

Appendix A: Products sorted by Company Name

Company	Product	Country	Score	Dosages & Considerations
21st Century	Advanced 21 with Lutein	US	4.9	
21st Century	One Daily Maximum	US	5.3	
21st Century	One Daily Men's	US	7.3	
21st Century	Therapeutic-M With Lutein	US	4.6	
4Life	BioVitaMins Type I	US	21.6	
4Life	BioVitaMins Type II	US	33.2	
4Life	BioVitamins Type III	US	44.0	
4Life	MultiPlex Stress Formula	US	5.9	
Absolute Nutrition	Dieters' Multi's	US	26.4	
Action Labs	Action-Tabs Made for Men	US	1.3	
Action Labs	Action-Tabs Made for Women	US	0.0	
Action Labs	Essential Nutrients	US	4.4	
Adrien Gagnon (Santé Naturelle)	Multi-Vitamines et Minéraux	CA	9.9	
Advanced Physician's Products	Complete MultiVitamin/Mineral with Iron	US	49.1	
Advanced Physician's Products	Complete MultiVitamin/Mineral without Iron	US	49.1	
Advanced Physician's Products	Maximum MultiVitamin/Mineral without Iron	US	57.2	
Advanced Physician's Products	Maximum Potency MultiVitamin/Mineral with Iron	US	57.4	
Advocare	Gold	US	35.7	
Albi Imports	Rocky Mountain Multiple	CA	34.3	DPD data only - dosage derived
Albi Imports	Super One a Day	CA	10.9	DPD data only - dosage derived
Alive Vitamins	Super One Plus	CA	20.9	DPD data only - dosage derived
All One Powder	Multiple Vitamins and Minerals	US	49.9	
Allergy Research Group	EDP Basic	US	18.3	
Allergy Research Group	Multi-Vi-Min	US	16.6	
Allergy Research Group	Multi-Vi-Min without Copper and Iron	US	18.7	
Alpha Nutrition	Alpha ENF	CA	21.9	
American Longevity	Ultimate Daily	US	60.7	
amni	Added Protection III	US	69.1	
amni	Basic Preventive 1	US	60.2	
amni	Basic Preventive 2	US	59.6	
amni	Basic Preventive 3	US	60.2	
amni	Basic Preventive 4	US	59.6	
amni	Basic Preventive 5	US	59.9	
amni	Basic Preventive with Extra D	US	60.0	
amni	Essential Basics	US	51.5	
Andrew Lessman's	Maximum Complete for Men	US	30.8	Pack product; dosage derived
Andrew Lessman's	Maximum Complete for Women	US	31.2	Pack product; dosage derived
Apex Fitness Group	Profile 5	US	16.8	dosage derived
Atkins	Basic #1	US	38.2	
Atkins	Basic #3	US	46.1	
Atkins	Immune	US	14.6	
Avon	VitAdvance Men's Complete Multivitamin	US	10.9	
Avon	VitAdvance Women's Complete I Balanced Multi	US	10.5	
Avon	VitAdvance Women's Complete II Balanced Multi	US	10.5	
Basic Nutrition	Multiple Vitamins & Minerals	US	4.4	
Bio Actif Inc.	Phytobec #1	CA	15.1	
Bluebonnet	Super Earth Formula	US	54.0	
Body Wise International	Right Choice AM/PM	CA/US	52.2	
Bronson Laboratories	Advanced Mature Gold	US	18.0	
Bronson Laboratories	Fortified Vitamin & Mineral Insurance Formula	US	33.2	
Bronson Laboratories	Mature Formula	US	8.6	
Bronson Laboratories	Men's Complete Formula with 7-Keto	US	21.5	
Bronson Laboratories	Performance Edge for Men	US	43.6	
Bronson Laboratories	Performance Edge for Women	US	43.8	
Carlson	Multi-Gel	US	45.7	
