

IT'S VITAL™

Complete Nutrition Pack

PRODUCT INFORMATION



Meet all of your daily vital nutrition needs with added nutrients and minerals, superior calcium absorption, and triple strength support for heart health all in one premeasured daily pack. It's Vital™ Complete Nutrition Pack builds on the foundational It Works! Core Nutrition, adding It's Vital™ Minerals and It's Vital™ Omega-3 to give you complete, premium nutrition.

It's Vital™ Minerals:

- Sea algae-derived Aquamin® premium mineral blend with over 74 trace minerals
- Support for healthy bones and teeth with 250% the RDA of Vitamin D
- Maximum calcium absorption with Vitamins K₁ and K₂ (MK-7), ensuring calcium stays in bones to help minimize arterial calcification
- Vitamin K₂ support for heart health by helping minimize age-related cardiovascular deterioration and stiffening of the arteries

It's Vital™ Omega-3:

- Triple strength DHA and EPA fatty acids to help maintain and support healthy cholesterol levels
- Natural rosemary-based antioxidants to fight free

radicals and defend against the aging process

- Support for healthy joint movement and for the body's response to minor inflammation
- Lemon-flavored softgel that's easy to swallow

It's Vital™ Core Nutrition:

- Gluten-free, plant-based, whole food complex
- Patented controlled-release technology for sustained nourishment throughout the day
- Mind/body energy blend to stay energized and sharp mentally and physically
- Improved metabolic support to boost your body's ability to burn calories

SUGGESTED USE

Adults take 1 packet daily with food as a dietary supplement. For best results, take with first meal of the day.

Drink at least 8 glasses of water daily.

FREQUENTLY ASKED QUESTIONS

WHAT IS IT'S VITAL COMPLETE NUTRITION PACK?

It's Vital Complete Nutrition Pack provides you with all of the vital nutrients, superior calcium absorption, and triple strength support for heart health that your body needs in one daily pack. It's Vital Complete Nutrition adds It's Vital Minerals and It's Vital Omega-3 to the foundational nutrients of It's Vital Core Nutrition Formula for complete, premium nutrition.

WHAT IS IT'S VITAL MINERALS?

This premium mineral blend is powered by sea algae-derived Aquamin®, which is rich in calcium, magnesium and 74 other trace minerals, including zinc, iron and selenium. It's Vital Minerals provides superior support for teeth and bones with 250% the RDA of Vitamin D and maximum calcium absorption with Vitamins K₁ and K₂ (MK-7). Vitamin K₂ also supports heart health by helping prevent age-related cardiovascular deterioration and stiffening of the arteries.

HOW DOES IT'S VITAL MINERALS PROVIDE SUPERIOR CALCIUM ABSORPTION?

Vitamin D is a necessary component for the body to fully absorb calcium. It's Vital Complete Nutrition Pack provides you with 500% the RDA of Vitamin D through the combined Vitamin D contents of It's Vital Core Nutrition Formula and It's Vital Minerals. Recent research shows that Vitamin K—specifically Vitamin K₂ which may increase bone mineral density—may be just as important for calcium absorption as Vitamin D. It's Vital Minerals includes a blend of Vitamins K₁ and K₂ (MK-7) to maximize the body's calcium absorption, ensuring calcium is fully absorbed and stays in the bones.

WHAT IS IT'S VITAL OMEGA-3?

It's Vital Omega-3 is triple strength support for your heart with triple strength DHA and EPA fatty acids. These fatty acids are important to your overall health, helping maintain healthy cholesterol levels, healthy joint movement and motion by supporting your body's ability to combat minor inflammation, and supporting healthy brain function and promoting positive mood. It's Vital Omega-3 helps your bodyfight the signs of time by nourishing and moisturizing your skin, hair and nails and even improving collagen production. The natural, rosemary-based antioxidants blend counters the effects of free radicals, which can quicken the aging process.

WILL I EXPERIENCE A FISHY AFTERTASTE OR EXCESS BELCHING WITH IT'S VITAL OMEGA-3?

The lemon-flavored, easy-to-swallow softgel and rosemary-based antioxidant blend give It's Vital Omega-3 a pleasant flavor and help to reduce or eliminate the fishy aftertaste and burps.

WHY IS IT BEST TO TAKE IT'S VITAL COMPLETE NUTRITION PACK WITH MY FIRST MEAL OF THE DAY?

Starting your day with the It's Vital Complete Nutrition Pack gives you the minerals, nutrients, vitamins, antioxidants, and essential fatty acids you need to keep your body running strong all day long.

By following your body's natural digestion, the patented controlled-release technology of It's Vital Core Nutrition responds to your nutritional needs to give you sustained nourishment for up to 12 hours.

