increased antioxidant protection.

## Based on 7 Clinicals

Vita-Lea features a patented microcoating system to enhance absorption of folic acid.

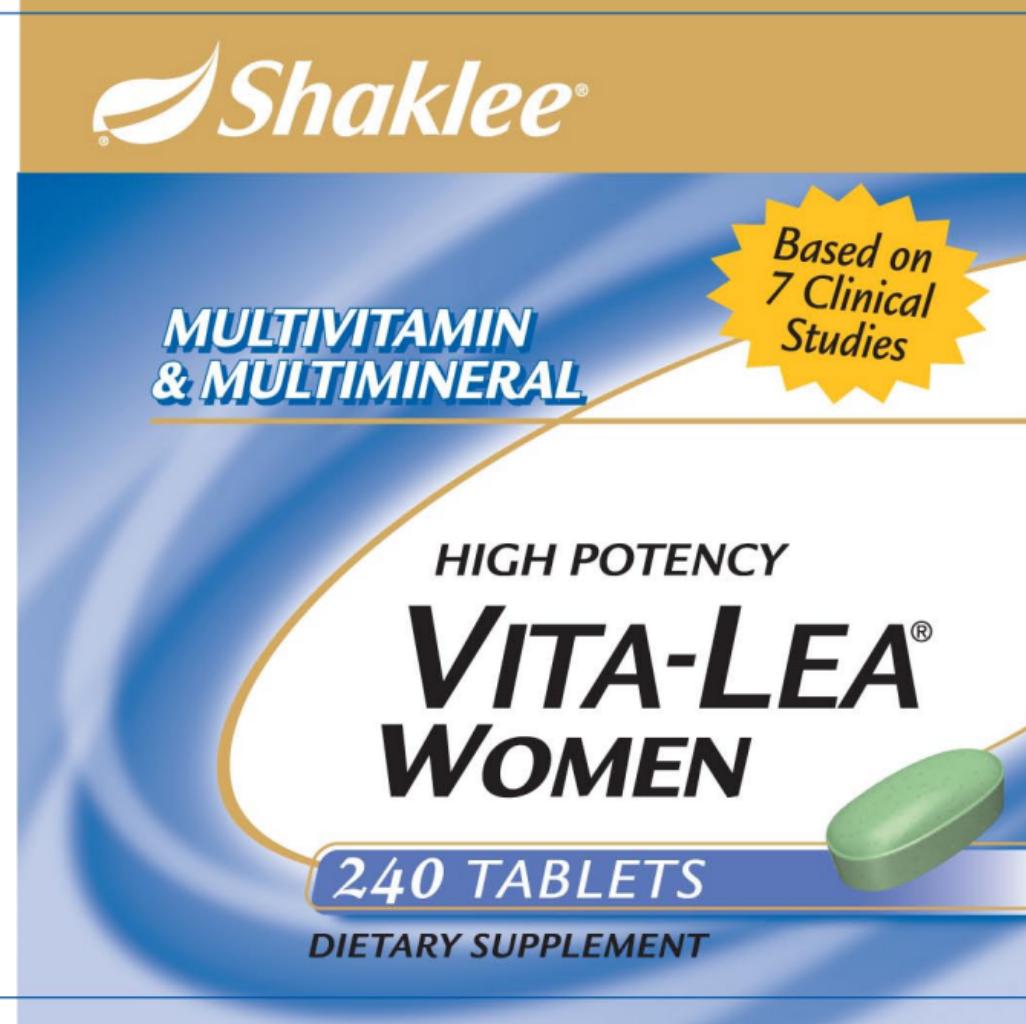
Gluten free. No artificial flavors, sweeteners, colors, or preservatives added. Contains vitamin K.

Bottle has printed seal under cap for your protection.

U.S. Patent No. 6,465,013



NG429A



DIRECTIONS: Take 2 tablets daily.

## Supplement Facts

Serving Size: 2 Tablets

	Amount Per Serving	% DV	Amount Per Serving	% DV
Total Carbohydrate	<1 g	<1%*	Phosphorus (as dicalcium phosphate)	350 mg 35%
Vitamin A (70% as beta carotene from <i>Blakeslea trispora</i> and 30% as vitamin A acetate)	5,000 IU	100%	Iodine (as potassium iodide and sea kelp)	150 mcg 100%
Vitamin C (ascorbic acid)	120 mg	200%	Magnesium (as magnesium oxide)	200 mg 50%
Vitamin D <sub>3</sub> (as cholecalciferol)	800 IU	200%	Zinc (as zinc gluconate)	15 mg 100%
Vitamin E (as d-alpha-tocopherol succinate and mixed tocopherols)	60 IU	200%	Selenium (as trace mineral protein hydrolysate)	70 mcg 100%
Vitamin K (as phytanodione)	80 mcg	100%	Copper (as copper gluconate)	1 mg 50%
Thiamin (as thiamine mononitrate)	1.5 mg	100%	Manganese (as manganese gluconate)	2 mg 100%
Riboflavin	1.7 mg	100%	Chromium (as trace mineral protein hydrolysate)	120 mcg 100%
Niacin (as niacinamide)	20 mg	100%	Molybdenum (as trace mineral protein hydrolysate)	75 mcg 100%
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride)	2 mg	100%	Sodium	5 mg <1%
Folate (as folic acid)	400 mcg	100%	Nickel (as trace mineral protein hydrolysate)	15 mcg †
Vitamin B <sub>12</sub> (as cyanocobalamin)	6 mcg	100%	Tin (as trace mineral protein hydrolysate)	10 mcg †
Biotin (as d-biotin)	300 mcg	100%	Vanadium (as trace mineral protein hydrolysate)	20 mcg †
Pantothenic Acid (as d-calcium pantothenate)	10 mg	100%	Boron (as trace mineral protein hydrolysate)	1 mg †
Calcium (as dicalcium phosphate)	450 mg	45%	Silicon (as silicon dioxide)	2 mg †
Iron (as ferrous fumarate)	18 mg	100%		

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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)	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 (DV) are based on a 2,000 calorie diet.

†Daily Value 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.

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WARNING: ACCIDENTAL OVERDOSE OF IRON-CONTAINING PRODUCTS IS A LEADING CAUSE OF FATAL POISONING OF CHILDREN UNDER 6. KEEP THIS PRODUCT OUT OF REACH OF CHILDREN. IN CASE OF ACCIDENTAL OVERDOSE, CALL A DOCTOR OR POISON CONTROL CENTER IMMEDIATELY.