Cell Tech	Alpha Sun	US	0.3	
Cell Tech	Omega Sun	US	0.3	
Centrum	Centrum	US	3.2	
Centrum	Forte	CA/US	4.7	
Centrum	Performance	US	5.2	
Centrum	Protegra	CA	7.2	
Centrum	Select	CA	4.6	
Centrum	Select Chewables	CA	4.0	
Centrum	Select Chewables for Adults over 50	CA	4.7	
Centrum	Select for Adults over 50	CA	5.0	
Centrum	Silver	US	4.7	
Club Vitamin	Best	US	3.6	dosage derived
Colgan Institute	Formula MC8	US	63.3	dosage derived from Vit A, folate
Comprehensive Formula	Men's	US	14.0	
Comprehensive Formula	Women's	US	11.8	
Cooper	Complete	US	45.8	
Cooper	Complete with Iron	US	38.0	
Country Life	Adult's Multi	US	9.8	
Country Life	Daily Vegetarian Support	US	44.5	
Country Life	Hi Potency Action 75	US	24.0	
Country Life	Max for Men	US	32.8	

Country Life	Maxine	US	43.1	
Country Life	VegiCaps	US	19.2	
Creative Nutrition Canada	PLUS Formula	CA/US	54.8	dosage derived
Creative Nutrition Canada	PRIME Formula	CA	52.4	dosage derived
Cypress (Star 2000)	MultiVitamin with Minerals	US	14.1	dosage derived
DaVinci Laboratories	Daily Best	US	21.9	
DaVinci Laboratories	Omni	US	63.6	
DaVinci Laboratories	Spectra	US	64.7	
DaVinci Laboratories	Spectra Man	US	62.5	
DaVinci Laboratories	Spectra Vegetarian	US	48.6	
DaVinci Laboratories	Spectra without Copper and Iron	US	64.5	
DaVinci Laboratories	Spectra Woman	US	66.8	
Doctor's Nutrition	Mega Veggie Vites	US	43.3	
Doctor's Nutrition	Mega Vites Senior	US	54.7	
Doctor's Nutrition	Mega Vites without Copper & Iron	US	64.2	
Doctor's Nutrition	Mega Vites Woman	US	66.8	
Doctor's Nutrition	UltraNutrient	US	55.9	
Douglas Laboratories	Ultra Preventive Beta	US	75.1	
Douglas Laboratories	Ultra Preventive III	US	70.0	
Douglas Laboratories	Ultra Preventive IX	US	66.6	
Douglas Laboratories	Ultra Preventive X	US	95.4	
Douglas Laboratories	Ultra Vita 75 II	US	16.2	
Dr. Julian Whitaker's	Forward Multi-Nutrient	CA	58.5	
Dr. Julian Whitaker's	Forward Multi-Nutrient	US	74.7	
EAS	Multi-Blend	US	62.1	
EcoNugenics	Men's Longevity Essentials Plus	US	20.3	
EcoNugenics	Women's Longevity Rhythms Gold	US	57.0	
EHN Inc.	protect+	CA	7.8	
Enerex	Sona	CA	20.6	
Enzymatic Therapy	Doctor's Choice for Men	US	42.5	
Enzymatic Therapy	Doctor's Choice for Women	US	45.5	
Epic4Health	Physician's Multi Vitamin Formula	US	31.3	
Equate	Century Complete	CA	3.5	
Equate	Century Plus	CA	4.7	
Equate	Complete	US	4.9	
Equate	Complete Mature	US	4.7	
Equate	Multi-Vitamin & Minerals	CA	2.8	
Essentials by Megafood	Essentials for Life	US	51.2	
Essentials by Megafood	Essentials for Women	US	34.8	
Essentials by Megafood	One Daily for Men	US	20.6	
Flora	MultiCaps	CA	10.6	
Flora	MultiTabs	CA	10.6	
FoodScience of Vermont	Daily Best	US	21.9	
FoodScience of Vermont	Men's Superior	US	62.5	
FoodScience of Vermont	Superior Care	US	64.7	
FoodScience of Vermont	Total Care	US	13.3	
