

Multi-Vitamin Supplement Comparison Chart

Effective 06-08

		Multi-betic® 60 ct.		Centrum® 50 ct.		Centrum Silver® 60 ct.		Alphabetic® 30 ct.	
		Amount Per Serving	% DV	Amount Per Serving	% DV	Amount Per Serving	% DV	Amount Per Serving	% DV
✓ MULTI-BETIC HAS MORE!	Vitamin A	5000IU	100%	3500IU	70%	2500IU	50%	2500IU	50%
✓ MULTI-BETIC HAS MORE!	Vitamin C	250mg	417%	90mg	150%	90mg	150%	120mg	200%
	Vitamin D	400IU	100%	400IU	100%	500IU	125%	400IU	100%
✓ MULTI-BETIC HAS MORE!	Vitamin E	100IU	333%	30IU	100%	50IU	167%	60IU	200%
✓ MULTI-BETIC HAS MORE!	Alpha Lipoic Acid	100mg	**	N/A	N/A	N/A	N/A	60mg	**
✓ MULTI-BETIC HAS MORE!	Lycopene	3mg	**	300mcg	*	300mcg	*	N/A	N/A
✓ MULTI-BETIC HAS MORE!	Lutein	1mg	**	250mcg	*	250mcg	*	500mcg	**
✓ MULTI-BETIC HAS MORE!	Pantothenic Acid	20mg	200%	10mg	100%	10mg	100%	10mg	100%
✓ MULTI-BETIC HAS MORE!	Selenium	70mcg	100%	55mcg	79%	55mcg	79%	50mcg	71%
✓ MULTI-BETIC HAS MORE!	Thiamin	3mg	200%	1.5mg	100%	1.5mg	100%	1.5mg	100%
✓ MULTI-BETIC HAS MORE!	Riboflavin	3.4mg	200%	1.7mg	100%	1.7mg	100%	1.7mg	100%
✓ MULTI-BETIC HAS MORE!	Niacin	40mg	200%	20mg	100%	20mg	100%	20mg	100%
✓ MULTI-BETIC HAS MORE!	Vitamin B6	5mg	250%	2mg	100%	3mg	150%	2mg	100%
✓ MULTI-BETIC HAS MORE!	Vitamin B12	100mcg	1667%	6mcg	100%	25mcg	417%	6mcg	100%
✓ MULTI-BETIC HAS MORE!	Biotin	300mcg	100%	30mcg	10%	30mcg	10%	150mcg	50%
✓ MULTI-BETIC HAS MORE!	Copper	2mg	100%	0.9mg	45%	0.9mg	45%	N/A	N/A
✓ MULTI-BETIC HAS MORE!	Vanadium	200mcg	**	10mcg	*	10mcg	*	100mcg	**
✓ MULTI-BETIC HAS MORE!	Chromium	200mcg	167%	35mcg	29%	45mcg	38%	200mcg	167%
✓ MULTI-BETIC HAS MORE!	Magnesium	200mg	50%	100mg	25%	50mg	13%	200mg	50%
✓ MULTI-BETIC HAS MORE!	Zinc	15mg	100%	11mg	73%	11mg	73%	15mg	100%
✓ MULTI-BETIC HAS MORE!	Manganese	5mg	250%	2.3mg	115%	2.3mg	115%	5mg	250%
✓ MULTI-BETIC HAS MORE!	Potassium	100mg	3%	80mg	2%	80mg	2%	100mg	3%
	OTHER INGREDIENTS								
	Vitamin K	N/A	N/A	25mcg	31%	30mcg	38%	N/A	N/A
	Folate	400mcg	100%	500mcg	125%	500mcg	125%	400mcg	100%
	Calcium	N/A	N/A	200mg	20%	220mg	22%	200mg	20%
	Iron	N/A	N/A	18mg	100%	N/A	N/A	N/A	N/A
	Phosphorus	N/A	N/A	109mg	11%	110mg	11%	N/A	N/A
	Iodine	N/A	N/A	150mcg	100%	150mcg	100%	150mcg	100%
	Molybdenum	N/A	N/A	45mcg	60%	45mcg	60%	N/A	N/A
	Chloride	N/A	N/A	72mg	2%	72mg	2%	N/A	N/A
	Boron	N/A	N/A	150mcg	*	150mcg	*	N/A	N/A
	Nickel	N/A	N/A	5mcg	*	5mcg	*	N/A	N/A
	Silicon	N/A	N/A	2mg	*	2mg	*	N/A	N/A
	Tin	N/A	N/A	10mcg	*	N/A	N/A	N/A	N/A