DOES IT'S VITAL CORE NUTRITION FORMULA NOT GIVE ME THE COMPLETE DAILY NUTRITION I NEED BY ITSELF?

It's Vital Core Nutrition Formula is foundational nutrition, providing you with the daily essential vitamins, antioxidants, and phytonutrients your body needs all in a gluten-free, plant-based, whole-food complex.

It's Vital Minerals provides superior support for teeth and bones with 250% the RDA of Vitamin D and maximum calcium absorption with Vitamins K₁ and K₂ (MK-7). Vitamin K₂ also supports heart health by helping prevent age-related cardiovascular deterioration and stiffening of the arteries. By expanding on the mineral contents of It's Vital Core Nutrition Formula, It's Vital Minerals adds even more exciting ingredients for optimal absorption and nutritional value and helps keep the pill size of the Core Nutrition Formula to a minimum.

It's Vital Omega-3 bolsters your heart health with triple strength DHA and EPA fatty acids, supports healthy joint movement and motion by helping your body combat minor inflammation, and supports healthy brain function and promotes positive mood. It's Vital Omega-3 helps your body fight the signs of time by nourishing and moisturizing your skin, hair and nails and even improving collagen production and provides even more free-radical fighting antioxidants with its rosemary-based antioxidant blend.

HOW MANY PILLS ARE IN EACH DAILY PACK?

Each It's Vital Complete Nutrition Pack contains one It's Vital Omega-3 softgel, two It's Vital Minerals tablets, and three It's Vital Core Nutrition Formula tablets.

CAN I TAKE IT'S VITAL COMPLETE NUTRITION PACK WITH OTHER SUPPLEMENTS?

We recommend that you not take Advanced Formula Fat Fighter™ along with It's Vital Complete Nutrition Pack as Fat Fighter could decrease the benefits and effectiveness of the fatty acids of It's Vital Omega-3 and the essential vitamins, phytonutrients, and antioxidants found in It's Vital Core Nutrition Formula.

US LABEL

**IT'S VITAL™ – MINERALS WITH AQUAMIN®
SEA MINERALS AND VITAMIN K₂ (MK-7)**

Supplement Facts

Serving Size: 2 Tablets
Servings per Container: 30

	Amount per Serving	%DV
Vitamin D (as cholecalciferol).....	1,000 IU	250%
Vitamin K (45 mcg as natural vitamin K ₂ (MK-7) and 35 mcg as vitamin K ₁ (phyloquinone)).....	80 mcg	100%
Calcium (as calcium carbonate and from Aquamin® red algae sea minerals, calcium citrate & calcium amino acid chelate).....	500 mg	50%
Iodine (from Atlantic sea kelp).....	150 mcg	100%
Magnesium (as magnesium oxide, magnesium citrate, and from Aquamin® red algae sea minerals).....	200 mg	50%
Zinc (as zinc citrate, zinc glycinate chelate, and from Aquamin® red algae sea minerals).....	15 mg	100%
Selenium (as L-selenomethionine and from Aquamin® red algae sea minerals).....	200 mcg	286%
Copper (as copper glycinate chelate and from Aquamin® red algae sea minerals).....	2 mg	100%
Manganese (as manganese glycinate chelate and from Aquamin® red algae sea minerals).....	2 mg	100%
Chromium (as chromium picolinate & chromium polynicotinate).....	250 mcg	208%
Molybdenum (as molybdenum amino acid chelate and from Aquamin® red algae sea minerals).....	75 mcg	100%
Boron (as boron chelate and from Aquamin® red algae sea minerals).....	0.7 mg	*
Vanadium (as vanadyl sulfate and from Aquamin® red algae sea minerals).....	25 mcg	*

*Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, film coat (hypromellose, macrogol, hydroxypropyl cellulose, peppermint oil, stevia leaf extract), magnesium stearate and silica.