FoodScience of Vermont	Women's Superior	US	63.8	
For Mor International	AnOx	US	42.1	
For Mor International	Oral Chelate	US	13.7	
Freeda Vitamins	Quintabs-M	US	1.5	
Freeda Vitamins	Ultra Freeda Iron-Free	US	25.8	
Freeda Vitamins	Ultra Freeda with Iron	US	23.4	
FreeLife	Basic Mindell Plus	US	82.3	Pack product
Futurebiotics	Hi Energy Multi for Men	US	40.3	dosage derived
Futurebiotics	Multi-Vitamin Energy Plus for Women	US	18.7	dosage derived
Futurebiotics	Vegetarian Super Multi	US	40.3	
Garry Null's	Super AM Formula	US	17.7	
Garry Null's	Supreme Health Formula	US	47.2	
Genestra (Seroyal)	Super Orti-Vite	CA	44.8	
Gerbex	Gerivol	CA	0.0	
Geritol	Complete	US	3.4	
GNC	Mega Men's	US	21.1	
GNC	Preventron	US	9.9	
GNC	SoloCaps	US	10.6	
GNC	Solotron without Iron	US	7.7	
GNC	Ultra Mega Gold without Iron	US	37.1	
GNC	Ultra Mega Green	US	46.9	
GNC	Ultra Mega Two without Iron	US	24.5	
GNC	Women's Ultra Mega	US	28.2	
Golden Neo-Life Diamite International	Formula IV	CA	0.0	DPD data only - dosage derived
Good Neighbor Pharmacy	Balanced Care Complete Multi	US	5.0	
Good Neighbor Pharmacy	Century Senior	US	4.7	
Great Earth	Super Hy-Vites-Ultra Strength/Timed Release	US	29.4	
Great Earth	TNT - Total Nutrition Tablet	US	48.6	
Greens+	Greens+	US	14.8	
Greens+	Multi+	CA	37.9	
Herbalife	Formula 2	CA	15.2	
Herbalife	Formula 2	US	14.8	
Hillestad Pharmaceuticals	Sterling	US	21.0	
Hillestad Pharmaceuticals	Summit Gold	US	19.1	

Holista Health	Multi-Spectrum	CA	35.9	
Immuvit	Immuvit	US	4.4	
Inno-Vite	Total NRG Lift	CA	15.5	
Jamieson	Adult's 50+ Vita-Vim	CA	4.4	
Jamieson	Mega-Vim Level 4 Potency	CA	9.0	
Jamieson	Power Vitamins for Men	CA	3.5	
Jamieson	Super Vita-Vim	CA	8.3	
Jarrow	Multi E-Z Powder	US	48.7	
Jarrow	Multi 1-to-3	US	37.7	
Jarrow	Women's Multi	US	31.5	
Jean Carper's	Stop Aging Now!	US	58.5	
Jean Carper's	Stop Aging Now! Plus	US	58.5	
KAL	Enhanced Energy with Lutein, Iron-Free	US	49.2	
KAL	High Potency Soft Multiple, Iron-Free	US	19.1	
KAL	Multi-Four	US	33.0	
KAL	Multiple Energy	US	51.2	
KAL	Vegetarian Multiple	US	31.7	
KAL	Vitality for Women	US	35.0	
Karuna	HIM	US	41.2	
Karuna	Maxxum 2	US	65.7	
Karuna	Maxxum 4	US	79.0	
Kirkland Signature (Costco)	Daily Multivitamin	US	5.2	
Kirkman Laboratories	Kirkman's Everyday	US	3.1	
Kirkman Laboratories	Kirkman's Super Nu-Thera	US	12.3	
Klamath Blue Green Algae	Tablets	US	0.3	
Klamath Blue Green Algae	Vegicaps	US	0.3	
Kroger	Advanced Formula Complete	US	4.9	
Laboratoire Lalco Enr.	Multi Max	CA	7.7	
Le Naturiste (Jean Marc Brunet)	US-100 Multi-vitamines	CA	9.5	
Les Produits Naturels Suisse Inc.	Swical Energy	CA	0.0	dosage derived
Life Brand	Optimum	CA	5.0	
Life Brand	Optimum 50+	CA	5.0	
Life Brand	Spectrum Forte	CA	4.3	
Life Extension Foundation	Life Extension Mix	US	81.4	
Life Force International	Body Balance	US	9.2	based on av. body wt. of 150 lbs.
