

How does your PRENATAL SUPPLEMENT measure up?

Nutrient	%Daily Value	COMPLETE FORMULA™ (95 Different Nutrients)			New Mother's Blend™ (6 additional levels)			Prenate Ultra™ (16 Nutrients)			NataFort™ (11 Nutrients)			Natalin™ (15 Nutrients)		
		Amount	Ingredient	Usable Amount	Amount	Form	Usable Amount	Amount	Form	Usable Amount	Amount	Form	Usable Amount	Amount	Form	Usable Amount
Vitamin A activity	300%	15,000 IU	Beta Carotene - D. Salina	N/A				Palmitate & 2700 IU	Beta Carotene	N/A	1000 IU	acetate & beta carotene	N/A	4000 IU	33% as BC	N/A
Vitamin D-3	25%	100 IU	Cholecalciferol	N/A				400 IU		N/A	400 IU		N/A	400 IU		N/A
Vitamin E	833%	250 IU	dl-alpha-tocopherol	N/A				30 IU		N/A	11 IU		N/A	15 IU		N/A
Vitamin C	1667%	1000 mg	Ascorbic Acid	N/A				120 mg		N/A	120 mg		N/A	80 mg		N/A
Vitamin B-1	2000%	30 mg	Thiamine HCL	N/A				3 mg		N/A	2 mg	Thiamine Mononitrate	N/A			
Vitamin B-2	1764%	30 mg	Riboflavin	N/A				3.4 mg		N/A	3 mg		N/A			
Vitamin B-3	150%	30 mg	Niacinamide	N/A				20 mg		N/A	20 mg		N/A	17 mg		N/A
Pantothenic Acid	1500%	150 mg	d-calcium pantothenate	N/A										7 mg		N/A
Vitamin B-6	1500%	30 mg	Pyridoxine HCL	N/A	50 mg		N/A	20 mg		N/A	10 mg		N/A	4 mg		N/A
Folic Acid	50%	400 mcg	Folate	N/A	400 mcg		N/A	1 mg		N/A	1 mg		N/A	1 mg		N/A
Vitamin B-12	8333%	500 mcg	Cyanocobalamin	N/A				12 mcg		N/A	12 mcg		N/A	2.5 mg		N/A
Biotin	100%	300 mcg	Biotin	N/A										30 mcg		N/A
Calcium	50%	500 mg	Glycerophosphate chelate	250+	500 mg citrate		175	200 mg citrate		70				200 mg carbonate		20
Magnesium	75%	300 mg	Glycerophosphate chelate	150+	250 mg amino acid chelate		125							100 mg hydroxide		10
Potassium	3%	99 mg	Citrate chelate	50+												
Copper	50%	1 mg	Gluconate chelate	.5+				2 mg oxide		0				3 mg oxide		0
Iron	23%	4 mg	Gluconate chelate	2+	30 mg amino acid chelate		15	90 mg carbonyl		9	60 mg carbonyl		6	54 mg fumerate		12
Manganese	*	2.5 mg	Citrate chelate	1.25+												
Zinc	85%	13 mg	Citrate chelate	7+				25 mg oxide		2.5				25 mg oxide		2.5
Chromium	250%	300 mcg	ChromeMate® Polynicotinate	150+	200 mcg Chelate		100									
Selenium	130%	100 mcg	Methionine chelate	50+												
Molybdenum	200%	150 mcg	Amino acid chelate™	75+												
Boron	*	2 mg	Aminoate chelate	1+												
Choline	*	30 mg	Bitartrate	N/A												
Grape Seed Extract	*	35 mg	Activein®	N/A												
Inositol	*	30 mg	Inositol	N/A												
PABA	*	30 mg	para amino benzoic acid	N/A												
Pycnogenol®	*	10 mg	Pine Extract	N/A												
Dimethylglycine	*	30 mg	Dimethylglycine DMG	N/A												
Amino Acid																
Complex Blend	*	40 mg	19 Balanced Amino Acids	N/A												
Trace Mineral elements																
		*	1450 ppm 47 Plant Derived Elements	1300+												
Docusate Sodium								50 mg		N/A						
Iodine								150 mcg potassium		N/A						

* = % of Daily Value Not Established **Blank Amount** = Nutrient Not Included **Blank Form** = Same as Complete Liquid
N/A = There is currently no accurate test to determine the amount your body can absorb, so the "Usage Amount" is considered "Not Applicable" here.

NOTE about each of the products listed here:



Complete Liquid™ Formula - is the foundation product recommended to fill nutritional deficiencies in adults.
New Mother's Blend™ - provides the specific nutrients that are in highest demand during pre-conception, gestation, and lactation. It does NOT replace the Complete Liquid™ Formula, but complements it.
Prenate® Ultra™ - In our in-house tests of all of the products on this list, these tablets were the slowest to dissolve.
NataFort® - iron is the ONLY mineral ingredient
Natalins® Rx - the only ingredient list available was found on the Internet (nothing is listed on or within the sample packaging).