

Dear Doctor,

Please allow me to introduce two dietary supplements from Shaklee Corporation that are designed to provide essential nutrients to help support women during pregnancy and lactation. Shaklee Corporation has been creating top quality nutritional supplements for 60 years, following GMPs (Good Manufacturing Practices) and stringent quality standards going beyond USP standards for quality testing.

NHANES (National Health and Nutrition Examination Survey) reports have confirmed for 30+ years that the vast majority of Americans, despite their best efforts at eating healthfully, fall short of multiple nutrients in their diets, so it makes sense that prenatal vitamins have become a routine part of prenatal care. Experts from ACOG to the Mayo Clinic agree that supplementation of three key nutrients can help assure adequate intakes: These nutrients are folic acid, calcium, and iron. Iodine has been recently identified as a nutrient of concern in pregnancy as well.

Shaklee **Vita-Lea[®] Iron Formula** is a potent multivitamin-multimineral formulation providing an excellent prenatal foundation. It contains our patented folic acid coating to enhance the bioavailability of **800 mcg of folic acid**. This formula contains 25 essential vitamins and minerals, including 100% or greater of all vitamins. Notably, Vita-Lea Iron Formula also delivers 450 mg of calcium and 800 IU Vitamin D, both significantly higher than many prenatal formulas.

Because hypothyroidism caused by iodine deficiency during pregnancy has been linked to increased risk for miscarriage, preterm birth, preeclampsia, and prolonged neonatal jaundice,^{7,10} Shaklee has recently increased the iodine intake in Vita-Lea Iron to 200 mcg. This level falls between the Institute of Medicine (IOM) recommendation of 220 mcg/d for pregnant women and the FDA recommendation of 150 mcg for both pregnant and non-pregnant women.^{5,11} No side effects have been observed from this level of supplementation.^{6-9,12.}

Of course, iron is also important during pregnancy to increase red blood cell production for both the baby and mother, prevent iron deficiency anemia, and support normal fetal growth and development.¹³ Shaklee Vita-Lea Iron Formula contain 18 milligrams of iron for a daily serving, which is the recommended level for pregnant and lactating women by FDA. For women who require additional iron, we also offer Iron Plus C Complex which contains 18 mg iron from ferrous fumarate, along with Vitamin C to enhance absorption of the iron. Anecdotal reports from MDs who use Shaklee products report excellent tolerability of both Vita-Lea Iron Formula and Iron Plus C Complex.

Shaklee **Vitalizer Women** is a comprehensive multinutrient strip that includes the above-detailed Vita-Lea Iron Formula along with three other supplements that we also believe provides excellent prenatal and postnatal nutritional support. **Caroto-E-Omega** is an enteric coated combination of fish oil, natural Vitamin E and mixed carotenoids including lutein and lycopene. Caroto-E-Omega delivers 500 mg of molecularly distilled fish oil omega-3 including 180 mg DHA. Product #3 is **B+C** which is a patented slow diffusion tablet delivering 500 mg of Vitamin C and 100+% of the other seven B vitamins (besides folic acid) over 12 hours. The final product is **Optiflora** which is a blend of 500 million CFU Lactobacillus acidophilus and Bifidobacterium, triple-encapsulated to assure delivery of the probiotics to the colon.

We advise all women of childbearing age to eat a healthy diet with plenty of fruits, vegetables, whole grains, and lean sources of protein including beans, legumes and egg whites. We also strongly urge women to discuss with their physician the use of any and all supplements during pregnancy and while breastfeeding. Please contact me should you wish further information or discussion. I can be reached at medicalaffairs@shaklee.com.



Jamie McManus, M.D., FAAFP
Chief Advisor, Medical Affairs

Vitalizer Women

Caution: If pregnant, nursing, or taking blood thinning medications, consult a physician prior to use. Contains vitamin K.

ITEM #20283

Supplement Facts			
Serving Size: 1 Vita-Strip™			
	Amount Per Serving	% DV	
Calories	20		
Calories from Fat	10		
Total Fat	1 g	2%**	
Total Carbohydrate	2 g	1%**	
Protein	<1 g	1%**	
Vitamin A (75% as beta-carotene from <i>Blakeslea trispora</i> and <i>Dunaliella salina</i> and 25% as vitamin A acetate)	6,250 IU	125%	
Vitamin C (as calcium ascorbate and ascorbic acid)	500 mg	833%	
Vitamin D ₂ (as cholecalciferol)	1,000 IU	250%	
Vitamin E (as d-alpha-tocopherol concentrate, d-alpha-tocopheryl acid succinate, mixed tocopherols, and mixed tocotrienols)	200 IU	667%	
Vitamin K (as phytonadione)	80 mcg	100%	
Thiamin (as thiamine mononitrate)	9 mg	600%	
Riboflavin	10.2 mg	600%	
Niacin (as niacinamide)	120 mg	600%	
Vitamin B ₆ (as pyridoxine hydrochloride)	12 mg	600%	
Folate (as folic acid)	800 mcg	200%	
Vitamin B ₁₂ (as cyanocobalamin)	36 mcg	600%	
Biotin (as d-biotin)	300 mcg	100%	
Pantothenic Acid (as d-calcium pantothenate)	60 mg	600%	
Calcium (as dicalcium phosphate and calcium ascorbate)	500 mg	50%	
Iron (as ferrous fumarate)	18 mg	100%	
Phosphorus (as dicalcium phosphate)	350 mg	35%	
Iodine (as potassium iodide and sea kelp)	200 mcg	133%	
Magnesium (as magnesium oxide)	200 mg	50%	
Zinc (as zinc gluconate)	15 mg	100%	
Selenium (as trace mineral protein hydrolysate)	70 mcg	100%	
Copper (as copper gluconate)	1 mg	50%	
Manganese (as manganese gluconate)	2 mg	100%	
Chromium (as trace mineral protein hydrolysate)	120 mcg	100%	
Molybdenum (as trace mineral protein hydrolysate)	75 mcg	100%	
Sodium	10 mg	<1%	
Total Omega-3 fatty acids (from ultra-pure marine lipid concentrate)	500 mg	†	
Our full spectrum includes:			
EPA (eicosapentaenoic acid)	280 mg	†	
DHA (docosahexaenoic acid)	180 mg	†	
And five other naturally found fatty acids, including: docosapentaenoic, stearidonic, eicosatetraenoic, heneicosapentaenoic, and alpha-linolenic acids.	40 mg	†	
<i>Bifidobacterium longum</i> (probiotic)	250 million CFU	†	
<i>Lactobacillus acidophilus</i> (probiotic)	250 million CFU	†	
Lycopene (from tomato extract)	2.5 mg	†	
Lutein (as lutein ester from marigold flower extract)	5 mg	†	
Zeaxanthin (as zeaxanthin ester from marigold flower extract)	200 mcg	†	
Mixed tocopherols (gamma-, beta-, and delta-tocopherols)	35 mg	†	
Cranberry extract (<i>Vaccinium macrocarpon</i>) (fruit)	50 mg	†	
Nickel (as trace mineral protein hydrolysate)	15 mcg	†	
Tin (as trace mineral protein hydrolysate)	10 mcg	†	
Vanadium (as trace mineral protein hydrolysate)	20 mcg	†	
Boron (as trace mineral protein hydrolysate)	1 mg	†	
Silicon (as silicon dioxide)	2 mg	†	