Life Plus	Daily Bio-Basics	US	32.3	
Life Plus	TVM-Plus	US	22.7	
LifeScript	Daily Essentials, plus Calcium Complete	US	36.6	
Lifestyles	Lifecycles for Mature Men	CA/US	14.7	
Lifestyles	Lifecycles for Mature Women	CA/US	14.7	
Lifestyles	Lifecycles for Men	CA/US	5.8	
Lifestyles	Lifecycles for Women	CA/US	14.5	
LifeTime	Nutrilife	CA	7.4	
LIFizz	Multivitamin	CA	2.9	
London Drugs	Multi Premium	CA	15.0	
London Naturals	Multi-Vitamin Select	CA	12.4	
London's Best	Premier	CA	18.8	dosage derived
Lorna Vanderhaeghe	FemmEssentials (multiple only)	CA	56.5	
Mannatech	Glycentials	US	33.1	
Mannatech	GlycoLEAN Catalyst	US	26.2	
Market America	Isotonix Multitech Multivitamin	CA/US	3.2	
Matol	Matolife	US	40.0	
MD Healthline	Advanced Green Multi	US	4.8	
Melaleuca	Vitality Pak (Mel-Vita, Mela-Cal)	US	6.2	Pack product
Metagenics	Multigenics Intensive Care Formula	US	51.0	
Metagenics	Multigenics Intensive Care Formula without Iron	US	50.5	
Michael's Naturopathic Programs	Active Senior Tabs	US	56.6	
Michael's Naturopathic Programs	for Men	US	36.9	
Michael's Naturopathic Programs	for Women	US	36.9	
Michael's Naturopathic Programs	Just One	US	23.6	
MMS Pro	Preventamins	US	58.1	
Moducare	Multi-mune	US	8.6	
Molecular Biologics	Allervimin	US	8.3	dosage derived
Molecular Biologics	Bio-Naturalvite	US	9.7	dosage derived
Molecular Biologics	Derma-Vites	US	20.2	dosage derived
More Than A Multiple	More Than A Multiple	US	44.4	
Mountain Naturals of Vermont	Men's Superior	US	62.5	
Mountain Naturals of Vermont	Superior Care	US	64.7	
Mountain Naturals of Vermont	Women's Superior	US	66.8	
N.V. Perricone, MD	Physician's Super Antioxidant Vitamin, Mineral & Phyto-Nutrient Formula	US	41.7	
National Vitamin Company	Life-line Mega Multi with Minerals	US	11.9	
Natrol	My Favorite Multiple Complete Care	US	27.3	
Natrol	My Favorite Multiple Original	US	36.7	
Natrol	My Favorite Multiple Take One	US	27.2	
Natural Factors	MultiStart	CA	13.3	
Natural Factors	MultiStart Men's	CA	47.7	
Natural Factors	MultiStart Women's	CA	56.9	
Nature Made	Essential Balance	CA	4.4	
Nature Made	Essential Mega	US	17.9	
Nature's Answer	Multi-Daily	US	21.2	

Nature's Blend	Maximum Daily Green	US	37.5	
Nature's Blend	Vitaminix Ultimate	US	54.7	
Nature's Bounty	Green Source Vegetarian Formula	US	40.1	
Nature's Bounty	Mega Vita Min for Women Time Release	US	19.4	
Nature's Bounty	Ultra Man Time Release	US	12.5	
Nature's Bounty	Ultra Vita-Time Iron Free	US	4.7	
Nature's Life	Green Multi	US	42.0	
Nature's Plus	Regeneration	US	30.7	
Nature's Plus	Source of Life No Iron	US	29.2	
Nature's Plus	Ultra II	US	18.6	
Nature's Plus	Ultra-One	US	18.6	
Nature's Plus	Ultra-One Iron-Free Sustained Release	US	23.7	
Nature's Sunshine	Super Supplemental Vitamins and Minerals	US	26.2	
Nature's Sunshine	Super Supplemental without Iron	US	28.6	
Nature's Sunshine	SynerPro	US	4.9	
Nature's Way	Age Right Formula	US	38.0	
