

## PRODUCT INFO

# IT'S VITAL™ COMPLETE NUTRITION PACK

## CORE NUTRITION MINERALS OMEGA-3

Meet your vital nutrition needs with the essential vitamins, superior calcium absorption, and triple strength support for heart health of all three It's Vital supplements in one pre-measured daily pack!<sup>†</sup>



### IT'S VITAL™ CORE NUTRITION

- Contains a 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<sup>†</sup>
- Improved metabolic support to boost your body's ability to burn calories<sup>†</sup>

### IT'S VITAL™ MINERALS

- Nutrient-rich, 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<sup>†</sup>
- Enhance calcium absorption with Vitamins K<sub>1</sub> and K<sub>2</sub> (MK-7) to ensure calcium stays in bones<sup>†</sup>
- Keep your heart strong with Vitamin K<sub>2</sub> support for cardiovascular health<sup>†</sup>

### IT'S VITAL™ OMEGA-3

- Triple strength, fish oil-derived DHA and EPA fatty acids to help maintain and support healthy cholesterol levels already within the normal range<sup>†</sup>
- Fight free radicals with rosemary-based antioxidants<sup>†</sup>
- Promote healthy joint movement
- Lemon-flavored softgel that's easy to swallow

### 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.



<sup>†</sup>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.

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# IT'S VITAL™ COMPLETE NUTRITION PACK

## SUPPLEMENT FACTS

### IT'S VITAL™ CORE NUTRITION

With Vitamins, Minerals, Antioxidants, and Phytonutrients

#### Supplement Facts

Serving Size: 3 Tablets  
Servings per Container: 30

	Amount per Serving	%DV		Amount per Serving	%DV
<b>Vitamin A</b> (100% as beta-carotene and from red palm fruit).....	10,000 IU	200%	<b>Nutri-Bound™ Whole Food Complex:</b> 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	*
<b>Vitamin C</b> (as ascorbic acid, potassium ascorbate & calcium ascorbate and with bioflavonoids).....	350 mg	583%		<b>Mind/Body Energy Blend with Balancing Adaptogens:</b> <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
<b>Vitamin D</b> (as cholecalciferol).....	1,000 IU	250%	<b>Digestive Support Blend with Active Enzymes:</b> 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, dove bud, peppermint essential oil, spearmint essential oil, artichoke leaf.....	620 mg	‡
<b>Vitamin E</b> (as d-alpha-tocopheryl succinate & mixed tocopherols).....	100 IU	333%		<b>Metabolic Support Blend:</b> Green tea leaf (from 35:1 extract), ginger root extract, raspberry ketones, cayenne pepper, black pepper fruit extract.....	380 mg
<b>Thiamin</b> (as thiamin mononitrate with Nutri-Bound™ whole food complex).....	25 mg	1,667%	<b>Immune Support Blend:</b> 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	*
<b>Riboflavin</b> (as riboflavin & riboflavin 5'-phosphate with Nutri-Bound™ whole food complex).....	25 mg	1,471%		<b>Cardio Support Blend:</b> Hawthorn berry (from 12:1 extract), citrus bioflavonoid complex, <i>Polygonum cuspidatum</i> root standardized extract (50% <i>trans-resveratrol</i> ), alpha-lipoic acid, high-allylic garlic, coenzyme Q10.....	125 mg
<b>Niacin</b> (as inositol hexanicotinate & nicotinic acid with Nutri-Bound™ whole food complex).....	50 mg	250%	<b>Antioxidant Phytonutrient Complex:</b> 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	*
<b>Vitamin B6</b> (as pyridoxine HCl & pyridoxal 5'-phosphate with Nutri-Bound™ whole food complex).....	25 mg	1,250%			
<b>Folate</b> (as folic acid with Nutri-Bound™ whole food complex).....	400 mcg	100%			
<b>Vitamin B12</b> (as methylcobalamin with Nutri-Bound™ whole food complex).....	300 mcg	5,000%			
<b>Biotin</b> (as D-biotin with Nutri-Bound™ whole food complex).....	300 mcg	100%			
<b>Pantothenic acid</b> (as D-calcium pantothenate & panthethine with Nutri-Bound™ whole food complex).....	50 mg	500%			
<b>Calcium</b> (as calcium carbonate and from Aquamin® red algae sea minerals, calcium citrate & calcium amino acid chelate).....	500 mg	50%			
<b>Magnesium</b> (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 (vegetable stearic acid, hypromellose, vegetable magnesium stearate), film coat (hypromellose, spirulina, macrogol, hydroxypropyl cellulose, stevia leaf extract) and silica.

Contains: Soy.

