

Nutritional Supplement Truths.Com

Evaluating Supplements

Criteria/Category: Ingredient Quality

The table below shows the types, amounts and potencies of herbals and phytonutrients contained in the 4 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)

Herbal and phytonutrient content is critical information to examine when comparing professional grade supplements.

Chart Code: **WR** = company won't reveal the information

| INGREDIENT | | Essentials | Total Balance ¹ | Life Force | Lifepak ² |
|----------------------------|---------------------|------------|--------------------------------|----------------------|----------------------|
| Aloe Vera Poly-saccharides | Amount: Potency: | | 50 mg 200:1 Freeze dried | | |
| Alpha Carotene | Amount: Potency: | | | | 2 mgs 2.5% |
| Astaxanthin | Amount: Potency: | | | 300 mcg WR | |
| Beta-1,3 Glucan | Amount: | | 40mg | | |

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|--|--|--|--|-------------------------------|------------------|
| | Potency: | | 94% | | |
| Beta Carotene | Amount: | 15,000 IU | 5,000 IU | 30,000 IU | 12,450 IU |
| Beta Sitosterol | Amount: Actives: Potency: | | 200 mg Phytosterols 95% | | |
| Bilberry Extract | Amount: Actives: Potency: | WR | 50 mg Anthocyanins 25% | 30 mg WR | |
| Black Cumin Extract | Amount: Actives: Potency: | | 50 mg Thymoquinone Nigellone | | |
| Borage seed Oil Powder | Amount: | | | | 150 mg |
| Broccoli Concentrate | Amount: Actives: Potency: | 15 mg Indole-3-carbinol + isothiocyanates unknown | | | |
| Citrus Bioflavonoids | Amount: | WR | | | 25mg |
| Chrysin | Amount: Potency: | | 100 mg 99% | | |
| Corn Silk Extracts | Amount: Actives: Potency: | | 130 mg Saponins 12% | | |
| Cranberry Powder (not an extract) | Amount: | | | | 400gm |
| DIM | Amount: | | 50mg | | |

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|------------------------------------|---|----------------------------|--|--|--|
| Evening Primrose Oil Powder | Amount: | | | | 150mg |
| Ginger Extract | Amount: Actives: Potency: | | 100 mg Gingerols 5% | | |
| Ginkgo Biloba Extract | Amount: Actives & Potency: | | 50 mg Flavono-glycoside 25% Terpene lactones 6% | 60 mg WR 24% | |
| Gotu Kola Extract | Amount: Actives: Potency: | | 100 mg Asiaticosides 10% | | |
| Grape Seed Extract | Amount: Actives: Potency: | | | 90 mg WR | 25 mg Polyphenols 95% |
| Green Tea Extract | Amount: Actives: Potency: | WR | 100 mg Polyphenols 98% | 75 mg Polyphenols 95% | 90 mg Catechins 97% |
| Hawthorne Berry Extract | Amount: Actives: Potency: | | 100 mg Vitexin rhamnoside 2% | 75 mg Not standardized | |
| Hesperiden | Amount: Potency: | WR | 80 mg 94% | | |
| Inositol | Amount: Potency: | 150 mg WR | 35 mg 98% | 150 mg WR | 10 mg 95% |

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|---|--|--|---|--|---------------------------|
| Lutein | Amount: Potency: | 0.6 mg WR | 5 mg 5% | 6 mg WR | 2 mg 5% |
| Lycopene | Amount: Potency: | 1 mg WR | 10 mg 6% | 9 mg WR | 5 mg 20% |
| Mahonia Grape Extract | Amount: Actives: Potency: | | 100 mg Berberine | | |
| Milk Thistle Extract | Amount: Actives: Potency: | | | 216 mg Silymarin Not standardized | |
| Mukul Gum Extract | Amount: Actives: Potency: | | 50 mg Guggulsterone 5% | | |
| Myricetin | Amount: Potency: | | 70 mg 70% | | |
| Natural Soluble Fiber (from Seaweed) | Amount: Potency: | | 27 mg 90% | | |
| Olive Leaf Extract | Amount: Actives: Potency: | 30 mg Oleuropein WR | 100 mg Oleuropein 20% | | |
| Piperine | Amount: Potency: | | 10 mg 95% | 9 mg 98% (Bioperine) | |
| Policosanol | Amount: Actives: Potency: | | 10 mg Octacosanol 60% | | |

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|--|--|--|--|--|--|
| Poly-saccharides (Camellia Tea species) | Amount: Potency: | | 40 mg 20 % | | |
| Quercetin | Amount: Potency: | WR | 150 mg 98 % | 75mg WR | 50mg 99 % |
| Resveratrol | Amount: Potency: | | 32 mg 50 % | | |
| Rutin | Amount: Potency: | WR | 10 mg 95 % | 15 mg WR | |
| Saw Palmetto Extract | Amount: Actives: Potency: | | 110 mg Fatty acids 25 % | WR | |
| Soy Isoflavones | Amount: Actives& Potency: | | 50 mg Genistin 23 % Daidzin 13 % Glycitin 5 % | | 10 mg Genistin 40 % Daidzin |
| Tocotrienols | Amount: Potency: | | 10 mg 20 % (Tocomax) | 30 mg 20 % (Tocomax) | WR |
| Turmeric Extract | Amount: Actives: Potency: | 15 mg Curcumin WR | 180 mg Curcumin 98 % | 75 mg Curcumin 95 % | |
| Zeaxanthin | Amount: Potency: | | 2 mg 5 % | | |

Content correct as at Dec. 2006