

# 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
<b>Vitamins</b>		<b>14</b> Lipoic Acid	35 mg	<b>Minerals</b>	
<b>1</b> Vitamin A	7,500 IU	<b>15</b> Para-Aminobenzoic Acid	35 mg	<b>26</b> Boron	3 mg
<b>2</b> Vitamin D	350 IU	<b>16</b> Vitamin C	2,000 mg	<b>27</b> Calcium	800 mg
<b>3</b> Vitamin K	180 ug	<b>17</b> Vitamin E	500 IU	<b>28</b> Chromium (trivalent)	275 ug
<b>B-Complex Vitamins</b>		<b>Bioflavonoid Complex</b>		<b>29</b> Copper	2 mg
<b>4</b> Biotin	200 ug	<b>18</b> Bioflavonoids (mixed/citrus)	555 mg ~ **	<b>30</b> Iodine	100 ug
<b>5</b> Folic Acid	400 ug	<b>19</b> Phenolic acids (Polyphenols)	25 mg ^ ^ ^	<b>31</b> Iron	23 mg ^ ^ ^
<b>6</b> Vitamin B1	50 mg	<b>20</b> Procyanidolic Oligomers	75 mg	<b>32</b> Magnesium	450 mg
<b>7</b> Vitamin B2	43 mg	<b>Glutathione Complex</b>		<b>33</b> Manganese	7 mg
<b>8</b> Vitamin B3	75 mg	<b>21</b> Cysteine (n-acetyl)	56 mg	<b>34</b> Molybdenum	63 ug
<b>9</b> Vitamin B5	75 mg	<b>Lipid Metabolism</b>		<b>35</b> Potassium	300 mg
<b>10</b> Vitamin B6	63 mg	<b>22</b> Carnitine	750 mg	<b>36</b> Selenium	150 ug
<b>11</b> Vitamin B12	300 ug	<b>23</b> Choline	59 mg *	<b>37</b> Silicon	8 mg
<b>Antioxidant Vitamins and Nutrients</b>		<b>24</b> Inositol	125 mg	<b>38</b> Vanadium	75 ug
<b>12</b> beta-Carotene	12,500 IU	<b>25</b> Lecithin	350 mg ^	<b>39</b> Zinc	23 mg
<b>13</b> 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-choline  
 \*\* 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

