



IT'S VITAL™ MINERALS

PRODUCT INFORMATION

Keep those bones strong, your heart healthy, and your body nourished with It's Vital Minerals. Powered by sea-algae derived Aquamin® premium mineral blend, It's Vital Minerals helps your body maximize calcium absorption through a superior combination of 250% of the RDA of Vitamin D and Vitamins K₁ and K₂ (MK-7), ensuring calcium stays in your bones and boosting support for your cardiovascular health.

- 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
- Maximize calcium absorption with Vitamins K₁ and K₂ (MK-7) to ensure calcium stays in bones
- Nourish skin, hair, and nails for a youthful glow
- Keep your heart strong with Vitamin K₂ support for cardiovascular health

SUGGESTED USE

Adults take 2 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 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), ensuring calcium is fully absorbed by the bones. 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, and It's Vital Minerals provides you with 250% of the RDA of Vitamin D. 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.

HOW CAN IT'S VITAL MINERALS SUPPORT MY HEART HEALTH?

The nourishment of over 74 trace minerals supports your overall health, including heart health. It's Vital Minerals specifically supports your heart health and cardiovascular system with the blend of Vitamins K₁ and K₂ (MK-7) that helps to ensure calcium is fully absorbed by the bones and not released into the blood stream to possibly deposit in other areas of the body. Besides supporting calcium absorption, Vitamin K₂ is an important nutrient for your heart, supporting your overall cardiovascular health.

WHAT MINERALS ARE FOUND IN IT'S VITAL MINERALS?

The sea algae-derived Aquamin® premium mineral blend found in It's Vital Minerals is rich in calcium, magnesium, zinc, iron, selenium, and more—over 74 trace minerals in all. This blend of minerals works synergistically to support your overall physical health.

WHAT IS THE SOURCE OF THE MINERALS FOUND IN IT'S VITAL MINERALS?

The Aquamin® premium mineral blend of It's Vital Minerals is a natural mineral complex produced from specially harvested red marine algae found off of the coast of Ireland. This natural source offers superior bioavailability, ensuring your body receives the maximum benefits of these vital nutrients.

IS THIS THE SAME IT'S VITAL MINERALS THAT IS IN THE IT'S VITAL™ COMPLETE NUTRITION PACK?

It's Vital Minerals is available for individual purchase or as a part of the It's Vital Complete Nutrition Pack, which gives you a premeasured, daily packet containing It's Vital Minerals, It's Vital™ Omega-3, and It's Vital™ Core Nutrition. It's Vital Complete Nutrition Pack meets all of your daily vital nutrition needs by combining the essential nutrients and vitamins of It's Vital Core Nutrition and the triple strength support for your heart health found in It's Vital Omega-3 with the premium minerals and superior calcium absorption of It's Vital Minerals into one convenient pack.

WHAT IS THE RECOMMENDED DOSAGE FOR IT'S VITAL MINERALS?

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

CAN I GIVE IT'S VITAL MINERALS TO MY CHILDREN?

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

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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.