



	Unit	Note	Adult RDA	Optml	AREDS 2 Multi	AREDS2 MiniGels	Two-Per Day	OcuForce	ADK Evail	Ultra V30 it Liposomal	Elite AM/PM	Twice Daily	Multi-Vit Complex
					B & Lomb		LEF		DFH	Quick silver	Thorne	DFH	Klaire
Notes below					A2M	A2G				QS			
Retail Price					34.99		\$24.00		\$32.75	\$50.00	\$66.	\$46.25	\$19.99
Wellevate							L21418		D06102	Q23102			
Serving Size (day)					2 gels	2	2		1	1 tsp	6 caps	2 caps	1 cap
Serving/Jar					50		60		60	20	30	60	60
Cost/Day							\$0.40		\$0.50	\$2.50	\$2.20	\$0.75	0.33
Incipients					see below	carmine							
EPA-DHA (Omega-3's)													
Vitamin A	mcg (IU)	VA			----	----	5,000 mixed	4 mg	1515 (5000)	3,800		1000 IU	1,500
Beta Carotene	mg	VA						15	----			540	
Alpha Carotene	mg							4					
Vitamin C	mg				500	500	470			110	370	500	120
Vitamin D-3*	mcg (IU)	VD		4000+	15 (600)		2,000		125 (5000)	2500	2,500	1000	5
Vitamin E	mg (IU)	VE			180	180	67				27		20
Mixed Tocopherols	mg					----	20	90 total as gamma 63, delta 17, alpha 7, beta 3	50 gamma + delta	23	48	15 mixed	5
K1	mcg				30 mcg	---			1000	45	200		
K2: MK-4		VK				---			50		200	120 mixed	
K2: MK-7										45			
Thiamine B1	mg				1.5		75	10		12.5	50	2.3	4.5
Riboflavin B2	mg				1.7		50	20		5.6	12	2.8	5.1
Niacin B3	mg	B3			--					10		50 NE	60 NE
Niacinamide B3	mg				20		50				60		
Pantothenic B5	mg				10		50			25	45	12	30
Pyridoxine B6	mg				2		75	10		6.7	20	5.2	11
Folate	mcg	F			400 (666 DFE) folic		400	100		850 DFE	680	800	680
Vitamin B-12	mcg	B12			25 mcg cyano		300 M			500 M		500 M	18
TMG	mg									20			
Choline	mg										54		40
PABA													50
Inositol			---				50						40
Biotin	mcg		30		30		300			500	1000		300
Boron			---				3				3	2	
Calcium	mg										88		
Chromium	mcg				50		200					200	
Cobalt													
Copper	mg				2	1.6					1.5		
Iodine	mcg		150		150		150				150	150	
Iron													
Lithium													
Magnesium					100		100				170		
Manganese					2		2				3	1	
Molybdenum	mcg				45		100				100	100	
Potassium	mg	P											
Selenium	mcg			200+	19		200	50			200	200	
Strontium			---										
Vanadium	mcg												
Zinc	mg		10	50+	80	80	25	15			30	15	
Alpha Lipoic	mg		---				25	50					
Taurine	mg							200					
NAC	mg							200					
Quercetin	mg							100					
Lutein	mcg		---		10	10	5	10		*	900		
Lycopene	mg		---				1			*			
Anthocyanidins	mg							25					
Terpene Lactones	mg							3.6					
Curcumin	mg		---								200		
Quercetin	mg		---				15						
Zeaxanthin	mg		---		2	2	0.155	2		*			

Notes: VB3: NE (Niacin Equivalents) B12: Comes as Cyano, Hydroxy and Methyl F: 1 mg DFE (Dietary Folate Equivalents)= 600 mcg; P: Potassium 99 mg = 2.5 QS: \* = additional components VA: RAE (Retinol Activity Equivalents) 5000 IU = 1.5 mg; VD: 2000 IU = 50 mcg VE: VK:

A2G: Lutein and Zeaxanthin replaced Beta-Carotene in original formula. Vitamin E as dl-alpha tocopherol is potentially toxic. No Vit A!

A2M: Incipients: gelatin,soybean oil, yellow beeswax, silicon dioxide, titanium dioxide, FD&C Red 40, Blue 1; Vitamin E as dl-alpha tocopherol is potentially toxic; Form of vitamin K as K1; B12 as cyanocobalamin is inferior to methylcobalamin; Folate as folic acid, inferior to 5MTHF; No Vit A!