



IT'S VITAL™ CORE NUTRITION

PRODUCT INFORMATION

Get the core nutrients you need right when your body needs them with the cutting edge ingredients of It's Vital Core Nutrition. This plant-based, whole-food multivitamin supplies the essential antioxidants, phytonutrients, and vitamins you need throughout the day with controlled-release technology, giving you sustained nourishment for up to 12 hours. It's core nutrition for your best health!

- 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
- Small, easy-to-swallow tablet with minty-fresh coating
- Foundational nutrition that works synergistically with other It Works! supplements

SUGGESTED USE

Adults take 3 tablets 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.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

FREQUENTLY ASKED QUESTIONS

WHAT IS IT'S VITAL CORE NUTRITION?

It's Vital Core Nutrition is a whole-food multivitamin that meets your core nutrition needs with essential vitamins, antioxidants, and phytonutrients. It is naturally derived from over 30 pesticide-free, plant-based ingredients, including broccoli, carrot, oranges, blueberry, strawberry, kale, and more. These premium natural sources provide increased amounts of Vitamins A, D, B₆, B₁₂, C, and E.

WHAT ARE THE BENEFITS OF TAKING IT'S VITAL CORE NUTRITION DAILY?

It's Vital Core Nutrition supplies your body with the essential vitamins, antioxidants, and phytonutrients you need for the best overall health and wellbeing right when you need them. With patented controlled-release technology that mimics the way nutrients are naturally released from foods in your body, you'll experience sustained nourishment that lasts for up to 12 hours and responds to your body's stress levels and nutritional needs. The mind/body energy blend keeps you energized and sharp mentally and physically while the improved metabolic support helps sustain your energy and boosts your body's ability to burn calories.

WHAT IS THE DIFFERENCE BETWEEN THE PREVIOUS IT'S VITAL ADVANCED FORMULA MULTIVITAMIN AND THE NEW IT'S VITAL CORE NUTRITION?

It's Vital Core Nutrition has taken the original It's Vital supplement with essential vitamins, antioxidants, and phytonutrients and made it even better. It's Vital Core Nutrition has added more functional blends for metabolic support, digestive health, and mental and physical energy; increased amounts of core nutrients; cutting-edge patented controlled-release technology for sustained nourishment; and all in just three smaller pills to take daily.

WHAT IS THE RECOMMENDED DOSAGE FOR IT'S VITAL CORE NUTRITION?

Take three tablets daily. To experience best results, we recommend that you take It's Vital Core Nutrition with your first meal of the day.

DOES IT'S VITAL CORE NUTRITION CONTAIN IRON?

No, It's Vital Core Nutrition does not contain iron.

I DON'T LIKE SWALLOWING SOME SUPPLEMENTS. CAN I CUT IT'S VITAL CORE NUTRITION IN HALF?

It's Vital Core Nutrition tablets are small and easy to swallow with a sweet minty coating to help them go down smoothly. We recommend that you not crush or cut the It's Vital Core Nutrition tablet as this will decrease the effectiveness of the patented controlled-release technology and you may not experience sustained nourishment throughout your day.

DOES IT'S VITAL CORE NUTRITION CONTAIN GLUTEN?

No, It's Vital Core Nutrition is gluten free.

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

We recommend that you not take Advanced Formula Fat Fighter™ within an hour or two of taking It's Vital Core Nutrition as Fat Fighter could decrease the benefits and effectiveness of some of the essential vitamins, phytonutrients, and antioxidants found in It's Vital Core Nutrition.

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

The patented controlled-release technology responds to your body's nutritional needs to give you the essential vitamins, antioxidants, and phytonutrients you need right when you need them. By following your body's natural digestion, It's Vital Core Nutrition gives your body the sustained nourishment it needs to keep you running strong all day long.

US LABEL

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).....	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%

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†: *Panax ginseng* root standardized extract (4% ginsenosides), *Ginkgo biloba* 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 seed standardized extract, cinnamon bark, dandelion root, peppermint essential oil, spearmint essential oil, artichoke leaf, clove bud..... 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 10:1 extract), citrus bioflavonoid complex, *Polygonum cuspidatum* root standardized extract (50% *trans-resveratrol*), alpha-lipoic acid, high-allylic garlic, coenzyme Q10..... 125 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..... *

*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.