

Graphical Comparisons to the Blended Standard

Graph Nutritional Bar Components	Median Intake Recommendation	Graph Nutritional Bar Components	Median Intake Recommendation	Graph Nutritional Bar Components	Median Intake Recommendation
Vitamins		Vitamins		Minerals	
1 Vitamin A	7,500 IU	14 Lipoic Acid	35 mg	26 Boron	3 mg
2 Vitamin D	350 IU	15 Para-Aminobenzoic Acid	35 mg	27 Calcium	800 mg
3 Vitamin K	180 ug	16 Vitamin C	2,000 mg	28 Chromium (trivalent)	275 ug
B-Complex Vitamins		Bioflavonoid Complex		29 Copper	2 mg
4 Biotin	200 ug	18 Bioflavonoids (mixed/citrus)	555 mg ~ **	30 Iodine	100 ug
5 Folic Acid	400 ug	19 Phenolic acids (Polyphenols)	25 mg ^ ^ ^	31 Iron	23 mg ^ ^ ^
6 Vitamin B1	50 mg	20 Procyanidolic Oligomers	75 mg	32 Magnesium	450 mg
7 Vitamin B2	43 mg	Glutathione Complex		33 Manganese	7 mg
8 Vitamin B3	75 mg	21 Cysteine (n-acetyl)	56 mg	34 Molybdenum	63 ug
9 Vitamin B5	75 mg	Lipid Metabolism		35 Potassium	300 mg
10 Vitamin B6	63 mg	22 Carnitine	750 mg	36 Selenium	150 ug
11 Vitamin B12	300 ug	23 Choline	59 mg *	37 Silicon	8 mg
Antioxidant Vitamins and Nutrients		24 Inositol	125 mg	38 Vanadium	75 ug
12 beta-Carotene	12,500 IU	25 Lecithin	350 mg ^	39 Zinc	23 mg
13 Coenzyme Q10	45 mg				

BLENDED STANDARD PREPARED FROM NUTRIENT INTAKE RECOMMENDATIONS FROM:

Balch, PA, Prescription for Nutritional Healing, Avery Books, New York, NY, 2002
 Colgan, M, Hormonal Health, Apple Publishing, Vancouver, BC, 1996
 Mindell, E, What You Should Know about Creating Your Personal Vitamin Plan, Keats Pub., New Canaan, CT, 1996.
 Murray, M and Pizzorino J, Encyclopedia of Natural Medicine, Prima Publishing, Rocklin, CA, 1998
 Murray, M Encyclopedia of Nutritional Supplements, Prima Publishing, Rocklin, CA, 1996
 Passwater, RA, The New Supernutrition, Simon and Schuster Inc. New York, NY, 1991
 Strand, R, What Your Doctor Doesn't Know about Nutritional Medicine May Be Killing You, Thomas Nelson Inc. Nashville TN, 2002
 Whitacker, J, Dr. Whitacker's Guide to Natural Healing, Prima Publishing, Rocklin CA, 1996
 Recommended level of Phenolic Acids adapted from: Visioli F et al. Low density lipoprotein oxidation is inhibited in vitro by olive oil constituents. Atherosclerosis. 1995, 117: 25-32.

* Colgan: lecithin specified in form of p-choleine
 ** Strand: no amount specified
 *** Balch: only if a deficiency exists
 ^ Passwater: 1-2 caps estimated at 1000 mg/cap as lecithin
 ^ ^ ^ Strand: no amount specified
 ~ includes hesperedin, quercetin and rutin

