

Every woman deserves the strength, energy,
and vitality to shine every day

Symptoms of vitamin deficiencies in women include

- Fatigue and weakness
- Pale or yellowish skin
- Hair loss or thinning
- Mood changes, irritability, or depression
- Numbness or tingling in the hands and feet
- Muscle weakness or pain

VITAWOMEN[™]

Complete care for women's health and wellness

- Reduces risk of anemia and supports reproductive health. Boosts energy, concentration, and metabolism.
- Enhances skin, hair, and nail health.
- Strengthens immune system and protects against oxidative stress. Supports vision and eye health.
- Aids in thyroid function and hormonal balance.

CONSIST OF
26 PREMIUM
INGREDIENTS

Vita Women is a comprehensive multivitamin designed to support women's unique nutritional needs – from bone health and energy to skin, hair, and overall wellness.



Ashwagandha

Water-Soluble Vitamins and B-Complex

Vitamin C

Thiamine (B1)

Riboflavin (B2)

Niacinamide (B3)

Pantothenic Acid (B5)

Vitamin B6

Biotin (B7)

Folate (B9)

Vitamin B12

Phytonutrients

Lutein

Lycopene

Fat-Soluble Vitamins

Vitamin A (Acetate) / Beta-Carotene

Vitamin E (dl- α -tocopheryl acetate)

Vitamin D3 (Cholecalciferol)

Vitamin K1

Minerals & Trace Elements

Calcium (carbonate/phosphate)

Magnesium (oxide)

Iron (ferrous fumarate)

Zinc

Copper

Manganese

Selenium

Iodine

Chromium

Vitamins have shifted from optional to essential in modern health habits

As per recent reports most Americans (69%) take dietary supplements to support their personal health goals, which commonly include improving energy (49%), boosting immunity (38%), enhancing cognitive function (37%), and maintaining bone health (35%).



VITAWOMEN™

Complete care for women's health and wellness



Ashwagandha

Reduces stress & anxiety by balancing cortisol levels.

Supports hormonal balance, easing PMS and menopause symptoms. Boosts energy & fights fatigue, enhancing stamina.

Improves sleep quality and helps with insomnia.

Enhances fertility & reproductive health by supporting hormone regulation.

Vitamins

Biotin (B7)

Supports healthy hair growth – helps reduce hair thinning and strengthens hair strands. Enhances skin health – contributes to a clearer complexion and supports skin barrier function.

Aids energy metabolism – acts as a coenzyme in the metabolism of carbohydrates, proteins, and fats. Promotes strong nails – reduces nail brittleness and breakage.

Supports pregnancy health – helps meet increased metabolic demands and may play a role in embryonic development.

Maintains nervous system function – supports healthy nerve signaling and brain function.

Vitamin A (Acetate) / Beta-Carotene

Essential for vision, immune function, skin health, and cell growth. Beta-carotene serves as a safe provitamin A source.

Vitamin E (dl- α -tocopheryl acetate)

Acts as an antioxidant, protecting cells from oxidative stress.

Vitamin D3 (Cholecalciferol)

Promotes calcium absorption to support bone and dental health. Deficiency often leads to weakened bones.

Vitamin K1

Vital for proper blood clotting and bone metabolism.

Thiamine (B1), Riboflavin (B2), Niacinamide (B3), Pantothenic Acid (B5), Vitamin B6, Folate (B9), Vitamin B12

These B vitamins act as essential coenzymes and cofactors in metabolism, energy production, red blood cell synthesis, DNA synthesis and repair, and neurological function.

Folate in particular is critical during pregnancy to prevent neural tube birth defects.

Vitamin C

A potent antioxidant, crucial for collagen production, immune defense, and enhancing iron absorption.





Minerals & Trace Elements

Calcium (carbonate/phosphate) & Magnesium (oxide)

Work synergistically to maintain bone strength, muscle function, and overall mineral balance.

Iron (ferrous fumarate)

Supports hemoglobin formation to prevent anemia. Particularly important for menstruating women

Zinc: Supports immune function, skin health, and metabolic enzyme systems.

