

# HOW THE COMPARISONS ARE MADE

## The Blended Standard

To compare products, biochemist Lyle MacWilliam developed a Blended Standard based on the recommendations of seven recognized and published nutritional authorities:

**Phyllis Balch, CNC**, is a leading nutritional counselor in America and a recognized advocate of nutritional therapies. She is author of *Prescription for Nutritional Healing: The A-to-Z Guide to Supplements* (2002).

**Dr. Michael Colgan, Ph.D.**, is an internationally recognized authority on sports nutrition and author of *The New Nutrition: Medicine for the Millennium* (1995) and *Hormonal Health: Nutritional and Hormonal Strategies for Emotional Well-Being and Intellectual Longevity* (1996).

**Dr. Earl Mindell, Ph.D.**, is one of America's leading nutritionists and an internationally recognized authority on nutrition, drugs, vitamins and herbal remedies. Dr. Mindell has authored several books, including *Earl Mindell's Vitamin Bible for the 21st Century* (1999) and *Dr. Earl Mindell's What You Should Know About Creating Your Own Personal Health Plan* (1996).

**Dr. Michael Murray, N.D.**, is one of the world's leading authorities on natural medicine. Dr. Murray has published over 20 books on natural medicine, including the *Encyclopedia of Nutritional Supplements* (1996) and the *Encyclopedia of Natural Medicine* (1998).

**Dr. Richard Passwater, Ph.D.**, is an acknowledged expert in free radical pathology and trace element research. A biochemist renowned for his contributions to the advancement of science, Dr. Passwater is also the author of best-selling guide, *The New Supernutrition* (1991) and *The Antioxidants* (1997).

**Dr. Ray Strand, M.D.**, has been a practicing family physician for 26 years. Dr. Strand is the author of *Bionutrition: Winning the War Within* (1998) and *What Your Doctor Doesn't Know About Nutritional Medicine May Be Killing You* (2002).

**Dr. Julian Whitaker, M.D.**, is author of the best selling guide, *Dr. Whitaker's Guide to Natural Healing* (1996), he is also the author and publisher of *Health & Healing* — a leading health newsletter in the U.S., with a circulation of nearly 700,000.

Where at least three of the authors recommend everyone supplement their diet with a particular nutrient, the median value of the recommendations is chosen for inclusion in the Blended Standard.

## Reading the Graphs

Each bar in the graphs represents a single nutrient, as shown in the Legend.

Note that each graph changes colour for those nutrients that exceed 100 percent of the recommended daily intake, based on the Blended Standard.

All products shown are U.S. formulations. There may be differences in formulations in different countries, depending on local regulations.

Blended Standard			
1 Vitamin A	7500 IU	21 L-Aspartic Acid	500 mg
2 Vitamin B1	2500 mg	22 L-Carnitine	2500 mg
3 Vitamin B2	1000 mg	23 Choline	500 mg
4 Biotin	5000 mg	24 Creatine	1000 mg
5 Folic Acid	4000 mg	25 Lactitol	500 mg
6 Vitamin B6	50 mg	26 Iron	50 mg
7 Vitamin B12	60 mg	27 Calcium	6000 mg
8 Vitamin B complex	75 mg	28 Chromium	275 mg
9 Vitamin C	25 mg	29 Copper	2 mg
10 Vitamin E	60 mg	30 Iodine	1000 mg
11 Vitamin K	3000 mg	31 Zinc	25 mg
12 Beta-Carotene	15,000 IU	32 Magnesium	450 mg
13 Coenzyme Q10	80 mg	33 Manganese	7 mg
14 Liponic Acid	50 mg	34 Methylsulfonium	60 mg
15 Para-Aminobenzoic Acid	50 mg	35 Potassium	5000 mg
16 Vitamin D	5,000 IU	36 Selenium	150 mg
17 Vitamin H	5000 IU	37 Silica	5 mg
18 Biotinamide (vitamin)	550 mg	38 Vanadium	25 mg
19 Phenolic compounds	25 mg	39 Zinc	25 mg
20 Procyonidic Oligomers	75 mg		



# 4 01 Nutrients Reading Guide

**William Swan Sonnenschein**



#### 4 01 Nutrients Reading Guide:

Audiovisual Guide to the Catalog of the Food and Nutrition Information and Educational Materials Center Food and Nutrition Information Center (U.S.),1977 Over 400 entries to audiovisual materials received by FNIC before 1977 Includes motion pictures slides flashcards videocassettes charts filmstrips records posters transparencies film loops phonodiscs audiotapes games audiocassettes kits puzzles and models Entry gives accession number bibliographical information FNIC call number descriptors and abstract Subject author title and media indexes Contains loan information      **Study Guide for Sizer and Whitney's Nutrition Concepts and Controversies** Frances Sizer, Ellie Whitney, Jana R. Kicklighter, 2005-05 The study guide provides students with a detailed review of chapter material reiterating chapter objectives and key concepts The guide challenges students with crossword puzzles and matching exercises reviewing glossary terms from the chapter and probing short answer and essay questions to test the students overall grasp of the material Included is a sample test for each chapter as well as helpful study tips      *Catalogue of Research Literature for Development: Food production and nutrition* United States. Agency for International Development. Bureau for Technical Assistance, 1976      *Food and Nutrition Information and Educational Materials Center catalog* Food and Nutrition Information Center (U.S.), 1976      *Clinical Companion Study Guide for Mosby's Dental Hygiene* Susan J. Daniel, Bonnie Francis, Sherry A. Harfst, Rebecca Wilder, Shannon H. Mitchell, 2007 This study guide companion to Mosby's Dental Hygiene Concepts Cases and Competencies 2nd Edition draws the student in using a friendly question and answer format that explains how's what's where's and why's of the content The answers to these questions tie into features from the main text including the Insight Statement Learning Outcomes Case Studies and Case Applications Review Questions and answers as well as Critical Thinking Activity Worksheets encourage students to practice their knowledge and skills after reading the text chapter and to prepare for exams Follows a format consistent with the main text and allows students to become familiar with the pattern and focus on learning the content A conversational question and answer format makes material less intimidating and immediately demonstrates the benefits of working on the exercises Frequent references to main text content such as Insight Statement Learning Outcomes and Case Study help student retain the information better through repetition Critical Thinking Activities help students practice application of concepts to everyday life and reach a better understanding of the dental hygienist's role Topics to Debate feature challenges students to consider the ethics and proper application of dental hygienist skills to real life situations they are likely to encounter Patient Education Links encourage students to access the Internet or Evolve site for additional sources or agencies for more information on topics related to the text Encourages self assessment with Process Performance forms that allow students to grade themselves on whether or not they have developed the skills necessary to meet the Learning Outcomes in the chapter Review questions answers and rationales at the end of the study guide help students review material and prepare for boards Sample forms and patient education handouts provide sample dialogues and

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## Decoding **4 01 Nutrients Reading Guide**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**4 01 Nutrients Reading Guide**," a mesmerizing literary creation penned with a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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