

Retail Multiple Comparison Chart #1

Product	Centrum	Multi One	VM-75	Just One	One Daily	Advanced
Manufacturer	Sundown	BlueBonnet	Solgar	Rainbow Light	Mega Food	Rainbow Light
Vitamin A beta carotene retinyl palmitate acetate and beta carotene	5,000 iu	10,000 iu	7,500 iu 7,500 iu	10,000 iu	10,000 iu	17,500 iu 7,500 iu
Vitamin B1, thiamine	1.5 mg	25 mg	75 mg	6 mg	6 mg	22 mg
Vitamin B2, riboflavin	1.7 mg	25 mg	75 mg	6 mg	5 mg	25 mg
Vitamin B3, niacinamide	20 mg	50 mg	75 mg	30 mg	30 mg	100 mg
Vitamin B5 pantothenic acid calcium pantothenate	10 mg	50 mg	75 mg	30 mg	12 mg	100 mg
Vitamin B6, pyridoxine	2 mg	25 mg	75 mg	6 mg	6 mg	30 mg
Vitamin B12 cyano cobalamin	6 mcg	100 mcg	75 mcg	25 mcg	15 mcg	90 mcg
Vitamin C magnesium ascorbate Mg ascorbate, AA ascorbic acid (AA)	60 mg	200 mg	250 mg	200 mg	100 mg	1,000 mg
Vitamin D	400 iu	400 iu	400 iu	100 iu	400 iu	100 iu
Vitamin E d-alpha tocopherol succinate acetate dl-alpha tocopherol	30 iu	100 iu	150 iu	60 iu	30 iu	300 iu
Vitamin K	25 mcg	none	none	30 mcg	75 mcg	30 mcg
Folic Acid	400 mcg	400 mcg	400 mcg	400 mcg	200 mcg	400 mcg

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Biotin	30 mcg	300 mcg	75 mcg	300 mcg	150 mcg	600 mcg
Choline bitartrate	none	25 mg	31 mg	15 mg	2 mg	100 mg
Inositol	none	25 mg	75 mg	15 mg	2 mg	50 mg
PABA	none	25 mg	75 mg	5 mg	6 mg	25 mg
Boron amino acid chelate glycinate Krebs complex, glycinate	150 mcg	none	0.5 mg	50 mg	none	500 mcg
Calcium chelate, Krebs, carbonate chelate phosphate, carb, pant carbonate, AA	162 mg	50 mg	20 mg	30 mg	4 mg	240 mg
Chromium picolinate GTF dinicotinate amino acid chelate	120 mcg	100 mcg	25 mcg	50 mcg	25 mcg	200 mcg
Chloride	72 mg	none	none		none	none
Copper histidinate oxide (OX) glycinate Kreb's cycle complex	2 mg	2 mg	none	500 mcg	150 mcg	2 mg

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Iodine potassium iodide kelp	150 mcg	150 mcg	150 mcg	100 mcg	112 mcg	150 mcg
Iron Krebs cycle complex histidinate ferrous fumarate glycinate bisglycinate	18 mg	10 mg	1.3 mg	2 mg	4.5 mg	18 mg
Magnesium Krebs, oxide, ascorbate glycinate, ascorbate aspartate oxide, stearate amino acid, oxide	100 mg	25 mg	10 mg	30 mg	2 mg	300 mg
Manganese sulfate Krebs cycle complex histidinate glycinate amino acid chelate	2 mg	5 mg	1 mg	2 mg	1.2 mg	5 mg

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Molybdenum aspartate, Krebs complex aspartate molybdic acid sodium molybdate amino acid chelate	75 mcg	150 mcg	25 mcg	10 mcg	25 mcg	50 mcg
Nickel (sulfate)	5 mcg	none	none		none	none
Phosphorous	109 mg	none	none		none	none
Potassium chloride, Krebs complex amino acid chelate citrate, chloride aspartate	80 mg	5 mg	1.8 mg	20 mg	1 mg	99 mg
Selenium selenomethionine	20 mcg	50 mcg	25 mcg	25 mcg	25 mcg	75 mcg
Silicon dioxide	2 mg	none	none		none	none
Tin (stannous chloride)	10 mcg	none	none		none	none
Vanadium Krebs complex Vanadyl sulfate Sodium Metavanadate	10 mcg	none	none	8 mcg	10 mcg	30 mcg

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Zinc picolinate Krebs cycle chelate oxide citrate, methionine glycinate, AA, OX	15 mg	15 mg	10 mg	5 mg	5 mg	20 mg
Botanicals Hydrilla verticillata Ginkgo Grape skin Nettles Siberian ginseng root Wheat sprouts		none	none	30 mg 10 mg 75 mg 20 mg	75 mg	315 mg 50 mg 250 mg 150 mg
Bioflavenoids alpha carotene lutein rutin hesperidin citrus cryptoxanthin zeaxanthin Quercetin lemon carotene complex	250 mcg	none	171 mcg 26 mcg 25 mg 5 mg 25 mg 41 mcg 34 mcg	15 mg 10 mg 60 mg 10 mg	45 mg	20 mg 15 mg 30 mg 250 mg
Chlorophyll	none	none	none		none	6 mg
Betaine	none	none	25 mg		none	none

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Vegetables	none	none	none		none	36 mg
Tomato						50 mg
Octacosanol (spinach)						300 mcg
Sea vegetables						18 mg
Enzymes	none	none	none		14 mg	
amylase				113 DU		280 DU
lipase				1.2 LU		3 LU
protease				332 HUT		3,600 HUT
cellulase				1.3 CU		3.5 CU
Lactobaccillus sporogenes	none	none	none	none	none	30 mill cells
Apple pectin		none	none	20 mg	none	48 mg
Green papaya		none	none	12 mg	none	30 mg
Spirulina		none	none	100 mg	none	750 mg
Chlorella		none	none	none	none	350 mg
cellulose	all items listed on label	none	none	none	none	none
Microcrystalline						
Hydroxypropyl Methyl						
Gelatin						
Crospovidone						
Titanium Dioxide						
Borates						
Stearic Acid						
Triethyl Citrate						
Polysorbate 80						
FD&C Yellow #6						
Sodium						
Metasilicate, Molybdate						
Metavanadate						

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Daily dose	1	1	1	1	1	6
Price	\$7.99	\$15.95	\$16.95	\$32	\$19.60	\$50.40
Quantity	130	90	90	120	60	240
Price for one month	\$1.85	\$5.32	\$5.65	\$8.00	\$9.80	\$37.80

About the Author

Ronald Steriti, NMD, PhD is a graduate of Southwest College of Naturopathic Medicine.

Dr. Ron specializes in natural health consults by phone and invites you to call him at (941) 659-2684

You may also visit his web site at <http://www.naturdoctor.com>