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### Evaluation Chart for Vitamin, Mineral and Phytochemical Products

When evaluating dietary products it is important to compare the ingredients on the label with marketing claims to see if they're consistent with each other.	<b>“All-Natural” or “Whole Food-Sourced” Vitamin and Mineral Claims</b>	<b>Standardized Vitamins with Labeled Ingredients</b>	<b>Standardized All-Natural Vitamin Complexes with Labeled Sources</b>	<b>Standardized Minerals with Labeled Ingredients</b>	<b>Standardized Plant-Sourced Minerals with Labeled Sources</b>	<b>Standardized Phytochemicals with Labeled Amounts</b>
AdvoCare “CorePlex” w/Iron		X		X		X
Centrum A to Zinc		X		X		
Eniva “Cell-Ready Minerals”						
Eniva “Phytamins”						
“Essentials” by USANA (chelated minerals)		X		X		
Herbalife “Multivitamin Complex”		X		X		
Juice Plus	X					
“Lifepak Nano” by Pharmanex						
Life Source Nutrition – “Liquid multi-vitamin”						
Life Style One Daily						
Melaleuca Vitality MultiVitamin & Mineral						
One-A-Day “Maximum”		X		X		
“PhytoMatrix” by Mannatech	X	X	X	X	X	X
Prime Essentials by Ideal Hlth						
Relive N*O*W						
Shaklee “Vita-Lea”		X		X		
Standard Process “Catlayn”						
Tahitian Noni Juice						
“Ultra Mega Green” by GNC						
Xango 3SIXTY5” by Xango	X	X		X		