### IT'S VITAL™ MINERALS

With Aquamin® Red Algae Sea Minerals and Vitamin K<sub>2</sub> (MK-7)

#### Supplement Facts

Serving Size: 2 Tablets  
Servings per Container: 30

	Amount per Serving	%DV
<b>Vitamin D</b> (as cholecalciferol).....	1,000 IU	250%
<b>Vitamin K</b> (45 mcg as natural vitamin K <sub>2</sub> (MK-7) and 35 mcg as vitamin K <sub>1</sub> (phyloquinone)).....	80 mcg	100%
<b>Calcium</b> (as calcium carbonate and from Aquamin® red algae sea minerals, calcium citrate & calcium amino acid chelate).....	500 mg	50%
<b>Iodine</b> (from Atlantic sea kelp).....	150 mcg	100%
<b>Magnesium</b> (as magnesium oxide, magnesium citrate, and from Aquamin® red algae sea minerals).....	200 mg	50%
<b>Zinc</b> (as zinc citrate, zinc glycinate chelate, and from Aquamin® red algae sea minerals).....	15 mg	100%
<b>Selenium</b> (as L-selenomethionine and from Aquamin® red algae sea minerals).....	200 mcg	288%
<b>Copper</b> (as copper glycinate chelate and from Aquamin® red algae sea minerals).....	2 mg	100%
<b>Manganese</b> (as manganese glycinate chelate and from Aquamin® red algae sea minerals).....	2 mg	100%
<b>Chromium</b> (as chromium picolinate & chromium polynicotinate).....	250 mcg	208%
<b>Molybdenum</b> (as molybdenum amino acid chelate and from Aquamin® red algae sea minerals).....	75 mcg	100%
<b>Boron</b> (as boron chelate and from Aquamin® red algae sea minerals).....	0.7 mg	*
<b>Vanadium</b> (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™ OMEGA-3

Essential Fatty Acids with Triple Strength Omega-3

#### Supplement Facts

Serving Size: 1 Softgel Capsule  
Servings per Container: 30

	Amount per Serving	%DV
<b>Calories</b> .....	15	
<b>Calories from Fat</b> .....	10	
<b>Total Fat</b> .....	1.5 g	2%*
<b>Cholesterol</b> .....	<5 mg	1%*
<b>Fish Oil Concentrate</b> .....	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 Daily Values (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.

Contains: Fish (sardines, anchovies).



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# IT'S VITAL™ COMPLETE NUTRITION PACK

## 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 Pack adds It's Vital™ Minerals and It's Vital™ Omega-3 to the foundational nutrients of It's Vital™ Core Nutrition 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 over 74 other trace minerals, including zinc, iron, and selenium. It's Vital Minerals provides superior support for teeth and bones with 250% of the RDA of Vitamin D and maximum calcium absorption with Vitamins K<sub>1</sub> and K<sub>2</sub> (MK-7).† Besides supporting calcium absorption, Vitamin K<sub>2</sub> is also an important nutrient for your heart, supporting your overall cardiovascular health.

### 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% of the RDA of Vitamin D through the combined Vitamin D contents of It's Vital Core Nutrition and It's Vital Minerals. Recent research shows that Vitamin K—specifically Vitamin K<sub>2</sub> 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 K<sub>1</sub> and K<sub>2</sub> (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 fish oil-derived DHA and EPA fatty acids. These fatty acids are important to your overall health inside and out, helping to maintain healthy cholesterol levels already within a normal range, healthy joint movement and motion, supporting healthy brain function and promoting positive mood, and nourishing and moisturizing your skin, hair, and nails.† The natural, rosemary-based antioxidant blend counters the effects of free radicals.

### 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.



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# IT'S VITAL™ COMPLETE NUTRITION PACK

## FREQUENTLY ASKED QUESTIONS

### Does It's Vital™ Core Nutrition not give me the complete daily nutrition I need by itself?

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

It's Vital™ Minerals provides superior support for teeth and bones with 250% of the RDA of Vitamin D and superior calcium absorption with Vitamins K<sub>1</sub> and K<sub>2</sub> (MK-7).† Vitamin K<sub>2</sub> is also an important nutrient for your heart, supporting your overall cardiovascular health. By expanding on the mineral contents of It's Vital Core Nutrition, It's Vital Minerals adds even more exciting ingredients for optimal absorption and nutritional value and helps keep the pill size of It's Vital Core Nutrition 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 and supports healthy brain function and promotes positive mood.† It's Vital Omega-3 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 tablets.

### Can I take It's Vital Complete Nutrition Pack with other supplements?

We recommend that you not take Advanced Formula Fat Fighter™ within an hour or two of taking 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.

### Is It's Vital Complete Nutrition Pack safe for me to use if I am pregnant, nursing or have an ongoing medical condition?

Before using any new product, whether a nutritional supplement, topical cream or treatment, or any other item, you should always consult your physician to find out if it is safe for you.

### Can I give It's Vital Complete Nutrition to my children?

All It Works! products are recommended only for adults 18 years old or older.



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