

|                   | MEDICINA<br>ORTOMOLECOLARE | LIFE EXTENSION<br>TWO PER DAY |       | DR. MERCOLA<br>WHOLE FOOD<br>MULTIVITAMIN PLUS |       | PURE ENCAPSULATIONS<br>NUTRIENT 950<br>WITHOUT COPPER & IRON |        |
|-------------------|----------------------------|-------------------------------|-------|------------------------------------------------|-------|--------------------------------------------------------------|--------|
|                   |                            | 2 caps                        |       | 8 tabs                                         |       | 6 vcaps                                                      |        |
| Vitamin A         | 20000 – 40000 IU           | 5000 IU                       | 100%  | 5000 IU                                        | 100%  | 15000 IU                                                     | 300%   |
| Vitamin D         | 800 IU                     | 2000 IU                       | 500%  | 5000 IU                                        | 1250% | 800 IU                                                       | 200%   |
| Vitamin E         | 400 – 800 IU               | 100 IU                        | 333%  | 400 IU                                         | 1333% | 400 IU                                                       | 1333%  |
| Vitamin B1        | 50 – 100 mg                | 75 mg                         | 5000% | 3 mg                                           | 200%  | 100 mg                                                       | 6667%  |
| Vitamin B2        | 50 – 100 mg                | 50 mg                         | 2941% | 3,4 mg                                         | 200%  | 50 mg                                                        | 2941%  |
| Vitamin B3        | 50 – 300 mg                | 50 mg                         | 250%  | 40 mg                                          | 200%  | 100 mg                                                       | 500%   |
| Vitanim B6        | 50 – 100 mg                | 75 mg                         | 3750% | 4 mg                                           | 200%  | 25 mg                                                        | 1250%  |
| Folate            | 400 – 800 mcg              | 400 mcg                       | 100%  | 400 mcg                                        | 100%  | 800 mcg                                                      | 200%   |
| Vitamin B12       | 100 – 200 mcg              | 300 mcg                       | 5000% | 100 mcg                                        | 1667% | 1000 mcg                                                     | 16667% |
| Biotin            |                            | 300 mcg                       | 100%  | 900 mcg                                        | 300%  | 800 mcg                                                      | 267%   |
| Pantothenic Acid  | 100 – 200 mg               | 100 mg                        | 1000% | 30 mg                                          | 300%  | 400 mg                                                       | 4000%  |
| Calcium           |                            | 12 mg                         | 1%    | 250 mg                                         | 25%   | 300 mg                                                       | 30%    |
| Iodine            | 150 mcg                    | 150 mcg                       | 100%  | 200 mcg                                        | 133%  | 200 mcg                                                      | 133%   |
| Magnesium         | 500 mg                     | 100 mg                        | 25%   | 500 mg                                         | 125%  | 200 mg                                                       | 50%    |
| Zinc              | 15 – 30 mg                 | 30 mg                         | 200%  | 15 mg                                          | 100%  | 25 mg                                                        | 167%   |
| Selenium          | 150 – 200 mcg              | 200 mcg                       | 286%  | 200 mcg                                        | 286%  | 200 mcg                                                      | 286%   |
| Copper            |                            |                               |       | 50 mcg                                         | 3%    |                                                              |        |
| Manganese         | 2 – 3 mg                   | 2 mg                          | 100%  | 2 mg                                           | 100%  | 5 mg                                                         | 250%   |
| Chromium          | 150 – 200 mcg              | 200 mcg                       | 167%  | 200 mcg                                        | 167%  | 200 mcg                                                      | 167%   |
| Molybdenum        | 100 – 150 mcg              | 100 mcg                       | 133%  | 100 mcg                                        | 133%  | 100 mcg                                                      | 133%   |
| Potassium         |                            | 25 mg                         | 1%    | 99 mg                                          | 2%    | 99 mg                                                        | 3%     |
| Lutein            |                            |                               |       | 6 mg                                           |       |                                                              |        |
| Zeaxanthin        |                            |                               |       | 1 mg                                           |       |                                                              |        |
| Alpha-Lipoic Acid |                            | 25 mg                         |       |                                                |       |                                                              |        |
| Boron             | 1 – 3 mg                   | 3 mg                          |       | 1,5 mg                                         |       | 2 mg                                                         |        |
| Choline           |                            | 20 mg                         |       | 60 mg                                          |       |                                                              |        |

