Best Multivitamin study

Description

Best Multivitamin Study: Here are the results of an independent study comparing 101 multivitamins for effectiveness and cost. Shaklee's Vitalizer ranked #4.

Let's take a look at the best multivitamin study. If your brand is down the ladder, why not consider changing to Shaklee. The cost comparison/quality combination might encourage you.

Once all 101 multivitamin products were assessed, each of them was assigned a score from 0 to 10, 10 being the highest. ***A score of 8.0 and above is a sign of an excellent product****. However, only 8 out of the 101 products were able to surpass this benchmark.*

Effectiveness scores of all 101 multivitamin brands (listed in order of their rank)

Company	Product	Effectiveness	Rank
Xtend-Life	Total Balance	9.6	1
Douglas Laboratories	Ultra Preventive X	9.4	2
USANA Health Sciences	Essentials	9.3	3
Shaklee	**Vitalizer™ Gold**	**8.9**	**4**
Source Naturals	Life Force Multiple	8.7	5
FreeLife	Reverse!	8.6	6
Nutrilite (Amway, Quixtar)	Double X	8.3	7
Life Extension Foundation	Life Extension Mix	8.2	8
Vitamin Research Products	Extended Plus	7.9	9

Karuna	Maxxum 4	7.9	10
Solgar	Omnium	7.8	11
Ultimate Nutrition	Super Complete	7.7	12
SportPharma	Multiguard	7.6	13
Dr. Julian Whitaker’s	Forward Multi-Nutrient	7.6	14
Metagenics	Multigenics Intensive Care	7.2	15
Mountain Naturals of Vermont	Superior Care	7.1	16
amni	Added Protection III	7.0	17
Purity Products	Perfect Multi Focus Formula	7.0	18
GNC	GNC Mega Men Sport	6.9	19
Doctor’s Nutrition	Mega Vites Woman	6.8	20
DaVinci Laboratories	Spectra Woman	6.8	21
Nutrition Dynamics	Optimum Health Essentials	6.8	22
TwinLab	Daily One Caps with Iron	6.7	23
FoodScience of Vermont	Superior Care	6.6	24
Puritan’s Pride	High Potency Ultra Vita Man Time Release	6.5	25
Colgan Institute	Formula MCS	6.4	26
Rainbow Light	Advanced Nutritional System	6.4	27
NOW Foods	Multiple Vitamins – Liquid Gels	6.4	28
EAS	Multi-Blend	6.3	29
Mannatech	PhytoMatrix	6.2	30
Nature’s Way	Alive! Whole Food Energizer	6.1	31
Jean Carper’s	Stop Aging Now!	6.0	32
Natural Factors	MultiStart Women’s	5.9	33

Advanced Physician’s Products	Maximum MultiVitamin/Mineral without Iron	5.8	34
EcoNugenics	Women’s Longevity Rhythms Gold	5.8	35
Solaray	Iron-Free Spectro Multi-VIta-Min	5.8	36
Nature’s Blend	Vitaminix Ultimate	5.6	37
Pharmanex (Nu Skin)	LifePak Prime	5.4	38
Melaleuca	Vitality Pak	5.3	39
Herbalife	Formula 2 Multivitamin Complex	5.3	40
QCI Nutritionals	Ultra Vitality #1	5.2	41
KAL	Multiple Energy	5.2	42
Essentials by Megafood	Essentials for Life	5.2	43
Optimox	Androvite for Men	5.1	44
SupraLife	Maxum Essentials	5.0	45
Jarrow	Multi E-Z Powder	5.0	46
Great Earth	TNT – Total Nutrition Tablet	5.0	47
Nikken	Kenzen Mega Daily 4	4.9	48
Garry Null’s	Supreme Health Formula	4.8	49
Thorne Research	Al’s Formula	4.8	50
Atkins	Basic #3	4.7	51
Vitamin World	Daily 3 With Antioxidant Factors	4.7	52
PhytoPharmica	Clinical Nutrients for Women	4.7	53
Centrum	Silver	4.6	54
4Life	BioVitamins Type III	4.5	55
Bronson Laboratories	Performance Edge for Women	4.5	56

