

Compare Your Multivitamin

MD Prescriptives Essentials 5-in-1 \$39 4 Veggie Caps	Wyeth Centrum® \$10.99 1 Tablet	GNC UltraMega® Gold \$34.95 2 Caplets	Xymogen ActiveEssentials \$50.02 4 Capsules	LifeExtension Mix Caps \$82.50 14 Capsules
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Vitamin A (as Carotenoids Complex)	7500 IU	3500 IU	5000 IU	7500 IU	5000 IU
Vitamin C	300 mg	90 mg	500 mg	250 mg	1750 mg
Vitamin C (as fat soluble Ascorbyl Palmitate)	150 mg	n/a	0	0	250 mg
Vitamin D3 (as cholecalciferol)	2000 IU	400 IU	600 IU	200 IU	1000 IU
Vitamin E (as d-alpha Tocopherol Succinate)	400 IU	30 IU	100 IU	200 IU	400 IU
Vitamin E (as Gamma Tocopherol)	100 mg	0	0	N/A	0
Sesame Seed Lignan Extract	20 mg	0	0	0	10 mg
Vitamin B1 (asThiamine HCL)	75 mg	1.5 mg	100 mg	20 mg	125 mg
Vitamin B2 (as Riboflavin)	50 mg	1.7 mg	100 mg	0	48 mg
Activated Vitamin B2 (as Riboflavin 5'Phosphate)	25 mg	0	0	20 mg	2 mg
Vitamin B6 (as Pyridoxine HCL)	25 mg	2 mg	100 mg	0	100 mg
Activated Vitamin B6 (as Pyridoxine 5'Phosphate)	25 mg	0	0	20 mg	2.5 mg
Vitamin B3 (as Niacinamide and/or Niacin)	75 mg	20 mg	100 mg	63 mg	190 mg
Activated Vitamin B3 (as Inositol Hexaniacinate)	75 mg	0	25 mg	36 mg	0
Folate	800 mcg	500 mcg	600 mcg	400 mcg	800 mcg
Biotin	1000 mcg	30 mcg	300 mcg	1000 mcg	3000 mcg
Vitamin B5 (as D-calcium Pantothenate)	200 mg	10 mg	100 mg	200 mg	595 mg
Activated Vitamin B5 (as Pantethine)	100 mg	0	0	0	5 mg
Vitamin B12 (as Methylcobalamin)	2000 mcg	6 mcg	150 mcg	500 mcg	600 mcg
Vitamin K2 (as Menaquinone)	100 mcg	25 mcg	0	0	0
Cobalt	90 mcg	0	7 mcg	22 mcg	27 mcg
Calcium	100 mg ^{1*}	200 mg	100 mg	100 mg	218 mg
Magnesium	100 mg ^{2*}	100 mg	50 mg	100 mg	400 mg
Chromium	500 mcg ^{3*}	35 mcg	120 mcg	500 mcg	500 mcg
Iodine	1000 mcg	150 mcg	150 mcg	100 mcg	75 mcg
Zinc	50 mg ^{4*}	11 mcg	15 mg	13 mg	35 mg
Selenium	400 mcg	55 mcg	200 mcg	100 mcg	200 mcg
Copper	4 mg ^{5*}	0.9 mg	2 mg	1 mg	1 mg
Vanadium	200 mcg ^{6*}	10 mcg	0	750 mcg	0
Boron	2000 mcg [*]	150 mcg	0	0	3 mcg
Potassium	18 mg [*]	80 mg	0	99 mg	37.4 mg
Manganese	4 mg ^{7*}	2.3 mg	2 mg	500 mcg	1 mg
Molybdenum	150 mcg ^{8*}	45 mcg	75 mcg	50 mcg	125 mcg
Bioperine	5 mg ⁹	0	0	0	0

*Chelated

Notice: Prices and nutrient values are subject to change. Please use this comparison for general informational purposes only. Please visit the respective manufacturer's websites for the most current information.

DimaCal, TRAACS and the Albion Medallion design are registered trademarks of Albion Laboratories, Inc. Malate covered under U.S. Patent 6,706,904 and patents pending.

1. As DimaCal® di-calcium malate
2. As TRAACS® magnesium glycinate chelate
3. As TRAACS® chromium nicotinate glycinate chelate
4. As TRAACS® zinc glycinate chelate
5. As TRAACS® copper glycinate chelate
6. As TRAACS® vanadium nicotinate glycinate chelate
7. As TRAACS® manganese glycinate chelate
8. As TRAACS® molybdenum glycinate chelate
9. Clinically shown to improve the bioavailability of nutrients