

Vital Vitamins

Two-per-day multiple, iron-free

Introduction

Vital Vitamins multiple vitamin and mineral supplement available in capsules and tablets, provides significant amounts of essential nutrients in just two tablets or capsules daily. With an easy, two-per-day dosing recommendation, **Vital Vitamins** is ideal as a convenient daily maintenance formula, providing a spectrum of high-quality and bioavailable micronutrients to support optimal health.[†]

Product features

- **Vital Vitamins** provides enhanced antioxidant protection, broad trace element nutrition, and augmented B vitamin support compared to many retail multivitamin formulas.
- Bioavailable and active forms of calcium, magnesium, folate, and vitamin B₁₂ are provided in a well-tolerated formula to support optimal comfort and efficacy.[†]
- Iron-free formula enhances safety and suitability.
- Alpha- and beta-carotenes, lutein, zeaxanthin, and beta-cryptoxanthin offer diverse benefits as compared to beta-carotene alone.[†]
- Preformed vitamin A (retinol) and its carotene precursors extend complete vitamin A nutrition.[†]
- Mixed tocopherols for more complete vitamin E.
- **Vital Vitamins** contains alpha-, beta-, gamma-, and delta-tocopherols to provide broader antioxidant protection than alpha-tocopherol alone.[†]
- Active forms of folate (Metafolin® L-5-MTHF) and B₁₂ (methylcobalamin) are included for superior absorption and bioavailability.[†]
- Mineral amino acid chelates from Albion® Laboratories and enhanced bioavailability bisglycinate chelates are included for exceptional tolerance and bioavailability.[†]
- Concentrated bioflavonoids add antioxidant benefit and complement vitamin C action.[†]
- Free of the following common allergens: milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat, and gluten. Contains no artificial colors, flavors, or preservatives.

Formulas

Capsules

SUGGESTED USE: Adults: 2 capsules daily with food. **Children 4 to 14:** Take 1 capsule daily with food or as directed by healthcare professional. **Children less than 4 years of age:** As directed by healthcare professional. **Caution:** If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your healthcare professional before using this product. Keep out of the reach of children.

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), L-leucine, cellulose, silicon dioxide, and natural citrus flavor.

[†]Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.
^{††}Albion® Laboratories.

VTPC 120 capsules

How supplied

Capsules: 120 capsules per bottle.

Storage

Store in a cool, dry place (59°F-85°F) away from direct light.

Supplement Facts		Serving Size 2 Capsules	
Amount Per 2 Capsules		% Daily Value	
Vitamin A (58% (1,050 mcg RAE) as natural carotenes (beta-carotene, alpha-carotene, and beta-cryptoxanthin) from <i>D. salina</i> and 42% (750 mcg RAE) as vitamin A palmitate)	1,800 mcg RAE	200%	
Vitamin C (as L-ascorbic acid)	180 mg	200%	
Vitamin D ₃ (as cholecalciferol)	15 mcg	75%	
Vitamin E (as RRR-alpha-tocopheryl acid succinate, RRR-alpha-tocopherol) ^{††}	85 mg	567%	
Vitamin K ₁ (as phytonadione)	60 mcg	50%	
Thiamin (as thiamin HCl)	25 mg	2,083%	
Riboflavin (as riboflavin)	15 mg	1,154%	
Niacin (67% as niacinamide and 33% as niacin)	60 mg NE	375%	
Vitamin B ₆ (as pyridoxine HCl)	15 mg	882%	
Folate (as Metafolin [†] L-5-methyltetrahydrofolate)	680 mcg DFE (400 mcg)	170%	
Vitamin B ₁₂ (as methylcobalamin)	50 mcg	2,083%	
Biotin (D-biotin)	300 mcg	1,000%	
Pantothenic acid (as calcium D-pantothenate)	50 mg	1,000%	
Choline (as choline bitartrate)	75 mg	14%	
Calcium (90% as calcium citrate-malate and 10% as calcium D-pantothenate)	45 mg	3%	
Iodine (from kelp)	150 mcg	100%	
Magnesium (75% as dimagnesium malate and 25% as TRAACS® magnesium bisglycinate chelate ^{††})	40 mg	10%	
Zinc (as zinc bisglycinate chelate ^{††})	15 mg	136%	
Selenium (as selenium amino acid complex)	200 mcg	364%	
Copper (as copper gluconate)	2 mg	222%	
Manganese (as manganese bisglycinate chelate ^{††})	2 mg	87%	
Chromium (as chromium nicotinate glycinate chelate ^{††})	150 mcg	429%	
Molybdenum (as molybdenum glycinate chelate ^{††})	100 mcg	222%	
Boron (as boron aspartate-citrate)	2 mg	*	
Vanadium (as bisglycinate oxovanadium)	50 mcg	*	
Inositol	25 mg	*	
Citrus Bioflavonoids (50 mg as citrus bioflavonoid complex (50% bioflavonoids) and 15 mg as hesperidin methylchalcone)	65 mg	*	
Natural Mixed Tocopherols (RRR-beta, RRR-delta, RRR-gamma) ^{††}	4 mg	*	
Natural Mixed Carotenoids (lutein and zeaxanthin from <i>D. salina</i>)	20 mcg	*	
*Daily Value not established.			
^{††} Vitamin E derived from highly refined soy oil that has soy protein removed.			

†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.



