

# MULTIVITAMINS



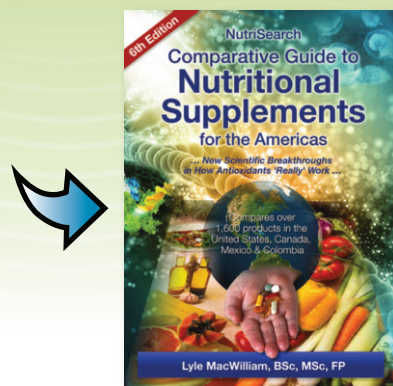
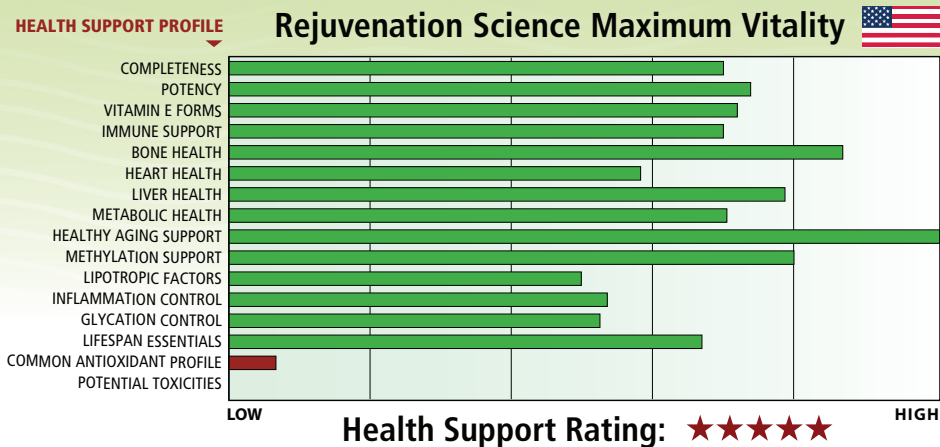
## HOW DOES YOUR MULTIVITAMIN COMPARE?\*



Rejuvenation Science® Maximum Vitality®	Final Product Score: ★★★★★
One A Day® Men's/Women's 50+ Advantage	Final Product Score: ★★
Centrum® Silver® Men	Final Product Score: ★★
GNC Womens Ultra Mega®	Final Product Score: ★★★
Kirkland (Costco®) Signature™	Final Product Score: ★
Nature Made® Multi for Her 50+	Final Product Score: ★★

\* Based on ratings in the *Comparative Guide to Nutritional Supplements* 6th Edition, Lyle MacWilliam, MSc, FP. On a scale of 0 - 5 stars, 5 is the highest rating.

## COMPARISON TO BLENDED STANDARD\*\*



The 2017 *Comparative Guide to Nutritional Supplements* adds new focus on nutrients for longevity, cell signaling and transcription factors to prior edition's research focus on inflammation, oxidative stress, degenerative diseases.

\*\* The Blended Nutritional Standard was constructed by employing 16 criteria across 49 ingredients based on the independent recommendations of 12 nutritional authorities.

## EXPERT RECOMMENDATIONS

- Phyllis Balch, CNC
- Richard Passwater, Ph.D.
- Jane Higdon, Ph.D.
- Michael Colgan, Ph.D.
- Ray Strand, M.D.
- Terry Grossman, M.D. and Ray Kurzweil
- Earl Mindell, Ph.D.
- Julian Whitaker, M.D.
- Philip Lee Miller, M.D. and Life Extension Foundation
- Michael Murray, N.D.
- Robert Atkins, M.D.
- Nicholas Perricone, M.D.

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**CONTACT US TODAY! ▶ Toll Free 888-737-3588 or [www.Rejuvenation-Science.com](http://www.Rejuvenation-Science.com)**

# COMPARING TODAY'S MOST POPULAR MULTIVITAMINS



It's great that you're taking a multivitamin, but are you getting what your body really needs? Less expensive, over-the-counter multivitamins contain minimum amounts of many nutrients in forms that are difficult to absorb – not enough to keep you at your healthy best. Rejuvenation Science® Maximum Vitality® was designed for optimum health – containing healthy dosages of nutrients in their most bioactive forms. Review the chart below for details on these nutrients, how they can help you feel great every day while enhancing long-term health, and understand why Maximum Vitality® received the highest rating in the *Comparative Guide to Nutritional Supplements* by Lyle MacWilliam, MSc, FP.

