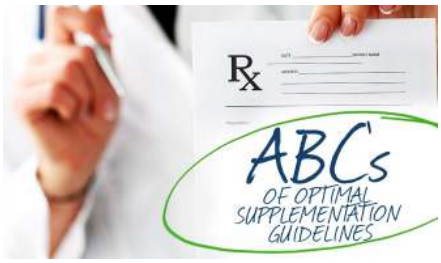

HOW MANY **ABSORPTION** HINDERING FACTORS & UNWANTED INGREDIENTS ARE HIDING IN YOUR MULTIVITAMIN?

Does your Vitamin Have...? **(Hindering Factors & Undesirable Ingredients)**	**Check if yes ✓**
Is your multivitamin delivered in a pill, capsule or tablet form? *note: do not check if your capsule has been proven to disintegrate with in the 20 min window required for proper absorption.*	
Do you skip doses because you dislike or have difficulty with pills?	
Is your liquid multivitamin or vitamin beverage in a clear container?	
Does your liquid multivitamin contain any of the numerous micronutrients know to cause micronutrient degradation including B1, B2, B6, B9, B12, or C?	
Does your powdered multivitamin come in a multi-serving container?	
Does you multivitamin contain sugar under any name such as sugar, sucrose, maltodextrin, fructose, corn syrup solids, high fructose corn syrup, cane sugar, tapioca syrup, or corn syrup.... to name only a few?	
Does you multivitamin contain sodium benzoate, BHA or BHT as preservatives?	
Does your multivitamin contain any unwanted, and potentially dangerous artificial colors such as blue 1, blue 2, yellow 5, yellow 6 or red 40?	
Are there binders, fillers or flow agents listed on the ingredients list such as cellulose, magnesium or calcium stearate, disodium hydrogen phosphate, hydrogenated oils, talc, polyethylene glycol, polyvinyl alcohol, soy lecithin, corn starch, sodium starch glycosylate, microcrystalline cellulose, crospovidone, croscarmellose sodium, gelatin or gellan gum?	
Are your pills or tablets coated? Do you see ingredients such as shellac, wax, hydroxypropyl—methylcellulose, hypromellose, silica, talc, stearic acid used on your multivitamin supplement facts?	
TOTAL # of unwanted factors for absorption	

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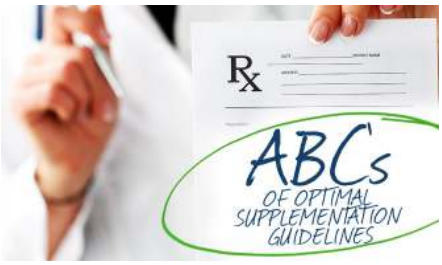

DOES YOUR MULTIVITAMIN CONTAIN THE BENEFICIAL QUANTITIES AND FORMS THAT YOU ARE LOOKING FOR?

PART 1

Does your Vitamin Have...? **(Hindering Factors & Undesirable Ingredients)**	**Check if yes ✓**
If your multivitamin is **NOT** delivered twice a day?	
Are there any micronutrients, other than D, that are over 100% DV? **(count how many and make checks)**	
If your multivitamin is **NOT** labeled to include all non-gmo ingredients - then check ✓	
If your multivitamin **does not contain** at least 2.500 IU of preformed vitamin A (not beta-carotene)	
If your multivitamin **does not contain** thiamine pyrophosphate for B1(thiamine)	
If your multivitamin **does not contain** pantethine for B5 (pantothenic acid)	
If your multivitamin **does not contain** ascorbic palmitate for C	
If your multivitamin **does not contain** chromium polynicotinate (not picolinate)	
If your multivitamin **does not contain** 500-600 mg of calcium	
If your multivitamin **does not contain** at least 420 mg of magnesium	
If your multivitamin **does not contain** 2000 IU of vitaminD3 (not D2)	
If your multivitamin **does not contain** riboflavin 5 phosphate for B2 (riboflavin)	
If your multivitamin **does not contain** pyridoxal 5 phosphate for B6	
If your multivitamin **does not contain** selenomethionine for selenium	
If your multivitamin **does not contain** d-biotin for B7 (biotin)	
PART 1 TOTAL # of unwanted factors for Beneficial Quantities & Forms	

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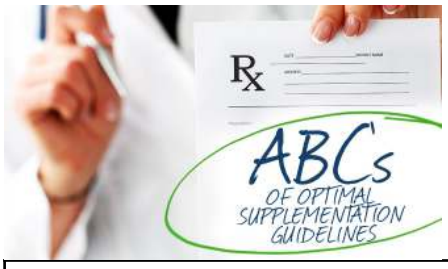

DOES YOUR MULTIVITAMIN CONTAIN THE BENEFICIAL QUANTITIES AND FORMS THAT YOU ARE LOOKING FOR?