Nature's Way	Alive! Whole Food Energizer (Iron-Free)	US	60.0	
Nature's Way	Completa Ultra Energy Multi (Iron-Free)	US	17.6	
Nature's Way	Daily Two Multi Iron-Free	US	34.8	
Nature's Way	Multivitamin Iron-Free	US	33.2	
New Image International	Multi	US	27.4	
New Roots Herbal	Multi-Max	CA	46.3	
New Roots Herbal	Phytomax	CA	2.5	
Neways	Orachel	US	24.1	
NewVision	JuicePower Vegetable Caps	CA/US	2.4	
Nikken	Bio-Directed Multi-Vitamin/Mineral	CA/US	11.1	
NOW Foods	Iron-Free Vit-Min 75+	US	32.6	
NOW Foods	Special Two	US	43.1	
NOW Foods	Vit-Min 100 (Timed Release High Potency)	US	32.8	
NOW Foods	Vit-Min Caps High Potency Multiple	US	26.2	
Nu-life	Gourmet Multiple	CA	23.8	
Nu-life	The Legend for Women	CA	33.8	
Nu-life	Ultimate One for Men	CA	35.8	
Nu-life	Ultimate One for Women	CA	21.4	
Nutra Therapeutics	All-In-One	CA	22.7	
NutriBiotics	Ultimate Matrix Men	US	35.2	
NutriBiotics	Ultimate Matrix Women	US	35.2	
Nutricology	Multi-Vi-Min	US	13.1	
Nutricology	Multi-Vi-Min without Copper & Iron	US	13.0	
Nutriex	Nutriex	US	40.5	
Nutrilite (Amway, Quixtar)	Daily	US	3.4	
Nutrilite (Amway, Quixtar)	Double X	CA	23.0	
Nutrilite (Amway, Quixtar)	Double X	US	30.0	
Nutrina	Athlete Formula	US	18.1	
Nutrina	Champion Formula	US	24.6	
Nutrina	Fitness Formula	US	19.9	
Nutrition Dynamics	Basic Formula	US	37.0	dosage derived
Nutrition Dynamics	Day Start/Day End Essentials	US	63.0	
Nutrition Dynamics	Iodine Free "Vegi" Formula	US	16.5	
Nutrition Dynamics	Multi-vitasorb	US	0.7	
Nutrition Dynamics	Optimum Health Essentials	US	66.6	
Nutrition for Life	Essentials	CA/US	15.1	
Nutrition for Life	Grand Master Formula	CA/US	54.3	
Nutri-West	Multi Complex	US	10.5	
Nutri-West	Multibalance for Men	US	16.6	
Nutri-West	Multibalance for Women	US	16.6	
Nutri-West	Whole System Health Maintenance	US	19.8	
Olympian Labs	Vita-Vitamin	US	22.8	dosage derived
Omnitrition	Omni 4	US	0.0	
One A Day	Active	US	5.1	
One A Day	Advance Men's Formula	CA	4.6	
One A Day	Advance Women's Formula	CA	1.9	
OneSource	Multivitamins and Minerals for Adults	CA	5.8	
Optimox	Androvite for Men	US	50.1	
Optimox	Gynovite Plus	US	30.5	
Optimox	Optivite PMT for Women	US	42.5	
Oregon Health	Multi-Guard with CoQ10	US	55.0	
Paramettes	Adults Complete	CA	4.5	
Pataki USA	2101 Formula	US	10.1	
Perfect Choice	Complete Extra	US	6.0	
Perfect Choice	Multivitamin Specially Formulated for Men	US	21.1	
Perfect Choice	Multivitamin Specially Formulated for Women	US	28.2	
Performance Labs	Vitalert	US	7.6	
Personnelle (Pharmetics Inc.)	Multivitamines et Minéraux Forte	CA	4.3	
Personnelle (Pharmetics Inc.)	Multivitamines et Minéraux Natura Senior	CA	4.9	
Personnelle (Pharmetics Inc.)	Multivitamines et Minéraux Preventa-Tab	CA	6.9	
Pharmacist's Ultimate Health	Man's Ultimate Formula	US	37.8	
Pharmacist's Ultimate Health	Woman's Ultimate Formula	US	60.7	
Pharmanex (Nu Skin)	Life Essentials	US	13.8	
