

TOTAL BALANCE UNISEX compared to USANA Health Pak 100 + Visionex

Notes:

Total Balance Unisex - daily dose 6 tablets - 30 day supply - US\$71.50

Health Pak 100 + Visionex - daily dose 14 tablets - 28 day supply - US\$168.33

Minerals

	Total Balance Unisex	Health Pak 100 + Visionex
Boron (from 12.3mgs of Boron Citrate)	750mcg	3.65mgs
Calcium (from 100mgs of Calcium Citrate, & 70mgs of DiCalcium Phosphate)	37.2mgs	670mgs
Chromium (from 323mcgs if Chromium Nicotinate)	40mcgs	300mcg
Copper (from 2mgs of Copper Gluconate)	280mcgs	2mgs
Iodine (from 500mcgs of Potassium Iodide)	382mcgs	225mcg
Magnesium (from 70mgs of Magnesium Citrate)	10.5mgs	500mg
Manganese (from 6mgs of Manganese citrate)	1.68mgs	5mgs
Potassium (from 20mgs of Potassium Citrate)	7.23mgs	
Selenium (from 224mcgs of L-Selenomethionine)	90mcgs	200mcg
Silicon		8.5mgs
Vanadium		40mcg
Zinc (from 10mgs of Zinc Citrate)	3.21mgs	40mgs
	61.37mgs	1230mgs

Trace Minerals

Indium (from 2mg Indium Sulfate)	676mcg	
Lithium (from 319mcg Lithium Carbonate)	60mcg	
Rubidium (from 200mcg Rubidium Chloride)	141mcgs	
Molybdenum (from 150mcg Sodium Molybdate)	59.5mcg	50mcg
Tungsten (from 2mg Sodium Tungstate)	1.11mgs	
Trace mineral - unspecified		1.5mgs
Strontium (from 4mg Strontium Chloride)	1.32mgs	
	3.36mgs	1.55mgs

Active Enzymes

Bromelain (2000GDU)		50mgs
Enzidase ^(R) FP Concentrate (400,000HUT)	30mgs	
Isolase TM	20mgs	
Isolase TM PRO		
Lipase (8,000LU/g)	10mgs	
	60mgs	50mgs

Vitamins & Co-Factors

Adenosine Triphosphate (ATP)	6mgs	
Betaine HCL (Trimethyl Glycine)	70mgs	
Beta Carotene - providing 5000IU's (from algae)	5000IU	15000IU
Biotin	500mcg	300mcg
Folic Acid	300mcgs	1000mcg
PABA (Para-Amino Benzoic Acid)	50mgs	
Piperine (95% from Black Pepper)	10mgs	

Tocotrienols (TOCOMIN ^(R))	10mgs	
Mixed Tocopherols		34mgs
Vitamin B1 (Thiamine HCL)	10mgs	27mgs
Vitamin B2 (Riboflavin)	10mgs	27mgs
Vitamin B3 (Niacinamide)	24mgs	40mgs
Vitamin B5 (Calcium D-Pantothenate)	40mgs	90mgs
Vitamin B6 (Pyridoxine HCL)	6mgs	32mgs
Vitamin B12 (Dienozide)	10mcg	200mcg
Vitamin C (as calcium ascorbate)	60mgs	1800mgs
Vitamin D3 (as Cholecalciferol)	300IU	800IU
Vitamin E (as D-alpha-tocopherol succinate)	100IU	400IU
Vitamin K		90mcg
	328.81mgs	1552mgs
Amino Acids		
Acetyl L-Carnitine	100mgs	
L-Carnosine	100mgs	
L-Glutathione (reduced)	110mgs	
L-Methionine	20mgs	
L-Proline	100mgs	
L-Tyrosine	200mgs	
N-Acetyl L-Cysteine	35mgs	100mgs
	665mgs	100mgs
Flavanoids		
Bioflavonoid Complex	NIL	198mgs
Hesperidin 94% (from Bitter Orange) (Glycoflavonoid)	80mgs	
Myricetin (70% dihydromyricetin) from Wax Myrtle	70mgs	
Quercetin (98%) from Buckwheat	150mgs	
Rutin (from Blue-green algae)	10mgs	
	310mgs	198mgs
Natural Supplements		
Alpha Lipoic Acid	50mgs	80mgs
Beta-1,3 Glucan (94%)	40mgs	
Broccoli Concentrate		15mgs
Choline Bitartrate		100mgs
CoEnzymeQ10		12mgs
DIM (3,3' Diindolylmethane)	50mgs	
DMAE (Dimethylaminoethanol)	200mgs	
DMG (Dimethylglycine)	25mgs	
Inositol (98% Myo-Inositol)	35mgs	150mgs
Lutein (Carotenoid)	5mgs	10.6mgs
Lycopene		1mg
MSM (Methylsulfonylmethane)	215mgs	
Natural Soluble Fibre (from Seaweed)	27mgs	
N-Acetyl D-Glucosamine (from Marine sources)	90mgs	
Phosphatidyl Choline (as Lecithin)	75mgs	
Policosanol (60% Octacosanol) from Sugar cane	10mgs	
Polysaccharides (from Camellia Tea Species)	40mgs	

Ribonucleic Acid (RNA)	50mgs	
Soy Isoflavones		10mgs
Trans-Resveratrol (50%)	32mgs	2mg
Zeaxanthin (Carotenoid)	2mgs	2mgs
	946mgs	383mgs

Herbal Extracts

Aloe Vera Polysaccharides 200:1 (Spray Dried)	50mgs	
Bilberry (25% Anthocyanins)	50mgs	50mgs
Black Cumin (from Nigella sativa)	50mgs	
Ginger (5% gingerols)	100mgs	
Gingko Biloba 2777	50mgs	
Gotu Kola (10% Asiaticosides)	100mgs	
Green Tea (98% polyphenols & 80% catechins)	100mgs	
Grape seed extract (95% polyphenols) - refer Mahonia Grape Ext	100mgs	90mg
Hawthorne Berry (2% vitexin rhamnoside)	100mgs	
Myrrh (5% Guggulsterones)	50mgs	
Rosemary Extract		50mgs
Olive-Leaf (20% Oleuropein)	100mgs	30mgs
Turmeric (98% Curcumin)	663mgs	115mgs
	1,560mgs	335mgs

SUMMARY

Active Ingredients (daily dose)

With Vit C, Cal and Mag	3935mgs	4349mgs
Without Vit C, Cal and Mag	3827mgs	1379mgs

Active ingredients (monthly)

With Vit C, Cal and Mag	118,050	121,772
Without Vit C, Cal, and Mag	114,810	38,612

Enteric Coating (This significantly increases the efficacy of some ingredients)

Yes	No
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NOTE: This spreadsheet should be viewed in conjunction with the article entitled "Shocking results from USANA supplement comparisions" at <http://blog.xtend-life.com>