Other Ingredients: (tablets) microcrystalline cellulose, hydroxypropyl methylcellulose, croscarmellose sodium, spirulina, citrus bioflavonoids (grapefruit, lemon, orange), hydroxylated soy lecithin, hesperidin complex, rose hips powder, inositol, choline bitartrate, alfalfa powder, rice bran powder, acerola extract, (capsules) gelatin, glycerin, yellow beeswax, palm oil, soybean oil, ethylcellulose, annatto color, medium chain triglycerides, soy lecithin, sodium alginate, pectin, corn oil, natural flavor.

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Vita-Lea Iron Formula (240)

DIRECTIONS: Take 2 tablets daily.

Supplement Facts			
Serving Size: 2 Tablets		Servings Per Container: 120	
	Amount Per Serving	% DV	
Total Carbohydrate	<1 g	<1%	
Vitamin A (70% as beta-carotene from <i>Blakeslea trispora</i> and 30% as vitamin A acetate)	5,000 IU	100%	
Vitamin C (as ascorbic acid)	120 mg	200%	
Vitamin D ₂ (as cholecalciferol)	800 IU	200%	
Vitamin E (as d-alpha-tocopheryl succinate and mixed tocopherols)	60 IU	200%	
Vitamin K (as phytonadione)	80 mcg	100%	
Thiamin (as thiamine mononitrate)	1.5 mg	100%	
Riboflavin	1.7 mg	100%	
Niacin (as niacinamide)	2 mg	100%	
Vitamin B ₆ (as pyridoxine hydrochloride)	2 mg	100%	
Folate (as folic acid)	800 mcg	200%	
Vitamin B ₁₂ (as cyanocobalamin)	6 mcg	100%	
Biotin (as d-biotin)	300 mcg	100%	
Pantothenic Acid (as d-calcium pantothenate)	10 mg	100%	
Calcium (as dicalcium phosphate)	450 mg	45%	
Iron (as ferrous fumarate)	18 mg	100%	
Phosphorus (as dicalcium phosphate)	350 mg	35%	
Iodine (as potassium iodide and sea kelp)	200 mcg	133%	
Zinc (as zinc gluconate)	15 mg	100%	
Selenium (as trace mineral protein hydrolysate)	70 mcg	100%	
Copper (as copper gluconate)	1 mg	50%	
Manganese (as manganese gluconate)	2 mg	100%	
Chromium (as trace mineral protein hydrolysate)	120 mcg	100%	
Molybdenum (as trace mineral protein hydrolysate)	75 mcg	100%	
Sodium	5 mg	<1%	
Nickel (as trace mineral protein hydrolysate)	15 mcg	†	
Tin (as trace mineral protein hydrolysate)	10 mcg	†	
Vanadium (as trace mineral protein hydrolysate)	20 mcg	†	
Boron (as trace mineral protein hydrolysate)	1 mg	†	
Silicon (as silicon dioxide)	2 mg	†	

Other Ingredients: microcrystalline cellulose, hydroxypropyl methylcellulose, croscarmellose sodium, spirulina, hydroxylated soy lecithin, inositol, choline bitartrate, alfalfa powder, grapefruit bioflavonoid, hesperidin complex, lemon bioflavonoid, orange bioflavonoid, rice bran powder, rose hips powder, acerola extract.

Distributed by Shaklee Corporation, 4747 Willow Road, Pleasanton, CA 94588
Product questions: 925.734.3638

 Item #20289

WARNING: ACCIDENTAL OVERDOSE OF IRON-CONTAINING PRODUCTS IS A LEADING CAUSE OF FATAL POISONING OF CHILDREN UNDER 6. KEEP THIS PRODUCT OUT OF REACH OF CHILDREN. IN CASE OF ACCIDENTAL OVERDOSE, CALL A DOCTOR OR POISON CONTROL CENTER IMMEDIATELY.