

Evaluating Supplements

Criteria/Category: Ingredient Quality

The table below presents the answers to our *Ingredient Quality Questions For Supplement Companies/Manufacturers* for the industry leading multi ingredient supplements which are reviewed at nutritional-supplement-truths.com

- Total Balance - from Xtend-Life (New Zealand)
- Life Force Multiple (No Iron) - from Source Natural (USA)
- Essentials - from Usana (USA)
- LifePak - from Pharmanex (USA)

Chart Code: **WA** = company wouldn't answer the question and the information is not available on the company's website.

QUESTION	IDEAL ANSWER	Usana	Xtend-Life	Source Naturals	Pharmanex
1. Do you contract out your manufacturing?	No	No	No	For some products	Yes
2. Do you have a Certificate of Analysis (COA) on file for every raw ingredient you use?	Yes	Yes	Yes	Yes	Yes
3. Are all raw ingredients tested for compliance with their Certificates of Analysis (COA)?	Yes	Yes	Yes	Yes	Yes
4. Does your COA testing program include random testing by outside independent laboratories?	Yes	Yes	Yes	WA	Yes
5. If so do those independent laboratories hold GMP certification?	Yes	Yes	Yes	WA	No
6. Are all raw ingredients tested prior to manufacture for microbiological contamination?	Yes	Yes	Yes	WA	Yes
7. Prior to releasing each batch of product do you conduct a further microbiological analysis and a heavy metals analysis?	Yes	Yes	Yes	WA	Yes
8. Do you have a paper trail on					

file documenting questions 2 - 7 above for each batch of product manufactured and would you allow me to view it if I requested?	Yes Yes	Yes No	Yes Yes	WA	Yes No
9. Is your R & D and product formulation controlled by a bio-chemist and are his/her qualifications and experience available to the public?	Yes	Yes	Yes	Yes	WA
10. Does your manufacturing meet pharmaceutical GMP standard?	Yes	Yes	Yes	No	Some: 'safety testing', and 'COA testing'
11. Does your product contain any artificial preservatives; colorings; flavors; solvents; or any lactose or gluteins?	No	No	No	No	No
12. Are all herbal extracts you use standardized?	Yes	Yes	Yes	No	Yes
13. Does your product contain the natural form of Vitamin E?	Yes	Yes	Yes	Yes	Yes
14. Will you supply me with the potencies of all your herbals and phytonutrients?	Yes Use answers to compare brands!	No	Yes	No	Most

Content correct as at Dec 2006