Pharmanex (Nu Skin)	LifePak Prime	US	52.7	Pack product

Pharmanex (Nu Skin)	LifePak with Catechins	CA	28.0	Pack product
Pharmasave	MultiForte 29	CA	4.3	
Pharmasave	MultiSelect 29	CA	4.6	
PharmAssure	Men's Biomultiple	US	11.5	
PharmAssure	Women's Biomultiple	US	12.2	
Pharmetics	Formula Forte	CA	4.3	DPD data only - dosage derived
Pharmetics	Multivitamins and Minerals with beta-Carotene	CA	18.3	DPD data only - dosage derived
PhytoPharmica	Clinical Nutrients for 45-Plus Women	US	45.3	
PhytoPharmica	Clinical Nutrients for 50-Plus Men	US	45.4	
PhytoPharmica	Clinical Nutrients for Men	US	42.5	
PhytoPharmica	Clinical Nutrients for Women	US	45.5	
Pilgrim's	Sense of Energy	US	51.7	
Pilgrim's	Silver Stars Multi	US	26.4	
Prairie Naturals	Multi-Force	CA	35.8	
ProActive	for Active Men	CA	41.2	
ProActive	for Adult Men	CA	30.5	
Puritan's Pride	Green Source Iron Free	US	37.1	
Puritan's Pride	High Potency Puritron	US	0.0	
Puritan's Pride	Mega Vita Min for Women	US	19.4	
Puritan's Pride	Solovites	US	12.2	
Puritan's Pride	Super All Day Nutricom	US	5.7	
Puritan's Pride	Time Release Mega Vita-Min	US	15.3	
Puritan's Pride	Ultra-Vita-Min	US	5.1	
Puritan's Pride	Ultra-Vita-Min Iron-Free	US	4.3	
Puritan's Pride	Vita-Min	US	0.0	
Purity Products	Perfect Multi Focus Formula	US	68.9	
Purity Products	Purity's Perfect Multi	US	62.2	
QCI Nutritionals	Daily Preventive #1	US	48.4	
QCI Nutritionals	Daily Preventive #3	US	48.1	
QCI Nutritionals	Ultra Vitality #1	US	51.2	
QCI Nutritionals	Ultra Vitality #2	US	51.5	
QCI Nutritionals	Ultra Vitality #3	US	50.9	
Quest	Extra Once A Day	CA	18.6	
Quest	Maximum Once A Day	CA	40.6	
Quest	Once A Day	CA	0.3	
Quest	Premium Multi-One with Niacinamide	CA	23.2	
Quest	Super Once a Day	CA	11.4	
R Garden Internationale	Multiple Vitamin Mineral Formula	US	12.4	
Rainbow Light	Advanced Nutritional System	US	63.2	
Rainbow Light	Complete Nutritional System	US	36.0	
Rainbow Light	Iron-Free Advanced Nutritional System	US	62.2	
Rainbow Light	Just Once Iron Free	US	9.9	
Rainbow Light	Performance Energy Multivitamin for Men	US	41.9	
Reliv	Classic	CA	7.7	
Reliv	Classic	US	10.4	
Reliv	Now	CA	6.0	
Reliv	Now	US	9.0	
Re-Vita	Liqua Health	US	5.8	
Ripple Creek	Mega-100 (Slow Release)	US	32.2	
Ripple Creek	Mega-Caps 2 (Quick Release)	US	23.0	
Ripple Creek	Mega-One 75 (Slow Release)	US	16.4	
Rite Aid	Central-Vite	US	4.9	
Rite Aid	Central-Vite Select	US	4.8	
Rite Aid	Whole Source	US	6.2	
Rite Aid	Whole Source Complete Formula for Men	US	5.6	
Rite Aid	Whole Source Complete Formula for Women	US	4.8	
Royal Bodycare	Omega Boost	US	36.3	
Royal Bodycare	Ultimate	CA/US	16.3	dosage derived
Rx Vitamins	Revitalize	US	39.1	
Rx Vitamins	Revitalize No Iron	US	39.1	
Safeway Select	Central-Vite Forte 29	CA	4.7	
Safeway Select	One Tablet Daily	CA	3.7	
Safeway Select	One Tablet Daily Advanced Formula for Women	CA	0.0	
Safeway Select	Super Men's Multivitamin	US	18.0	
