



Vita-Lea Gold®

Dietary Supplement

The Perfect Multi Designed Specifically for people 50+



THE CHALLENGE

As our bodies mature, the demand for nutritional support increases while our ability to make, absorb, and metabolize different nutrients—such as calcium and vitamins D and B₁₂—decreases. Plus, taking certain prescription drugs can put us at greater risk for depletion of important nutrients such as folic acid and vitamin C.

THE SOLUTION VITA-LEA GOLD

Backed by over 50 years of nutritional research and based on the most recent clinical studies, Vita-Lea Gold® is a carefully designed multivitamin-multimineral supplement that contains essential vitamins and minerals mature adults need for comprehensive and balanced support of long-term health and vitality. This exclusive, scientifically advanced formula addresses the key health concerns for people over 50, including heart, bone, vision, and immune health. Vita-Lea Gold provides:

- 400% of the Daily Value of vitamin B₁₂, a critical nutrient needed to produce healthy red blood cells for energy support, cognitive function, and heart health
- N-acetylcysteine, an amino acid that offers protection against free radical damage—a potential contributor to premature aging**
- More bone-building nutrients to preserve bone integrity, including:
 - 2 times the calcium to support strong bones†*
 - 2 times the vitamin D to support calcium absorption†
 - 3 times the vitamin K to support bone metabolism and blood coagulation†
 - 6 times the boron to aid in the metabolism of vitamin D and support bone development†
- More beta carotene, a natural, plant-based form of vitamin A that plays an important role in vision, helps regulate the immune system, and protects cells from free radical damage†
- 10 times the biotin, a catalyst for energy production†

THE SHAKLEE DIFFERENCE

NEW, Clinically Supported Levels of Vitamin D₃

Vita-Lea Gold now contains 1,000 IU of vitamin D₃ per serving, an amount clinically supported to significantly raise vitamin D levels in the blood. Cutting-edge research has linked higher vitamin D levels to bone and heart health, immune and cognitive function, and the retention of normal blood-sugar and blood-pressure levels.

Scientifically Advanced

Vita-Lea Gold's exclusive formula contains N-acetylcysteine, a form of the amino acid cysteine, which is associated with the repair and maintenance of cell integrity.* AND Vita-Lea Gold gives you a choice of formulas: a formula with vitamin K for its bone-building benefits or, for those taking a blood-thinning medication, a formula without vitamin K.

Patented Bioactivated Absorption System

Vita-Lea Gold's patented folic acid microcoating technology allows for immediate release in the stomach to enhance absorption of folic acid, a crucial B vitamin that helps produce and maintain new cells and helps to compensate for slower absorption of nutrients as we age.

Exceptional Quality

Over 340 quality control tests are conducted every time Vita-Lea Gold is made to guarantee purity and potency.

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

100% Shaklee Guarantee



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.

† See chart on page 3.

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

**This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

WHO WILL BENEFIT FROM VITA-LEA GOLD®?

People 50+:

- Who are interested in promoting long-term health and vitality
- Whose day-to-day diet is not always optimal
- Who are concerned about supporting immune function and colon and heart health
- Who are looking for comprehensive nutritional support for bone and vision health
- Who live an especially stressful lifestyle

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, for those who are taking blood-thinning medication (anticoagulants), one without vitamin K

Compare Vita-Lea Gold with Another Leading Brand***

	Vita-Lea Gold with Vitamin K	Centrum® Silver
N-Acetylcysteine	50 mg	—
Vitamin A	1,500 IU	1,500 IU
Beta Carotene	1,500 IU	1,000 IU
Vitamin C	120 mg	90 mg
Vitamin D ₃	1,000 IU	500 IU
Vitamin E	60 IU	50 IU
Vitamin K	80 mcg	30 mcg
Thiamin (B ₁)	2.25 mg	1.5 mg
Riboflavin (B ₂)	2.55 mg	1.7 mg
Niacin (B ₃)	30 mg	20 mg
Vitamin B ₆	4 mg	3 mg
Biotin	300 mcg	30 mcg
Calcium	450 mg	220 mg
Phosphorus	350 mg	110 mg
Magnesium	200 mg	50 mg
Zinc	22.5 mg	11 mg
Boron	1,000 mcg	150 mcg

