

# Comparison of Famously known Drug-store Brand vs. Physician Quality Multivitamins

Famously known Store-Brand (FSB)		Physician-Only Brand (POB)	
	<b>Serving Size: 1 Tablet</b>	<b>Serving Size: 3 Capsules</b>	
	<b>Amount</b>	<b>Amount</b>	
<b>VITAMINS</b>			
Vitamin A (75% as Beta carotene & 25% Vitamin A Acetate)	2400mcgRAE	5000mcgRAE	Vitamin A (80% as beta carotene with mixed carotenoids and 20% as vitamin A acetate)
Vitamin C (as Ascorbic Acid)	75 mg	500mg	Vitamin C (as Ascorbic Acid)
Vitamin D3 (as Cholecalciferol)	8mcg	10mcg	Vitamin D3 (as Cholecalciferol)
Vitamin E (as dl-Alpha Tocopheryl Acetate)	70 IU	165 mcg	Vitamin E (as d-alpha tocopheryl succinate)
Vitamin B1 (as Thiamine Mononitrate)	2.2 mg	50 mg	Thiamin (as thiamine HCl)
Vitamin B2 ( Riboflavin)	2.7 mg	7.5 mg	Riboflavin (B2)
None	0 mg	5 mg	Riboflavin 5' phosphate (activated B2)
Vitamin B3 (as Niacinamide)	12	50 mg	Niacinamide (B3)
Vitamin B6 (as Pyridoxine Hydrochloride)	7 mg	7.5 mg	Vitamin B6 (as pyridoxine HCl)
None	0 mg	5 mg	Pyridoxal 5' phosphate (activated form of B6)
Vitamin B12 (As Cyanocobalamin)	25 mcg	250 mcg	Vitamin B12 (as methylcobalamin)
Biotin	45 mcg	200 mcg	Biotin
Folic acid (as Folic Acid)	500 mcg	340 mcg	Folate (as L-5-MTHF) Metafolin®
Pantothenic acid (as Calcium Pantothenate)	10 mg	200 mg	Pantothenic Acid (as calcium pantothenate)
<b>Note: The higher levels of vitamins AND more absorbable formats in POB</b>			
<b>MINERALS</b>			
None	0 mcg	250 mcg	Boron (as boron citrate)
Calcium (as Calcium Carbonate & Dibasic Calcium Phosphate)	200 mg	150 mg	Calcium (as dicalcium malate** and calcium pantothenate)
Copper (as Cupric Sulfate)	2 mg	1 mg	Copper (as copper glycinate)
Chromium (as Chromium Picolinate)	100 mcg	100 mcg	Chromium (as chromium polynicotinate)
Iodine (format undisclosed)	100 mcg	25 mcg	Iodine (as potassium iodide)
Iron (as Ferrous Fumarate)	0 mg	9 mg	Iron (as iron aspartate)
Lutein	250 mg	0 mcg	None
Magnesium (as Magnesium Oxide & Magnesium Borate)	50 mg	100 mg	Magnesium (as dimagnesium malate**)

Famously known Store-Brand (FSB)		Physician-Only Brand (POB)	
Manganese (as Manganese Sulfate)	0.3 mg	1.5 mg	Manganese (as manganese aspartate)
Molybdenum (as Sodium Molybdate)	0 mcg	17 mcg	Molybdenum (as molybdenum aspartate)
Potassium Chloride & Potassium Iodide	0 mg	49.5 mg	Potassium (as potassium chloride)
Phytonadione (Vit. K)	25 mcg	0 mcg	None
Nickel (as Nickelous Sulfate)	5 mcg	0 mcg	None
Selenium (as Sodium Selenate)	22.5 mcg	100 mg	Selenium (as selenomethionine)
Silicon (as SILCON OXIDE)	4 mg	0 mg	None
Tin (as Stannous Chloride)	10 mcg	0mcg	None
Vanadium (as Sodium Metavanadate)	10 mcg	100 mcg	Vanadium (as vanadium citrate)
Zinc (as Zinc Oxide)	15 mg	7.5 mg	Zinc (as zinc citrate)

**Note: There is no Recommended Daily Allotment (RDA) for Nickel, Silicon oxide (sand), Titanium Dioxide, or Tin**

#### OTHER INGREDIENTS & ADDITIVES

BHT (to retard Oxidation)	1	Vegetable cellulose capsule
Corn Starch	2	Magnesium Silicate
Crospovidone	3	Ascorbyl Palmitate
Gelatin	4	
Hydrogenated Palm Oil	5	
Magnesium Stearate	6	
Maltodextrin	7	
Microcrystalline Cellulose	8	
Polyethylene Glycol	9	
Polyvinyl Alcohol	10	
Pre-gelatinized Corn Starch.	11	
Silicon Dioxide	12	
Talc	13	
Titanium Dioxide	14	
Tocopherols (to retard oxidation)	15	
Yellow 6 Lake	16	

**Note: The FSB Tablet format is coated with several layers of materials, none-of which add to health**

**Note: The long list of other ingredients in the FSB - all these additives hinder absorption of the vitamins and minerals**