NUTRIENTS	Rejuvenation Science® Maximum Vitality®	Nature Made® Multi for Her 50+	Centrum® Silver® Men	GNC Women's Ultra Mega® 50+	Helps Support Your...
2017 <i>Comparative Guide</i> rating	5.0	1.5	1.5	2.5	5 is highest <b>Maximum Vitality® is the ONLY Top 5-Star Rated Practitioner Multivitamin</b>
2014 <i>Comparative Guide</i> rating	5.0	1.5	1.5	3.0	5 is highest
<b>PREMIUM ANTIOXIDANTS &amp; OTHER INGREDIENTS</b>					
Coenzyme Q10	20 mg	0	0	0	Energy level, heart, muscle strength <b>▲ Expensive!</b>
Resveratrol	20 mg	0	0	0	Lifespan, cardiovascular health
Alpha-Lipoic & R-Lipoic Acid	100 mg	0	0	0	Immune system <b>Expensive "universal antioxidants"</b>
Gamma E complex	67 mg	0	0	0	Heart, vascular health <b>New research demonstrates important benefits of these natural forms of vitamin E</b>
Tocotrienols	10 mg	0	0	0	Heart, vascular health
Vitamin K2	180 mcg	0	0	0	Enhances calcium accrual to bone and not soft tissue
N-Acetyl Cysteine	150 mg	0	0	0	Detox power of your liver
Green Tea Extract	70 mg	0	0	0	Immune system, cholesterol
Milk Thistle	60 mg	0	0	0	Liver health
Choline	50 mg	0	0	2.5 mg	Brain, liver, nervous system function
Inositol	50 mg	0	0	2.5 mg	Nerves, hair
DMAE	30 mg	0	0	0	Skin and cell membranes
Grape Seed Extract	30 mg	0	0	0	Immune and cardiovascular systems, from grape seed
Hawthorn Berry	25 mg	0	0	0	Heart
Turmeric	25 mg	0	0	0	Immune system, liver, colon
N-Acetyl-L-Tyrosine	25 mg	0	0	0	Stimulates hormone production, including GHG
Quercetin	25 mg	0	0	0	Cardiovascular <b>Minimizes LDL cholesterol oxidation</b>
MSM	25 mg	0	0	0	Regularity, pain management, hair, nails
Ginkgo Leaf	20 mg	0	0	10 mg	Microcirculation, memory
Bilberry Extract	5 mg	0	0	0	Night vision, microcirculation
Rutin	5 mg	0	0	0	Bioflavonoid that helps normal cholesterol, blood pressure, and capillary flexibility
Lycopene	3 mg	0	300 mcg	600 mcg	Blood pressure, prostate <b>No studies use this small amount of Lycopene &amp; Lutein</b>
Lutein	2 mg	0	250 mcg	300 mcg	Vision
Boron	2 mg	0	0	150 mcg	Muscle, bone, nerve health
Astaxanthin	100 mcg	0	0	240 mcg	Expensive antioxidant
Black Pepper Extract	3 mg	0	0	0	Enhances absorption of all nutrients
<b>STANDARD INGREDIENTS</b>					
Vitamin A	2,500 IU	1,250 IU	2,485 IU	3,500 IU	Vision, bone, skin <b>Higher Beta Carotene: Vitamin A ratio is preferred</b>
Beta Carotene	10,000 IU	1,250 IU	1,015 IU	0	Immune system, DNA, cell membranes
Vitamin C	500 mg	180 mg	120 mg	150 mg	Immune system, joints, bone
Vitamin D-3	2,000 IU	1,000 IU	1,000 IU	1,200 IU	Immune system, bones
Vitamin E	30 IU	60 IU*	60 IU*	30 IU	Heart, immune system, cells (*synthetic dl-alpha tocopherol)
Thiamin (vitamin B-1)	50 mg	1.5 mg	1.5 mg	50 mg	Energy, brain function
Riboflavin (vitamin B-2)	50 mg	1.7 mg	1.7 mg	50 mg	Vision, cell development, skin, hair, nails
Niacin & Niacinamide	50 mg	20 mg	20 mg	50 mg	Sugar balance
Vitamin B-6	50 mg	6 mg	6 mg	50 mg	Mental clarity, hormone balance
Folate	400 mcg^	400 mcg*	300 mcg*	400 mcg*	Protein metabolism, normal homocysteine levels. *as synthetic folic acid. Ask your doctor about the benefits of ^methylated folate.
Vitamin B-12	500 mcg^	25 mcg*	100 mcg*	50 mcg*	Nerves, blood, energy <b>We use bioactive ^methylcobalamin (not ^cyanocobalamin)</b>
Biotin	150 mcg	30 mcg	30 mcg	300 mcg	Energy, hair, skin
Pantothenic Acid	55 mg	10 mg	10 mg	50 mg	Energy, normal triglyceride levels
Calcium	61 mg	200 mg*	210 mg*	500 mg*	Bones, memory, muscles, heart, nerves (*carbonite)
Magnesium	100 mg	100 mg*	75 mg*	100 mg*	Blood pressure, cellular energy (*oxide)
Zinc	15 mg	15 mg	15 mg	15 mg	Immunity, prostate, enzyme production
Selenium	100 mcg	70 mcg	21 mcg	200 mcg	Immune system, intracellular structure
Copper	1 mg	2 mg	0.5 mg	2 mg	Nervous system, cell respiration
Manganese	3 mg	4 mg	4 mg	2 mg	Blood sugar, energy
Chromium	100 mcg	120 mcg	60 mcg	120 mcg	Glucose levels <b>May promote lean body mass</b>
Molybdenum	100 mcg	75 mcg	50 mcg	75 mcg	Metabolism, cell function
Iodine	100 mcg	150 mcg	150 mcg	150 mcg	Energy, immunity
Potassium	50 mg	0	80 mg	0	Water, pH balance
<b>OTHER INGREDIENTS</b>					
Iron	0	0	0	8 mg	<b>▲ Multivitamins should contain no iron</b>
Nickel, Chloride, Polyethylene glycol, Artificial Colors & Sweeteners	none	various	various	sucralose	<b>▲ Unnecessary fillers</b>

Based on information posted on the manufacturers' websites on August 2017. Product and manufacturers names are trademarks of the respective manufacturers. © 2017 Rejuvenation Science®, Inc.

**QUALITY INGREDIENTS:** Rejuvenation Science® Maximum Vitality® uses the most bioactive ingredients in the standard multivitamin components, such as methylated folate, the methylcobalamin form of Vitamin B-12, and a mix of various forms of minerals utilizing the amino acid chelate or krebs cycle form of the mineral for greater absorption. Maximum Vitality® includes efficacious quantities of expensive ingredients not included in other products such as coenzyme Q10, trans-resveratrol, alpha- and r-lipoic acid, the gamma and tocotrienol forms of vitamin E, vitamin K-2, lutein, lycopene, antioxidants, and proanthocyanidins from grape seed. Contains no wheat/gluten.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.