

ViSalus Vi-PAK® Competitor Comparison

Ingredients:	ViSalus Vi-PAK®	Pharmanex Lifepak®	Herbalife Formuula 2 Multivitamin	Usana HealthPak 100	Natures Way Once Daily Multi	GNC Ultra Mega Gold	Centrum A to Zinc
Vitamin A (IU)	9,333	7,500	10,026	15,000	17,500	20,000	3,500
Co-Enzyme Q10 (mg)	15	0	0	12	0	0	0
Alpha Lipoic Acid (mg)	162.5	15	0	15	0	4.5	0
N-Acetyl Cysteine (mg)	50	0	0	65.1	0	10.5	0
Vitamin B6 (mg)	17	5	30	27	75	100	2
Vitamin B12 (mcg)	58	15	6	60	75	150	6
Folic Acid (mcg)	667	300	399	999	400	400	400
Vitamin K (mcg)	17	20	0	60	0	0	25
Vitamin E (IU)	267	150	30	600	200	300	30
Vitamin C (mg)	460	250	345	1,599	300	500	60
Green Tea (mg)	117	0	0	0	0	15	0
Selenium (mcg)	87	70	51	201	50	150	20
Essential Oils							
Primrose Oil (mg)	250	N/A	N/A	N/A	N/A	N/A	N/A
Fish Oil (mg)	834	N/A	N/A	N/A	N/A	N/A	N/A
Flaxseed Oil (mg)	250	N/A	N/A	N/A	N/A	N/A	N/A
Pumpkin Seed Oil (mg)	100	N/A	N/A	N/A	N/A	N/A	N/A