One A Day	Essential	4.5	57
Country Life	Maxine	4.4	58
Nature Made	Multi Complete	4.3	59
Quest	Maximum Once A Day	4.2	60
Nature’s Bounty	Green Source Vegetarian Formula	4.1	61
Matol	Matolife	4.1	62
Greens+	Multi+	3.9	63
Michael’s Naturopathic Programs	for Women	3.8	64
Natrol	My Favorite Multiple Original	3.8	65
Nu-life	Ultimate One for Men	3.7	66
Jamieson	Super Vita-Vim	3.7	67
Walgreens	Ultra Choice Premium Women	3.5	68
Swiss Natural Sources	Super Adult Chewable	3.4	69
Ripple Creek	Mega-100 (Slow Release)	3.3	70
Thompson	Human Nature Green Multi	3.0	71
Safeway Select	Super Women’s Multivitamin	2.9	72
Perfect Choice	Multivitamin Specially Formulated for Women	2.9	73
Watkins	Superfood Multiple	2.8	74
Vitamin Power	Power Source 100	2.8	75
Pilgrim’s	Silver Stars Multi	2.7	76
Absolute Nutrition	Dieters’ Multi’s	2.7	77
Nature’s Sunshine	Super Supplemental Vitamins and Minerals	2.7	78
Freeda Vitamins	Ultra Freeda Iron-Free	2.7	79
ZonePerfect	Multi Vitamin & Mineral	2.6	80

Sisu	Only One	2.5	81
Schiff	Single Day	2.4	82
Nature's Plus	Uitra One	2.0	83
Kirkland Signature (Costco)	Daily Multi	1.9	84
Sunkist	Multi-Men's	1.7	85
Lifestyles	Lifecycles for Women	1.6	86
Western Family	Multra Forte	1.3	87
Avon	VitAdvance Men's Complete Multivitamin	1.2	88
Flora	MultiCaps	1.2	89
Reliv	Classic	1.1	90
Sundown	Complete Ultra	0.9	91
YourLife	Super Multi with Herbs	0.9	92
Rite Aid	Whole Source	0.8	93
21st Century	One Daily Maximum	0.7	94
Spring Valley	Maximum One Dally	0.6	95
Life Brand	Optimum	0.6	96
Good Neighbor Pharmacy	Balanced Care Complete Multi	0.6	97
Kroger	Advanced Formula Complete	0.6	98
Equate (Walmart)	One Daily	0.6	99
Action Labs	Essential Nutrients	0.5	100
Geritol	Complete	0.4	101

Source: ***Multivitamin Guide*** *–* ***http://www.multivitaminguide.org/full-ranking.html***
(accurate as of ***October 13, 2011****)*

The Shaklee Vitalizer Line of Products (Mens, Womens and Gold Formulas)

In the study, they looked at Vitalizer Gold (Shaklee's 50+ formula) and took into account all

six pills in the **Vita-Strip**®. That is certainly the optimal recommendation for good health and, based on Shaklee's quality standards, it is well worth the price. However, of the six pills in the Vita-Strip® only two of those are Shaklee's Vita-Lea® high potency multivitamin.

Since Vita-Lea® can be purchased on its own, if you are a budget minded person who still wants the best multivitamin for your health, you can buy a two month supply of Vita Lea Gold by itself for**$26.00** (or **$23.00** for Vita Lea Men and Vita Lea Women).

When purchasing a 120 count bottle of **Vita-Lea**® as a beginning foundation for better health, your daily pill consumption is two and your daily cost per serving is only **$0.43 per day for Vita-Lea® Gold** and **$0.38 per day for Vita-Lea® Men or Women!** Recognizing the higher quality multivitamin by Shaklee compared to the retail brands, 40 cents a day is a steal!

A good place to start is Vitalizer and Vitalizing Protein. We call this the Foundations Regimen. If you don't feel better after a month taking these products, you can ask for your money back, no questions asked.

Shop now at www.HIHOHealth.com



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