Iodine: Essential for thyroid hormone production and metabolic regulation.

Selenium, Copper, Manganese, Chromium: Act as cofactors in critical enzymatic reactions (e.g., antioxidant defense, glucose metabolism).



Phytonutrients

Lutein

Important for eye health, especially for filtering blue light and supporting macular function.

Lycopene

Functions as an antioxidant, with potential benefits for skin health and cellular protection.

Indications

Viitawomen is suited for women in the following categories:

Premenopausal or Menstruating Women

Need extra iron due to menstrual blood loss.

Folate supports reproductive health and early fetal development.

Women with Limited Dietary Intake

Those not getting sufficient fruits, vegetables, or whole foods may benefit from vitamin C, B-complex, and antioxidants.

Women with Limited Sun Exposure or Higher Bone Health Needs

Vitamin D, calcium, and vitamin K support bone density and reduce risk of osteoporosis.

Vegans, Vegetarians, or Those with Absorption Issues

Vitamin B12 is often deficient in plant-based diets; supplementation is key.

Women Experiencing Stress or Needing Energy Support

B-complex and antioxidants like vitamins C and E assist in energy metabolism and reducing oxidative stress.

For Skin, Hair, and Immune Support

Biotin, vitamins A, C, and E, zinc, lycopene, and lutein help maintain skin vitality, collagen production, and immune resilience.

General Nutritional Support in Various Life Stages

Ideal for bridging dietary gaps common in women of reproductive age, during early pregnancy, or perimenopause.



Composition

Ingredient	Quantity per Tablet	Typical RDA / Reference (adult)
Ashwagandha	30 mg	-
Vitamin A (Acetate)	300 µg RAE	RDA: 900 µg (men); 700 µg (women)
Beta-Carotene	600 µg	No separate RDA (provitamin A source)
Vitamin E (dl-α-tocopheryl acetate)	12.6 mg (28 IU)	RDA: 15 mg (α-tocopherol)
Vitamin C	150 mg	RDA: 90 mg (men); 75 mg (women)
Vitamin D3 (Cholecalciferol)	20 µg (800 IU)	RDA: 15 µg (600 IU) adults
Vitamin K1	20 µg	RDA: 120 µg (men); 90 µg (women)
Vitamin B1 (Thiamine)	3.85 mg	RDA: 1.2 mg (men); 1.1 mg (women)
Vitamin B2 (Riboflavin)	3.85 mg	RDA: 1.3 mg (men); 1.1 mg (women)
Niacinamide	14 mg	RDA: 16 mg (men); 14 mg (women)
Vitamin B6 (Pyridoxine)	5 mg	RDA: 1.3 mg
Folate (Folic Acid)	400 µg	RDA: 400 µg DFE
Vitamin B12	21.6 µg	RDA: 2.4 µg
Biotin	45 µg	AI: 30 µg
Pantothenic Acid	11 mg	AI: 5 mg
Calcium (Carbonate/Phosphate)	400 mg	RDA: 1000 mg (19–50 y)
Iron (Ferrous Fumarate)	7.5 mg	RDA: 8 mg (men); 18 mg (women)
Magnesium (Oxide)	64 mg	RDA: 400–420 mg (men); 310–320 mg (women)
Zinc (Zinc Oxide)	8 mg	RDA: 11 mg (men); 8 mg (women)
Copper (Cupric Sulfate)	900 µg	RDA: 0.9 mg
Manganese	5 mg	AI: 2.3 mg (men); 1.8 mg (women)
Iodine (Potassium Iodide)	150 µg	RDA: 150 µg
Selenium (Sodium Selenate)	55 µg	RDA: 55 µg
Chromium (Chromium Chloride)	25 µg	AI: 35 µg (men); 25 µg (women)
Lutein (Tagetes erecta)	1 mg	-
Lycopene	0.6 µg	-

Manufactured and Marketed by



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care
for women's
health and
wellness**

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26 PREMIUM
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Vitamins and Minerals Tablets
with Joint, Skin & Beauty, Women's
Health and Anti-Oxidant Blend

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