



Manufacturers of  
Hypo-allergenic  
Nutritional  
Supplements



# Vita-Essentials

With Metafolin® L-5-MTHF

INTRODUCED MAY 2010

## What Is It?

Vita-Essentials provides a complete multivitamin blend of highly absorbable and activated vitamins without minerals for sensitive individuals. Each serving provides a full range of B vitamins and antioxidants for comprehensive vitamin support.\*

## Indications

- Complete vitamin formula for sensitive individuals

## Vitamin Distinctions

- Provides vitamins A, B, C, D, E and K in highly bioavailable forms
- Provides Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
- 100 mg choline and 125 mg inositol per capsule for comprehensive B-complex support

## Special Features

- Vitamin A and mixed carotenoids, typically providing 2,250 mcg beta-carotene (3,750 i.u.), 250 mcg lutein, 65 mcg lycopene and 12.5 mcg zeaxanthin\*
- Enhances the integrity of the macula and retina with 3 mg lutein and 500 mcg zeaxanthin\*

## What Is The Source?

The nutrients found in Vita-Essentials are derived from the following:

Mixed carotenoids: *Blakeslea trispora*

Lycopene: natural tomato concentrate

Lutein<sup>††</sup>: marigold flower extract

Zeaxanthin<sup>†</sup>: synthetic

Vitamin A: synthetic

Vitamin C: corn dextrose fermentation

Ascorbyl palmitate: corn dextrose fermentation and palm oil

Vitamin D<sub>3</sub>: cholesterol from wool fat (lanolin)

Vitamin E: soybean oil

Vitamin K<sub>1</sub>: synthetic

Vitamin B<sub>1</sub> (thiamine HCl): synthetic

Vitamin B<sub>2</sub> (riboflavin): corn dextrose fermentation

Niacinamide and Niacin: synthetic

Vitamin B<sub>5</sub> (calcium pantothenate): synthetic

Vitamin B<sub>6</sub> (pyridoxal HCl): synthetic

Vitamin B<sub>12</sub> (methylcobalamin): corn dextrose fermentation

Folic acid (Metafolin®, L-5-MTHF): synthetic

Biotin: synthetic

Choline: synthetic

Inositol: rice bran

<sup>††</sup> **FloraGLO** LUTEIN is a registered trademark of Kemin Industries, Inc.

<sup>†</sup> Zeaxanthin is sourced from OPTISHARP™ brand. OPTISHARP™ is a trademark of DSM Nutritional Products, Inc.

Metafolin® is a registered trademark of Merck KgaA, Darmstadt, Germany.

## Recommendations

Pure Encapsulations recommends 1 capsule per day, with a meal.

## Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. At this time, there are no known side effects or precautions. Consult your physician for more information.

## Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications.

(continued)

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.

**Vita-Essentials**

each vegetable capsule contains  V 00

vitamin A (25% as vitamin A acetate, 75% mixed carotenoids)....	5,000 i.u.
(providing beta carotene, lycopene, lutein <sup>††</sup> and zeaxanthin <sup>†</sup> )	
ascorbic acid.....	300 mg
ascorbyl palmitate (fat-soluble vitamin C) .....	10 mg
vitamin D <sub>3</sub> .....	1,000 i.u.
d-alpha tocopherol succinate (vitamin E).....	100 i.u.
vitamin K <sub>1</sub> .....	90 mcg
thiamine HCl (B <sub>1</sub> ).....	25 mg
riboflavin (B <sub>2</sub> ) .....	12.5 mg
riboflavin 5' phosphate (activated B <sub>2</sub> ).....	6.25 mg
niacin.....	12.5 mg
niacinamide .....	20 mg
pyridoxine HCl (B <sub>6</sub> ).....	12.5 mg
pyridoxal 5' phosphate (activated B <sub>6</sub> ) .....	6.25 mg
folate (as Metafolin®, L-5-MTHF).....	400 mcg
methylcobalamin (B <sub>12</sub> ) .....	500 mcg
biotin.....	400 mcg
pantothenic acid (calcium pantothenate) (B <sub>5</sub> ).....	25 mg
choline (bitartrate) .....	100 mg
inositol .....	125 mg
<b>MacularSynergy Complex</b>	
lutein <sup>††</sup> .....	3 mg
zeaxanthin <sup>†</sup> .....	500 mcg

1 capsule per day, with a meal.



— Your Trusted Source —

490 Boston Post Road, Sudbury, MA 01776 USA

P: 800-753-2277 • F: 888-783-2277 www.PureCaps.com • csservice@purecaps.com