

## Retail Multiple Comparison Chart #2

Product	Advanced	Daily Gold Pack	Optimum 6	Perfect Multi	LEF Mix	Elan Vital
Manufacturer	Rainbow Light	Solgar	Vitamin Research	Purity Products	Life Extension	Source Naturals
Vitamin A beta carotene beta carotene, acetate fish liver oil retinyl palmitate	17,500 iu   7,500 iu					
Vitamin B1, thiamine	22 mg					
Vitamin B2, riboflavin	25 mg					
Vitamin B3 niacin niacinamide inositol hexoniacinate	  100 mg					
Vitamin B5 pantothenic acid calcium pantothenate	 100 mg					
Vitamin B6, pyridoxine	30 mg					
Vitamin B12 cobalamin concentrate cyano cobalamin hydroxyl cobalamin ion exchange resin methyl cobalamin	  90 mcg					

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Vitamin C						
Acerola juice powder ascorbates and AP ascorbic acid ascorbyl palmitate (AP) Ca, Mg, niacin ascorbate magnesium ascorbate manganese ascorbate niacinamide ascorbate zinc ascorbate	1,000 mg					
Vitamin D	100 iu					
Vitamin E d-alpha tocopherol acetate succinate dl-alpha tocopherol	300 iu					
Vitamin K	30 mcg					
Folic Acid folate triglutamate	400 mcg					
Biotin	600 mcg					
Choline bitartrate Phosphatidylcholine	100 mg					

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Inositol hexoniacinate hexoniacinate, inositol	50 mg					
PABA	25 mg					
Boron amino acid chelate Krebs complex, glycinate gluconate	240 mg					
Calcium amino acid chelate carb, succinate, malate carbonate (carb) citrate malate pantothenate (pant) stearate						
Chromium picolinate GTF polynicotinate, picolinate amino acid chelate ChromeMate (niacin)	200 mcg					

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Copper sebacate amino acid chelate Kreb's cycle complex	2 mg					
Iodine amino acid chelate potassium iodide kelp	150 mcg					
Iron glycinate Kreb's cycle complex bisglycinate	18 mg					
Magnesium amino acid chelate arginate ascorbate, succinate, ox aspartate glycinate oxide (ox) taurinate oxide, Krebs, ascorbate	300 mg					

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Manganese amino acid chelate ascorbate gluconate Krebs cycle complex sulfate	5 mg					
Molybdenum amino acid chelate aspartate aspartate, Krebs complex chelate sodium molybdate	50 mcg					
Phosphorous amino acid chelate	none					
Potassium amino acid chelate aspartate chloride chloride, Krebs complex citrate succinate, alpha-ketoglut.	99 mg					

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Selenium SelenoExcell sodium selenate methionine, selenite selenomethionine	75 mcg					
Silicon						
Vanadium vanadyl sulfate Krebs complex	30 mcg					
Zinc amino acid chelate ascorbate Krebs cycle chelate OptiZinc OptiZinc, ascorbate propionate (Kemin) succinate	20 mg					
Krebs cycle intermediates citric acid malic acid calcium malate						
Lipoic acid						
CoQ10						
Glutathione (reduced)						

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Bioflavenoids						
carotenoids						
carotenes						
alpha carotene						
beta carotene						
lycopene						
xanthophylls						
lutein						
rutin	20 mg					
hesperidin	15 mg					
citrus						
Zea and Crypto-xanthin						
Quercetin	30 mg					
lemon	250 mg					
succinic acid						
Amino acids						
N acetyl cysteine						
N acetyl glucosamine						
N acetyl L tyrosine						
taurine						
L lysine						
DMAE bitartrate						
Chlorophyll	6 mg					
Apple pectin	48 mg					

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<b>Botanicals</b> Aloe leaf Bilberry extract Cayenne Cranberry Dandelion root Fennel seed Garlic powder Ginger Ginkgo biloba leaf Grape seed extract Green tea Marshmallow root Milk thistle seed extract Parsley Rosemary Siberian ginseng root Turmeric Wheat sprouts	315 mg          50 mg          250 mg   150 mg					
<b>Enzymes</b> amylase lipase protease cellulase	280 DU 3 LU 3,600 HUT 3.5 CU					



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Vegetables	36 mg					
Broccoli						
Cabbage						
Carrot						
Celery seed						
Octacosanol (spinach)	300 mcg					
Sea vegetables	18 mg					
Tomato	50 mg					
Green papaya	30 mg					
Betaine						
Trimethylglycine						
Thiodipropionic Acid						
Dilaurylthiodipropionate						
Inhibit glycosylation						
Ornithine AKG						
Calcium pyruvate						
Bromelain						
Lactobaccillus sporogenes	30 mill cells					
Papain						
Tocotrienol						
Soy						
Spirulina	750 mg					
Chlorella	350 mg					

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Daily dose						
Price Quantity						
Price for one month						

### About the Author

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