***This comparison of label ingredients was conducted on May 29, 2009, and is valid only for the named product marketed at that time. All trademarks are the property of their respective owners. Centrum Silver contains more potassium and chloride, which Shaklee excluded because they are ubiquitous in the diet, as well as more lutein, lycopene, vitamin B₁₂, and manganese.

Supplement Facts

Serving Size: 2 Tablets

Servings Per Container: 60

	Amount Per Serving	% DV
Total Carbohydrate	<1 g	<1%**
Vitamin A (50% as beta carotene and 50% as vitamin A acetate)	3,000 IU	60%
Vitamin C (as ascorbic acid)	120 mg	200%
Vitamin D ₃ (as cholecalciferol)	1,000 IU	250%
Vitamin E (as d-alpha-tocopheryl acid succinate)	60 IU	200%
ONLY IN PRODUCT WITH VITAMIN K		
Vitamin K (phytonadione)	80 mcg	100%
Thiamin (as thiamine mononitrate)	2.25 mg	150%
Riboflavin	2.55 mg	150%
Niacin (as niacinamide)	30 mg	150%
Vitamin B ₆ (as pyridoxine hydrochloride)	4 mg	200%
Folate (as folic acid)	400 mcg	100%
Vitamin B ₁₂ (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	†

**Percent Daily Values (DV) are based on a 2,000 calorie diet.

†Daily Values not established.

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, HYDROXYPROPYL METHYLCELLULOSE, CROSCARMELLOSE SODIUM, SPIRULINA, INOSITOL, CHOLINE BITARTRATE, ALFALFA POWDER, GRAPEFRUIT BIOFLAVONOIDS, HESPERIDIN COMPLEX, LEMON BIOFLAVONOIDS, MIXED TOCOPHEROLS, ORANGE BIOFLAVONOIDS, RICE BRAN POWDER, ROSE HIPS POWDER, ACEROLA EXTRACT, HYDROXYLATED SOY LECITHIN, CARNAUBA WAX. COLORED WITH RIBOFLAVIN.

CLINICAL PROOF IN SUPPORT OF VITA-LEA GOLD

Clinical research has shown that supplementing the diet with a multivitamin/multimineral that contains calcium and vitamin D can improve bone density more effectively than a calcium and vitamin D supplement alone. Bone remodeling associated with calcium and vitamin D may be accelerated in the presence of a vitamin and trace mineral complex.^{1**}

The nutrients in Vita-Lea Gold® have been shown to support the immune system in healthy elderly adults.* This one-year clinical study demonstrates that multivitamin supplementation helped elderly participants maintain good health and the number of healthy, productive days over the course of a year.^{2*}

Three months of multivitamin supplementation in college students who were asked to consume a nutritionally balanced, dietitian-designed diet yielded significant increases in blood-nutrient levels within the normal range for vitamin B₁₂, vitamin C, and folate, as well as significant decreases in the number of below-normal blood indicators of vitamin and iron status compared with the placebo group, which had no significant changes. These findings suggest that even those consuming dietitian-designed meals might still benefit from daily ingestion of a balanced multivitamin/multimineral supplement.^{3**}

References

1. Calcium Nutrition and Skeletal and Alveolar Bone Health. *Nutrition Report International*, 1985. 31(3): p. 741-755.
2. Effect of Long-Term Vitamin-Mineral Supplements on Immune Response in Older Healthy Adults. *Journal of the American College of Nutrition*, 1998; 17:511 (abstract).
3. Multivitamin-Multimineral Supplementation: Effects on Blood Chemistries of College-Age Women. *International Journal of Vitaminology and Enzymology*, 1985; 7(3-4), 217-222.