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## Vitalert Multivitamin Products

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Registered Dietitian

Trying to meet all your nutritional needs with food alone can be quite difficult, especially for busy people. It should come as no surprise, then, that many adults turn to the use of nutritional supplements, including [multivitamins](#). Vitalert is one particular brand of multivitamins that may provide the nutritional support you need.

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[www.weilvitaminadvisor.com](http://www.weilvitaminadvisor.com)

## Products

### Vitalert Multivitamins

[VitalertHealth.com](#) describes its Vitalert Energy Multivitamin as a multivitamin, multimineral, and herbal supplement that provides 40 essential vitamins, minerals, electrolytes, and antioxidants designed to improve memory, energy, and health.

Vitalert energy multivitamins are available in 100-tablet bottles for \$14.99 through the online retailer [MedicalProvisions.com](#).

Vitalert Energy Multivitamins provide each of the vitamins and minerals listed below in the following amounts:

Amount per Serving		% Daily Value
Vitamin A	5000 IU	100%
Vitamin C	500 mg	833%
Vitamin D	400 IU	100%
Vitamin E	60 IU	200%
Vitamin K	25 mcg	31%
Thiamin	13 mg	867%
Riboflavin	15 mg	882%
Niacin	120 mg	600%
Vitamin B6	13 mg	650%

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Biotin	45 mcg	15%
Panthothenic Acid	20 mg	200%
Calcium	200 mg	20%
Iron	9 mg	50%
Phosphorous	150 mg	15%
Iodine	150 mcg	100%
Magnesium	100 mg	25%
Zinc	15 mg	100%
Selenium	70 mcg	100%
Copper	2 mg	100%
Manganese	4 mg	200%
Chromium	30 mcg	25%
Molybdenum	30 mcg	40%
Chloride	50 mg	1%
Potassium	50 mg	1%
Silicon	5 mg	
Boron	135 mcg	
Tin	10 mcg	
Vanadium	10 mcg	
Nickel	5 mcg	

The proprietary herb blend included within these multivitamins contains:

- Guarana (seed) extract
- Ginkgo Biloba (leaf)
- Panax Ginseng (root)
- Taurine
- Bee Pollen
- Soy Protein
- Ginger (root)
- Gotu Kola (herb)
- Quercetin

## Vitalert Energy Drink

In addition to its multivitamins, Vitalert also produces an energy drink - however, the Vitalert website currently does not provide nutritional facts for this product.

## Directions for Use

Individuals who are interested in taking Vitalert energy multivitamins are

### Vitamin B12 Benefits

### Natural Sources of Vitamin D

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For optimal results, be sure to take Vitalert energy multivitamins on a daily basis.

## Warnings

As with other multivitamins, individuals are encouraged to talk with their healthcare provider before adding Vitalert energy multivitamins to their daily routine. Since Vitalert energy vitamins contain soy and bee pollen, they may trigger an allergic reaction in those who are sensitive to these products.

## Reviews

Reviewers on [Amazon.com](http://Amazon.com) rate Vitalert energy multivitamins 4.7 out of 5 stars. Reviewers touted the extra boost of energy that they achieved after taking Vitalert multivitamins, and were especially pleased with the relatively low price, as compared to similar multivitamins.

## One Option Among Many

Though whole foods are often touted as a must when it comes to meeting the nutritional demands of the body, this is not always a feasible option for all individuals. Those who are looking for a multivitamin to "fill in the gaps" when it comes to vitamin and mineral requirements may fare well with the use of Vitalert energy multivitamins. To ensure the product is right for you, be sure to talk with your healthcare provider before adding it to your diet.

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