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!

**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

**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 the bones
- Keep your heart strong with Vitamin K₂ support for cardiovascular health

**IT’S VITAL™ OMEGA-3**
- Triple strength, fish oil-derived DHA and EPA fatty acids to help maintain and support healthy cholesterol levels
- Natural rosemary-based antioxidants to fight free radicals and support healthy cell growth
- Support for healthy joint movement and for the body’s response to minor inflammation
- Lemon-flavored softgel that’s easy to swallow

**DIRECTIONS**
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.
IT’S VITAL™ COMPLETE NUTRITION PACK

US LABEL & OTHER INGREDIENTS

IT’S VITAL™ CORE NUTRITION

With Vitamins, Minerals, Antioxidants, and Phytonutrients

Supplement Facts
Serving Size: 3 Tablets
Servings Per Container: 30

| 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 from Bellis+Bionutri™) | 650 mg | 100% |
| Vitamin D (as cholecalciferol) | 1,000 IU | 250% |
| Vitamin E (as alpha-tocopherol succinate & mixed tocopherols) | 100 IU | 333% |
| Thiamin (as thiamin mononitrate with Nutri-Bound™ whole food complex) | 25 mg | 1,500% |
| Riboflavin (as riboflavin & riboflavin 5-phosphate with Nutri-Bound™ whole food complex) | 25 mg | 1,500% |
| Biotin (as folic acid with Nutri-Bound™ whole food complex) | 400 mcg | 100% |
| Folic acid (as folic acid with Nutri-Bound™ whole food complex) | 400 mcg | 100% |
| Niacin (as inositol hexanicotinate & niacinamide 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% |
| Colecalciferol (as cholecalciferol) | 1,000 IU | 250% |
| Calcium (as calcium carbonate and from Aquamin® red algae sea minerals, calcium chelate & calcium amino acid chelate) | 500 mg | 50% |
| Indium (from Atlantic sea kelp) | 150 mg | 100% |
| Magnesium (as magnesium oxide, magnesium citrate, and from Aquamin® red algae sea minerals) | 500 mg | 50% |
| Zinc (as zinc citrate, zinc glycinate chelate, and from Aquamin® red algae sea minerals) | 15 mg | 100% |
| Copper (as copper gluconate chelate and from Aquamin® red algae sea minerals) | 2 mg | 100% |
| Manganese (as manganese gluconate chelate and from Aquamin® red algae sea minerals) | 2 mg | 100% |
| Selenium (as selenomethionine and from Aquamin® red algae sea minerals) | 150 mcg | 100% |
| Potassium (as potassium citrate and from Aquamin® red algae sea minerals) | 150 mg | 100% |
| Boron (as boric acid 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.

Nutra-Bound™ Whole Food Complex: Low temperature dehydrates of pomegranate fruit (from 4:1 extract), spirulina algae, cranberry juice, pineapple, broccoli, carrot, apple, orange, tomato, Brussels sprout, cauliflower, beef root, blueberry, celery stalk, red grape, grapefruit, kale, lemon, lime, plum, raspberry, strawberry, watermelon, radish, cantaloupe, cherry, leek, onion, papaya, peach, pear.

Wind/Body Energy Blend with Balancing Adaptogens: Panax ginseng root standardized extract (4% ginsenosides), Gingseng black root (from 30:1 extract), eleutherococcus root (from 1:1 extract), dong quai, blueberry, blackberry, mulberry, black pepper, astragalus, panax ginseng, ginseng black root, panax red ginseng, panax white ginseng, panax yellow ginseng.

Digestive Support Blend with Active Enzymes: Purified plant fiber, alo 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 protein standard extract, cinnamon bark, ceylon cinnamon root, dulse, citrus peel, peppermint essential oil, spearmint essential oil, artichoke leaf.

Metabolic Support Blend: Green tea leaf (from 35:1 extract), ginger root extract, raspberry ketones, cayenne pepper, black pepper fruit extract.

Immune Support Blend: Reishi mushroom (from 10:1 extract), elderberry fruit (from 1:1 extract), yokum (ginko) berry (from 5:1 extract), astaxanthin root, coriander mushroom, green coffee bean

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

IT’S VITAL™ MINERALS

With Aquamin® Sea Minerals and Vitamin K2 (MK-7)

Supplement Facts
Serving Size: 2 Tablets
Servings Per Container: 30

| Vitamin D (as cholecalciferol) | 1,000 IU | 25% |
| Vitamin K (as natural vitamin K1, MK-7 and 35 mcg as vitamin K2, phyloquinone) | 80 mcg | 50% |
| Calcium (as calcium carbonate and from Aquamin® red algae sea minerals, calcium chelate & calcium amino acid chelate) | 500 mg | 50% |
| Magnesium (as magnesium oxide, magnesium citrate, and from Aquamin® red algae sea minerals) | 500 mg | 50% |
| Zinc (as zinc citrate, zinc glycinate chelate, and from Aquamin® red algae sea minerals) | 15 mg | 100% |
| Copper (as copper gluconate 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% |
| Selenium (as selenomethionine and from Aquamin® red algae sea minerals) | 200 mcg | 200% |
| Copper (as copper gluconate chelate and from Aquamin® red algae sea minerals) | 200 mcg | 200% |

Other Ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, film coat (hydropellarlose, macrogl, 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

| 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)

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

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to treat, diagnose, cure or prevent any disease.
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™ CoreNutrition 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 K₁ and K₂ (MK-7). Besides supporting calcium absorption, Vitamin K₂ 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 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 fish oil-derived DHA and EPA fatty acids. These fatty acids are important to your overall health inside and out, helping maintain healthy cholesterol levels, healthy joint movement and motion by supporting your body’s ability to combat minor inflammation, 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 and helps promote healthy cell growth.

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.
PRODUCT INFO

IT’S VITAL™ COMPLETE NUTRITION PACK

FREQUENTLY ASKED QUESTIONS CONT.

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 gluten-free, 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 K₁ and K₂ (MK-7). Vitamin K₂ 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 by helping your body combat minor inflammation, 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.

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

It’s Vital Complete Nutrition is designed for adult use and is not recommended for children. Always consult your pediatrician before giving any supplements to children.

Can I take It’s Vital Complete Nutrition Pack if I am pregnant or nursing?

We suggest that you consult your physician prior to using any of our products if you are pregnant or nursing.