PART 2

Does your Vitamin Have...? (Hindering Factors & Undesirable Ingredients)	**Check if yes ✓**
Does your multivitamin contain Cyanocobalamin instead of methylcobalamin for B12?	
Does your multivitamin leave out either form of B3, niacin or niacinimide?	
Does your multivitamin leave out any of the three forms of vitamin k? (vitamin K1, vitamin K2(MK-4), vitamin K2 (MK-7)?	
Does your multivitamin leave out any form of vitamin E? (alpha-tocopherol {the synthetic dl-does not count}, beta-tocopherol, gamma-tocopherol, delta-tocopherol, alpha-tocotrienol , beta-tocotrienol, gamma-tocotrienol, delta-tocotrienol? These may be listed as a full spectrum of tocopherols and a full spectrum of tocotrienols	
Does your multivitamin contain folic acid instead of 5-MTHR (methyltetrahydrofolate), quatrefolic, or ([6S]-5-methyltetrahydrofolic acid glucosamine salt ?	
Does your multivitamin contain copper?	
Does your multivitamin contain calcium carbonate or magnesium carbonate or magnesium oxide and NOT contain citric acid to create ionic conversion?	
Does your multivitamin leave choline out of the ingredients?	
Does your multivitamin leave out any of the following beneficial but non-essential micronutrients: grapeseed extract, quercetin, CoQ10?	
Does your multivitamin leave out the 6 mg of lutein needed to fight AMD?	
Add a check for each of the following accessory micronutrients does your multivitamin leaves out? Boron, Silicon, Silica, Vanadium, CoQ10, Choline, Quercetin, Lutein, Grapeseed Extract, Zeaxanthin, Astaxanthin	
PART 2 TOTAL # of unwanted factors for Beneficial Q & F	
SUM FROM PARTS 1 & 2 =TOTAL # of unwanted factors for Beneficial Quantities & Forms	

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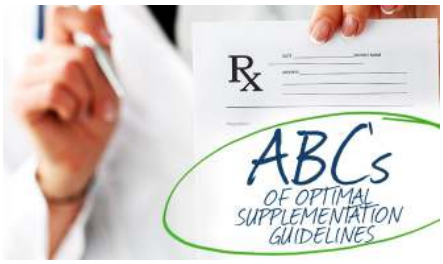

IS YOUR MULTIVITAMIN FORMULATED WITH **ANTI-COMPETITION TECHNOLOGY** AND DESIGNED TO MATCH **SYNERGISTIC MICRONUTRIENTS**?

Does your Vitamin Have…? **(Hindering Factors & Undesirable Ingredients)** *Note: do not check any if taking nutreince*	**Check if yes ✓**
Does your multivitamin contain both vitamin B9 (ex. folic acid, folate or 5-MTHF) & zinc in the same formula?	
Does your multivitamin contain calcium & magnesium in the same formula?	
Does your multivitamin contain calcium & zinc in the same formula?	
Does your multivitamin contain both lutein and betacarotene in the same formula??	
Does your multivitamin contain both B5 (pantothenic acid) and copper in the same formula?	
Does your multivitamin contain both vitamins A and D in the same formula?	
Does your multivitamin contain zinc and copper in the same formula?	
Does your multivitamin contain B5 (pantothenic acid) and B7 (biotin) in the same formula?	
Does your multivitamin contain vitaminK2 (MK7) in the same formula as calcium and/or magnesium **WITHOUT** labeling the K2 as the K2 VITAL Delta form?	
Does your multivitamin contain iron? **(check once for yes - but this may cause up to 10 competitions)**	
Does your multivitamin lack the claim of "Anti-Competition Technology"? **(check once for yes - but this may cause up to 48 competitions)**	
Is your multivitamin unable to enhance synergies due to the lack of anti-competition technology?	
Does your multivitamin **NOT CONTAIN BOTH** bioflavanoids, (such as: grapeseed extract, quercetin, catechins, hesperidin, or rutin) and vitamin C in the same formulation?	
Does your multivitamin **NOT CONTAIN BOTH** calcium and silicon in the same formulation?	
Does your multivitamin **NOT CONTAIN BOTH** vitamin B2 (riboflavin) and zinc in the same formulation?	
TOTAL # of unwanted factors for Competition and Synergy	

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