|                                   |  |          |         |         |
|-----------------------------------|--|----------|---------|---------|
| Vanadium                          |  |          | 50 mcg  | 200 mcg |
| Inositol                          |  | 50 mg    | 100 mg  | 90 mg   |
| Trace Elements                    |  |          | 100 mcg |         |
| Strontium                         |  |          | 297 mcg |         |
| Silica                            |  |          | 100 mg  |         |
| PABA                              |  |          | 50 mg   |         |
| L-Cysteine/N-Acetyl L-Cysteine    |  |          | 150 mg  |         |
| Betaine                           |  |          | 114 mg  |         |
| Bromelain                         |  |          | 50 mg   |         |
| Glutamic Acid                     |  |          | 20 mg   |         |
| L-Methionine                      |  |          | 12,5 mg |         |
| Rose Hips                         |  |          | 100 mg  |         |
| Lemon Bioflavonoids               |  |          | 100 mg  |         |
| Red Wine Proanthocyanidins        |  |          | 50 mg   |         |
| Hesperidin                        |  |          | 35 mg   |         |
| Rutin                             |  |          | 25 mg   |         |
| Vegetable Fruits and Herbs        |  |          | 700 mg  |         |
| Blueberry (fruit)                 |  |          | 100 mg  |         |
| Garlic (bulb, Pure-Gar, odorless) |  |          | 100 mg  |         |
| Broccoli (entire plant)           |  |          | 100 mg  |         |
| Cauliflower (entire plant)        |  |          | 100 mg  |         |
| Spirulina                         |  |          | 100 mg  |         |
| Chlorella (broken cell wall)      |  |          | 100 mg  |         |
| Green Papaya Extract (fruit)      |  |          | 100 mg  |         |
| Green Tea Extract (leaf)          |  |          | 50 mg   |         |
| Sprouted Barley Juice             |  |          | 50 mg   |         |
| Wheat Grass Juice                 |  |          | 50 mg   |         |
| Beet Extract (root)               |  |          | 50 mg   |         |
| Apple Pectin (fruit)              |  |          | 50 mg   |         |
| Ascorbyl Palmitate                |  |          | 120 mg  | 120 mg  |
| Riboflavin-5-Phosphate            |  |          | 25 mg   | 25 mg   |
| Pyridoxal 5' Phosphate            |  |          | 25 mg   | 25 mg   |
| Marigold Extract                  |  | 11,12 mg |         |         |
| Mixed Carotenoids                 |  |          | 850 mcg | 850 mcg |

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| <b>Lycopene</b><br><b>Natural Mixed Tocopherols</b><br><b>Niagen Nicotinamide Riboside</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |  | <b>2 mg</b><br><b>20 mg</b><br><b>1 mg</b> | <b>6 mg</b> |  |
| <div> <div></div> <div> <p>Other Ingredients:<br/> vegetable cellulose (capsule),<br/> microcrystalline cellulose,<br/> silica, vegetable stearate,<br/> calcium silicate, maltodextrin,<br/> chlorophyllin.<br/> Contains soybeans.<br/> Due to the source of the kelp,<br/> this product may contain fish<br/> and shellfish.</p> </div> <div> <p>Other Ingredients:<br/> cellulose, krebs=citrate,<br/> fumarate, malate, glutarate<br/> and succinate complex.</p> </div> <div> <p>Other Ingredients:<br/> vegetarian capsule (cellulose,<br/> water).</p> </div> </div> |  |                                            |             |  |