

lifepak® comparison

| Per Daily Dosage (two packets) | Lifepak® | Lifepak® Prime | Lifepak® Women | Lifepak® Pre-Natal | lifepak® nano | |
|--|----------|----------------|----------------|--------------------|---------------|------|
| Vitamin A (83% as natural beta-carotene) | 15000 IU | 15000 IU | 15000 IU | 10000 IU† | 15000 IU | CR-6 |
| Vitamin D | 400 IU | 600 IU | 400 IU | 400 IU | 600 IU | |
| Vitamin C | 400 mg | 500 mg | 500 mg | 300 mg | 500 mg | |
| Vitamin E (as natural mixed tocopherols) | 150 IU | 300 IU | 300 IU | 150 IU | 200 IU | CR-6 |
| Vitamin K | 40 mcg | 40 mcg | 40 mcg | 40 mcg | 40 mcg | |
| Thiamin | 7.5 mg | 7.5 mg | 7.5 mg | 3.4 mg | 7.5 mg | |
| Riboflavin | 8.5 mg | 8.5 mg | 8.5 mg | 4 mg | 8.5 mg | |
| Niacin | 35 mg | 40 mg | 40 mg | 40 mg | 35 mg* | |
| Vitamin B6 | 10 mg | 10 mg | 20 mg | 5 mg | 10 mg | |
| Folate | 600 mcg | 600 mcg | 600 mcg | 800 mcg | 600 mcg | |
| Vitamin B12 | 30 mcg | 60 mcg | 30 mcg | 16 mcg | 60 mcg | |
| Biotin | 150 mcg | 300 mcg | 300 mcg | 300 mcg | 300 mcg | |
| Pantothenic Acid | 30 mg | 30 mg | 30 mg | 20 mg | 30 mg | |
| Calcium | 500 mg | 1000 mg | 1000 mg | 650 mg | 600 mg* | |
| Phosphorus | | 200 mg | 200 mg | | 125 mg | |
| Iron | | | 10 mg | 30 mg | | |
| Iodine | 100 mcg | 100 mcg | 100 mcg | 75 mcg | 100 mcg | |
| Magnesium | 250 mg | 500 mg | 500 mg | 350 mg | 300 mg* | |
| Zinc | 15 mg | 20 mg | 15 mg | 20 mg | 15 mg | |
| Selenium | 140 mcg | 140 mcg | 140 mcg | 70 mcg | 140 mcg | |
| Copper | 1 mg | 2 mg | 1 mg | 2 mg | 1 mg | |
| Manganese | 2 mg | 2 mg | 2 mg | 3 mg | 2 mg | |
| Chromium | 200 mcg | 200 mcg | 200 mcg | 180 mcg | 200 mcg | |
| Molybdenum | 75 mcg | 75 mcg | 75 mcg | 75 mcg | 75 mcg | |
| Catechins (from 20:1 green tea extract) | 90 mg | 90 mg | 90 mg | | 90 mg | |
| Citrus Bioflavonoids | 25 mg | 25 mg | 25 mg | | 50 mg | |
| Quercetin | 50 mg | 50 mg | 50 mg | | 50 mg | |
| Grape Seed Extract (minimum 95% Polyphenols) | 25 mg | 50 mg | 25 mg | | 25 mg | |
| Resveratrol (as trans resveratrol) | 5 mg | | | | 5 mg | |
| Alpha-Lipoic Acid | 30 mg | 50 mg | 30 mg | | 50 mg | |
| N-Acetyl-L-Cysteine | | 50 mg | | | 50 mg | |
| Gamma-Tocopherol | 75 mg | | | | 75 mg | CR-6 |
| Beta-and Delta-Tocopherols | 32 mg | | | | 26 mg | CR-6 |
| Lycopene | 5 mg | 5 mg | 5 mg | 1 mg | 5 mg | CR-6 |
| Alpha-Carotene | 2 mg | 2 mg | 2 mg | | 2 mg | CR-6 |
| Lutein (as Lutein Ester from Marigold Flower Extract) | 2 mg | 2 mg | 2 mg | 2 mg | 2 mg | CR-6 |
| Astaxanthin | | | | | .5 mg | CR-6 |
| Zeaxanthin | | | | | .5 mg | CR-6 |
| Isoflavones (from Soy Extract) | 5 mg | 5 mg | 25 mg | | | |
| Reduced L-Glutathione | | 10 mg | | | | |
| Inositol | 10 mg | 10 mg | 250 mg | 500 mcg | 10 mg | |
| Silicon | 3 mg | 10 mg | 10 mg | 3 mg | 10 mg | |
| Nano Coenzyme Q10 (Ubiquinone) | | | | | 5 mg* | CR-6 |
| Coenzyme Q10 (Ubiquinone) | | 20 mg | | | | |
| Boron | 3 mg | 3 mg | 3 mg | 3 mg | 3 mg | |
| Vanadium | 20 mcg | 20 mcg | 20 mcg | 20 mcg | 20 mcg | |
| Glucosamine | | 200 mg | | | | |
| Milk Thistle Extract (Silybum marianum, 80% Silymarin) | | 50 mg | | | | |
| BioGinkgo® 27/7 (Ginkgo biloba), Leaf Extract | | 40 mg | | | | |
| EPA | | | | | 600 mg | CR-6 |
| DHA | | | | | 400 mg | CR-6 |
| Krill Oil | | | | | 100 mg | CR-6 |
| Borage Seed Oil Powder (with GLA) | | | 150 mg | | | |
| Evening Primrose Oil Powder (with GLA) | | | 150 mg | | | |
| Cranberry Powder | | | 400 mg | | | |

CR-6 Proprietary Pharmanex CR-6 LipoNutrient™ for advanced bioavailability.

* New, more tolerated and bioavailable source.

† 50% natural Beta C.