## 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

NG428A



DIRECTIONS: Take 2 tablets daily.

Supplement Facts

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Serving Size: 2 Tablets Servings Per Container: 60					
Amount Per Serving		% DV	Amount P	Amount Per Serving % DV	
Total Carbohydrate	<1 g	<1%*	Phosphorus (as dicalcium phosphate)	350 mg	35%
Vitamin A (70% as beta carotene from Blakeslea	5,000 IU	100%	lodine (as potassium iodide and sea kelp)	150 mcg	100%
trispora and 30% as vitamin A acetate)			Magnesium (as magnesium oxide)	200 mg	50%
Vitamin C (as ascorbic acid)	120 mg	200%	Zinc (as zinc gluconate)	15 mg	100%
Vitamin D <sub>3</sub> (as cholecalciferol)	800 IU	200%	Selenium (as trace mineral protein hydrolysate)	70 mcg	100%
Vitamin E (as d-alpha-tocopheryl succinate	60 IU	200%	Copper (as copper gluconate)	1 mg	50%
and mixed tocopherols)			Manganese (as manganese gluconate)	2 mg	100%
Vitamin K (as phytonadione)	80 mcg	100%	Chromium (as trace mineral protein hydrolysate)	120 mcg	100%
Thiamin (as thiamine mononitrate)	1.5 mg	100%	Molybdenum (as trace mineral protein hydrolysate)	75 mcg	100%
Riboflavin	1.7 mg	100%	Sodium	5 mg	<1%
Niacin (as niacinamide)	20 mg	100%	Nickel (as trace mineral protein hydrolysate)	15 mcg	Ŧ
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride)	2 mg	100%	Tin (as trace mineral protein hydrolysate)	10 mcg	†
Folate (as folic acid)	400 mcg	100%	Vanadium (as trace mineral protein hydrolysate)	20 mcg	Ť.
Vitamin B <sub>12</sub> (as cyanocobalamin)	6 mcg	100%	Boron (as trace mineral protein hydrolysate)	1 mg	†
Biotin (as d-biotin)	300 mcg	100%	Silicon (as silicon dioxide)	2 mg	Ť
Pantothenic Acid (as d-calcium pantothenate)	10 mg	100%			
Calcium (as dicalcium phosphate)	450 mg	45%	*Percent Daily Values (DV) are based on a 2,000 calorie diet.  †Daily Value not established.		
Iron	18 ma	100%	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.