Safeway Select	Super Women's Multivitamin	US	28.2	
Santé Naturelle	Feminex Multi	CA	9.2	
Sav-On Osco by Albertson's	One Daily Active	US	4.9	
Sav-On Osco by Albertson's	Therapeutic-M	US	4.3	
Schiff	Double Day	US	4.9	
Schiff	Prime Years	US	7.0	
Schiff	Single Day	US	15.9	
Shaklee	Vita-Lea Advanced Formula	CA	13.4	
Shaklee	Basics with Iron	CA	24.6	Pack product
Shaklee	Basics with Iron	US	30.5	Pack product
Sisu	Man Only One, Iron Free	CA/US	16.4	
Sisu	Nutricology Multi-Vi-Min	CA	10.1	
Sisu	Only One	CA/US	16.4	
Sisu	Vegi-Mins	CA/US	47.1	
Solaray	Iron-Free Spectro Multi-Vita-Min	CA	38.2	
Solaray	Iron-Free Spectro Multi-Vita-Min	US	56.7	

Solaray	Spectro 3 Iron Free	US	56.7	
Solaray	Spectro Multi-Vita-Min	US	57.0	
Solaray	Vegetarian Spectro Multi-Vita-Min	US	57.0	
Solgar	Earth Source Multi-Nutrient	US	51.4	
Solgar	Female Multiple	US	50.1	
Solgar	Formula VM-2000	US	32.5	
Solgar	Iron-Free Omnium	US	45.1	
Solgar	Multi II Vegicaps	US	15.5	dosage derived
Solgar	Naturvite	US	14.5	dosage derived
Solgar	Omnium	US	56.5	
Solgar	Solovite Iron-Free	US	5.6	
Solgar	Vegicaps Vegetarian Multiple	US	25.9	
Solgar	VM-75 Iron-Free	US	18.5	
SomaLife	SomaVit	CA/US	9.5	
Source Naturals	Élan Vitàl	US	91.8	
Source Naturals	Life Force Multiple	US	92.8	
Source Naturals	Mega-One Multiple	US	30.6	
Source Naturals	Ultra Multiple	US	7.5	
SportPharma	Multiguard	US	74.9	
Sports Nutrition 2000	Athlete's Multi	US	28.9	
Spring Valley	Maximum One Daily	US	5.0	
Spring Valley	Multiplus	CA	5.0	
Sundown	Complete Energy	US	5.1	
Sundown	Complete Multi 50+	US	5.3	
Sundown	Complete Multi Daily	US	5.1	
Sundown	Complete Ultra	US	8.1	
Sunkist	Multi-Active	CA	12.4	dosage derived
Sunkist	Multi-Men's	CA	15.8	dosage derived
Sunrider	Metabalance 44	US	20.4	
SupraLife	Formula Plus	US	43.3	
SupraLife	Maxum Essentials	US	48.9	
SupraLife	Ultra Body Toddy	US	38.1	based on av. body wt. of 150 lbs.
Swiss Natural Sources	Hi Potency Swiss One "80"	CA	20.9	
Swiss Natural Sources	Super Adult Chewable	CA	23.8	
Swiss Natural Sources	Super Swiss One "50"	CA	19.6	
Symmetry	NutraPack	US	25.5	
Symmetry	Ultra Vitality	US	7.8	
The Green Turtle Bay Vitamin Co.	PowerMate	US	11.1	
The Green Turtle Bay Vitamin Co.	PowerVites	US	7.4	
The Green Turtle Bay Vitamin Co.	Sunnie	US	10.9	
Thompson	Human Nature Green Multi	US	29.3	
Thompson	Mega 80	US	4.9	
Thompson	Multi-Formula for Women	US	6.3	
Thompson	Multiple Choice	US	4.5	
Thompson	Super Maxicaps	US	19.0	
Thorne Research	AI's Formula	US	46.9	dosage derived
Thorne Research	Basic Nutrients III	US	38.7	dosage derived
Thorne Research	Basic Nutrients V	US	44.4	dosage derived
Total Health Solutions	Bone Plants	US	6.7	
Total Health Solutions	Vita Actives	US	18.1	
Trace Minerals	Electro-Vita-Min	US	14.3	
Trace Minerals	ImmunoMax	US	1.7	
Trace Minerals	Maxi Multi	US	13.9	
Trophic	Select	CA	33.1	
Truehope	Empowerplus	CA/US	25.9	
