

Comparison Chart: optimal levels for health (and healthy aging):
 Recommended Daily Intake (RDI)

NUTRIENTS	RDI s	UltraVites Each 2	Ultra Preventive/4	Your Multi	Other Nutrients
Bioflavonoids		50 mg	50 mg		
Biotin	300 mcg	500 mcg	500 mcg		
Boron		5 mg	5 mg		
Calcium	1000 mg	50 mg	180 mg		
Chloride	3400 mg				
Chromium	120 mcg	50 mcg	100 mcg		
Copper	2 mg	1 mg	2 mg		
Folic Acid (B9)	400 mcg	800 mcg	800 mcg		
Iodine	150 mcg	225 mcg	225 mcg		
Iron*	18 mg		15 mg		
Lycopene		2.5 mg	2.5 mg		
Magnesium	400 mg	150 mg	120 mg		
Manganese	2 mg	2 mg	2.5 mg		
Molybdenum	75 mcg	20 mcg	20 mcg		
Niacin (B3)	20 mg		20 mg		
Niacinamide		40 mg	40 mg		
Pantothenic Acid (B5)	10 mg	75 mg	75 mg		
Phosphorus	1000 mg				
Potassium		20 mg	40 mg		
Protein	45 gm				
Selenium	70 mcg	50 mcg	50 mcg		
Vitamin A	5,000 iu	4500 iu	4500 iu		
Thiamine (B1)	1.5 mg	25 mg	10 mg		
Riboflavin (B2)	1.7 mg	25 mg	10 mg		
Vitamin B6	2 mg	25 mg	10 mg		
Vitamin B12	6 mcg	1000 mcg	500 mcg		
Vitamin C	60 mg	100 mg	250 mg		
Vitamin D	400 iu	1000 iu	4000 iu		
Vitamin E	30 iu	40 iu	100 iu		
Vitamin K	80 mcg		120 mcg		
Zinc	15 mg	10 mg	15 mg		
**Spirulina			**		

* Ultra Preventive Plus Iron - available without Iron. Use a multi without Iron unless there is a need for Iron.

** Amount of Spirulina may vary