

Evaluating Supplements

Criteria/Category: [Supplement Formulas - Most Potent Nutrients](#)

The table below reveals the total number of the most potent/effective nutrients for each body organ and system as contained in the formulas of the supplement industry's 4 best multi ingredient health supplements:

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

To fully understand the contents of this table please view the 'Most Effective Nutrients' file at <http://www.nutritional-supplement-truths.com/nutritional-supplement-formulas.html>

Total number Of 'Most Potent Nutrients' Contained In The Formula				
	COMPANY AND SUPPLEMENT NAME			
	Usana Essentials	Xtend-Life Total Balance *	Source Naturals Life Force	Pharmanex LifePak*
Immune System	8	12	7	7
Antioxidants	12	16	13	10

Brain Health Nervous System	4	9	6	4
Vitamins/Minerals	23	23	24	23
Cardiovascular Health	10	17	10	10
Bone Support	6	6	5	7
Amino Acids	2	8	2	0
Vision	7	8	7	6
Liver	5	6	5	3
Anti-Cancer	17	27	16	13
Metabolism, Energy & Stamina	7	14	8	7
Hormone Balancing for Men	1	4	1	1
Hormone Balancing for Women	0	7	1	2
Sexual Health for Men	1	6	2	1
Sexual Health for Women	1	6	1	2
Skin Health	12	15	13	10
Digestive System	0	7	0	0

Notes attached to chart:

- Unless otherwise noted, information about the products listed above is based on samples purchased for this review in late 2005. Manufacturers may change ingredients and label information at any time which could cause discrepancies in the information presented.
- The nutrients listed for each category are based on referencing of scientific studies and is open to interpretation. The lists are not exhaustive and reflect only the most scientifically proven choices for each organ/system. Nutrients listed as 'secondary choices' are not included in this table.
- * Both Pharmanex and Xtend-Life offer various formulas rather than just a 'one size fits all' version. Therefore the contents of Total Balance *Women's Plus* and *Men's Plus* versions and LifePak *Regular* and *Women* versions have been incorporated into this table.
- The complex formulas of these supplements take into account nutrient interactions at the molecular level in the body. One example of this is that the formulas for Xtend-Life Total Balance and Pharmanex LifePak promote the body's own production or regeneration of the essential antioxidant Coenzyme Q10 – therefore these products are credited with having this ingredient although it is not listed on their ingredient labels.
- Liability to any person for any loss or damage caused by errors, omissions, or inaccuracies in this chart is hereby disclaimed.