Truly Health	Century Premium	CA	6.9	
Truly Health	Century Silver	CA	4.6	dosage derived
TwinLab	Daily One without Iron	US	26.4	
TwinLab	Daily Two Caps without Iron	US	33.8	
TwinLab	DualTabs	US	40.1	
TwinLab	Mega 6 Caps	US	56.2	
TwinLab	SuperTwin	US	33.6	
Tyler	Multiplex-2 without Iron	US	54.2	
Ultimate Health	40+ Multiple	US	18.6	
Ultimate Health	P.M. Formula	US	14.1	
Ultimate Nutrition	Super Complete	US	75.8	
Unicity Network (Rexall, Enrich)	Cardio-Basics	US	31.0	
USANA Health Sciences	Essentials (U.S.)	US	96.1	
USANA Health Sciences	Essentials (Canadian)	CA	90.2	
Valu-Rite	Advanced Formula Complete Premium	US	5.2	
Valu-Rite	Iron-Free Multivitamin & Mineral Supplement	US	0.0	
Vaxa	Daily Essentials	US	7.6	dosage derived
Vega Nutritionals	Formula ZM3	US	2.3	
Vega Nutritionals	Spectrum	US	2.3	
VegLife	SpectroVeg High Energy	US	45.9	
VirtuVites	Vita-Min 75	US	24.2	
Vita-Complete	AA (Anti-Aging)	CA	4.3	
Vitality Products	Complete Multi-Vitamins with Minerals	US	25.9	
Vitality Products	Two-A-Day	US	21.1	
Vitamin Power	Power Source 100	US	26.9	

Vitamin Power	Super-Vite	US	15.3	
Vitamin Power	Ultra Multi 90 Plus	US	11.5	
Vitamin Power	Vita-Max 1	US	6.8	
Vitamin Research Products	Extend Plus	US	93.1	
Vitamin World	Daily 3 With Antioxidant Factors	US	45.6	
Vitamin World	Green Source Iron Free	US	39.8	
Vitamin World	Mega Vita Min for Women	US	19.4	
Vitamin World	Mega Vita Min for Women Iron Free	US	16.4	
Vitamin World	More Than A Multiple	US	44.4	dosage derived
Vitamin World	Nutri 100	US	25.6	
Vitamin World	Time Release Mega Vita-Min Iron-Free	US	15.3	
Vitamin World	Ultra Vita MAN	US	12.5	
Vitamin World	Ultra Vita-Min Iron Free	US	4.7	
VitaSmart	Century Advantage	US	5.2	
VitaSmart	Century Senior Iron Free	US	4.7	
Vitazan Herbs and Vitamins	Multi #2	CA	12.5	DPD data only - dosage derived
Vitazan Herbs and Vitamins	ORO #1	CA	18.4	DPD data only - dosage derived
Viva Life Sciences	DailyGuard	US	36.8	
Viva Life Sciences	VIVA for Life	US	17.9	
Walgreens	Ultra Choice Premium Men	US	21.1	
Walgreens	Ultra Choice Premium Women	US	22.1	
Wampole	Complete Multi-Adult	CA	4.3	
Watkins	Super Multi	CA	23.9	
Watkins	Superfood Multiple	US	27.2	
Webber Naturals	Multivitamins Extra B	US	2.3	
Wellness International Network	Phyto-Vite	US	46.6	
Western Family	Complete Advanced Formula with Lutein	US	4.9	
Western Family	Multra Forte	CA	12.4	
Western Family	Multra Plex	CA	11.6	
Western Family	Therapeutic-M	US	4.3	
YourLife	Natural Iron-Free	US	3.9	
YourLife	One Daily 50+	US	4.7	
YourLife	Super Multi with Herbs	US	7.5	
ZonePerfect	Multi Vitamin & Mineral	US	25.1	

* We identify Pack products as those combination products which contain additional optimizing ingredients (such as additional calcium, vitamin E, vitamin B-complex, essential oils, bioflavonoids etc.) that are ancillary to the basic multiple vitamin/mineral product sold by the company.