**IT'S VITAL™ – CORE NUTRITION FORMULA
WITH VITAMINS, MINERALS, ANTIOXIDANTS, & PHYTONUTRIENTS**

Supplement Facts

Serving Size: 3 Tablets
Servings per Container: 30

	Amount per Serving	%DV
Vitamin A (100% as beta-carotene and from red palm fruit).....	10,000 IU	200%
Vitamin C (as ascorbic acid, potassium ascorbate & calcium ascorbate and with bioflavonoids).....	350 mg	583%
Vitamin D (as cholecalciferol).....	1,000 IU	250%
Vitamin E (as d-alpha-tocopheryl succinate & mixed tocopherols).....	100 IU	333%
Thiamin (as thiamin mononitrate with Nutri-Bound™ whole food complex).....	25 mg	1,667%
Riboflavin (as riboflavin & riboflavin 5'-phosphate with Nutri-Bound™ whole food complex).....	25 mg	1,471%
Niacin (as inositol hexanicotinate & nicotinic acid with Nutri-Bound™ whole food complex).....	50 mg	250%
Vitamin B6 (as pyridoxine HCl & pyridoxal 5'-phosphate with Nutri-Bound™ whole food complex).....	25 mg	1,250%
Folate (as folic acid with Nutri-Bound™ whole food complex).....	400 mcg	100%
Vitamin B12 (as methylcobalamin with Nutri-Bound™ whole food complex).....	300 mcg	5,000%
Biotin (as D-biotin with Nutri-Bound™ whole food complex).....	300 mcg	100%
Pantothenic acid (as D-calcium pantothenate & pantethine with Nutri-Bound™ whole food complex).....	50 mg	500%
Calcium (as calcium carbonate and from Aquamin® red algae sea minerals, calcium citrate & calcium amino acid chelate).....	500 mg	50%
Magnesium (as magnesium oxide, magnesium citrate, and from Aquamin® red algae sea minerals).....	200 mg	50%

*Daily Value (DV) not established.

Other ingredients: Controlled-release gel matrix (hypromellose, vegetable stearic acid, vegetable stearin, vegetable magnesium stearate), film coat (hypromellose, spirulina, macrogol, hydroxypropyl cellulose, stevia leaf extract) and silica.

**IT'S VITAL™ – ESSENTIAL FATTY ACIDS
WITH TRIPLE STRENGTH OMEGA-3**

Supplement Facts

Serving Size: 1 Softgel Capsule
Servings per Container: 30

	Amount per Serving	%DV
Calories	15	
Calories from Fat	10	
Total fat	1.5 g	2%*
Cholesterol	<5 mg	1%*
Fish Oil Concentrate	1,250 mg	†
Omega-3 fatty acids (800 mg)		
EPA - eicosapentaenoic acid (390 mg)		
DHA - docosahexaenoic acid (300 mg)		
Other Omega-3 fatty acids (75 mg)		

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

† Daily Value (DV) not established.

Other ingredients: Capsule (gelatin, glycerin, and purified water), proprietary antioxidant blend (consisting of rosemary extract and natural tocopherols) and natural lemon flavor.

	Amount per Serving	%DV
Nutri-Bound™ Whole Food Complex: Low-temperature dehydrates of pomegranate fruit (from 4:1 extract), spirulina algae, cranberry juice, pineapple, broccoli floret, carrot, apple, orange, tomato, Brussels sprout, cauliflower, beet root, blueberry, celery stalk, red grape, grapefruit, kale, lemon, lime, plum, raspberry, strawberry, watermelon, radish, cantaloupe, cherry, leek, onion, papaya, peach, pear.....	100 mg	*
Mind/Body Energy Blend with Balancing Adaptogens: <i>Panax ginseng</i> root standardized extract (4% ginsenosides), <i>Ginkgo biloba</i> leaf (from 50:1 extract), eleuthero root (from 5:1 extract), choline bitartrate, inositol, rhodiola root standardized extract.....	300 mg	*
Digestive Support Blend with Active Enzymes: Purified plant fiber, aloe vera leaf gel (from 200:1 concentrate), plant enzymes (acid protease, amylase, amyloglucosidase, fungal amylase, fungal protease, bromelain, cellulase, lactase, lipase, neutral protease, papain), milk thistle standardized extract, cinnamon bark, dandelion root, clove bud, peppermint essential oil, spearmint essential oil, artichoke leaf.....	620 mg	*
Metabolic Support Blend: Green tea leaf (from 35:1 extract), ginger root extract, raspberry ketones, cayenne pepper, black pepper fruit extract.....	380 mg	*
Immune Support Blend: Reishi mushroom (from 10:1 extract), elderberry fruit (from 10:1 extract), lycium (goji) berry (from 5:1 extract), astragalus root, cordyceps mushroom.....	100 mg	*
Cardio Support Blend: Hawthorn berry (from 12:1 extract), citrus bioflavonoid complex, <i>Polygonum cuspidatum</i> root standardized extract (50% trans-resveratrol), alpha-lipoic acid, high-allicin garlic, coenzyme Q10.....	145 mg	*
Antioxidant Phytonutrient Complex: Grape seed OPC (from 25:1 extract, 95% proanthocyanidins), bilberry fruit (from 90:1 extract, 25% proanthocyanidins), turmeric rhizome (from 60:1 extract, 95% curcumin), lutein (3 mg, from marigold flower), lycopene.....	375 mg	*