

## Comparing Products for Your Own Shopping Cart

Use columns (1-3) to compare multi-supplement products to determine the best quality at good value.

These are not treatment levels, but daily common needs – and the recommended doses vary greatly from source to source. Even Daily Values (DV) & Recommended Daily Allowances (RDA) can vary greatly.

This is my own chart prepared as a *starting point* for others.

drb at AgingWithPizzazz.com

Supplement Name	drb's Daily Dose and notes	#1	#2	#3
		\$	\$	\$
<b>Section 1</b>				
Vitamin A	700 mcg – 900 mcg. (other sources: 4,000-10,000 IU)			
Beta Carotene	Common recommendation: 2mg-7mg. Major differences between sources. 15,0000-20,000 IU			
B-1 (Thiamine)	1.5-10 mg			
B-2 (Riboflavin)	1.5-10 mg			
B-3 (Niacin)	20-100 mg (no upper limit in food)			
B-5 (Pantothenic Acid)	5-150 mg			
B-6 (Pyridoxine)	2-25 mg, up to 100 mg (varied)			
B-7 Biotin	100-300 mcg			
Inositol (B-8)	100 mg			
Folic Acid (B-9)	400-1,000 mcg (methyl folate better form)			
B-12	10-50 mg (My product is 5000 mcg) (Important for Vegans & Vegetarians)			
Choline	100 mg			
Vit C	1,000 mg/day Controversial limits, some as low as 75 mg. Upper limit often listed as “to bowel tolerance”			
<a href="#">Vit D</a>	60-800 IU (Various forms, see link)			
Vit E	400-1500 (no upper limit in food)			
<a href="#">Vit K</a>	100-200 mcg (see link)			
<b>Section 2</b>				
Bioflavonoids	100-500 mg			
Co-enzyme Q-10 (Ubiquinone)	90-600 mg			
EFA – Essential Fatty Acids (aka Vit F)	0-500 mg Combo Omega 3 & 6 (best ratio 1:4 O3-1: O6-4, but Omega 6 generally over consumed in ratio, due to typical diet) Omega-3 (best form) 1,000-4,000 / day.			
Garlic	1,000-4000 mg Supplement Optional. Various forms.			
Hesperidin	100 mg-500 mg (Often used for inflammation, but I prefer Curcumin in Turmeric for that.)			
Lutin	10 mg (Lutin is a carotenoid)			
PABA	(No RDA) 30-100mg. Many people have skin sensitive to PABA			

Proanthocyanidins aka PCOs, such as pycnogenol, or grape pip seed	1 mg per 2 lb. of body weight (that is my favorite recommended level)			
Rutin	(No RDA) 25 mg			
Turmeric (Curcumin)	1,000-2,000 mg/day (if needed, I increase to 5,000 mg or more)			
Section 3				
Boron	(No RDA) 3 mg			
Calcium	800-1500 mg			
Chloride	(No RDA) Rec: 1.8-2.0 grams, not over 3.0 (also available with potassium chloride and magnesium chloride )			
Chromium	(No RDA) 100- 500 mcg			
Copper	2-3 mg upper limit 10 mg. (min 900 mcg)			
Fluoride	(No RDA) no extra supplement			
Iodine	150-225 mcg			
Iron	10-18 mg (larger amounts best taken in separate doses)			
Magnesium	300-400 mg (no upper limit in food)			
Manganese	(No RDA) 2-11 mg			
Molybdenum	45-250 mcg			
Nickel	(No RDA) 1 mg sometimes recommended			
Phosphorus	700 mg – 4000 mg. Debatable. Recommendations vary widely. 100 mg to 4,000 mg before age 70 Food sources sometimes seen as best			
Potassium	99 mg. Others list supplements 100-500mg			
Selenium	55-200 mcg			
Silicon	20-40 mg Trace element			
Sodium	No extra supplement normally needed; adult body needs 1200-1500 mg/day			
Sulfur	(No RDA) Trace element			
Vanadium	500-100 mcg. Others say not determined.			
<a href="#">Zinc</a>	8-30 mg			