

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.

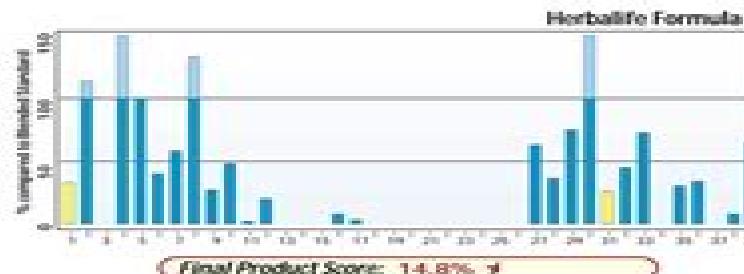
Reading the Graphs

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	7,000 IU	21 m-Acetyl L-Dihydroxy-	100
2 Vitamin D3	300 IU	22 m-Cysteine	100
3 Vitamin E	1,000 IU	23 Chlorine	100
4 Biotin	500 mcg	24 Cobalt	100
5 Beta Amino	400 mg	25 Cobalt	100
6 Vitamin B6	100 mg	26 Cobalt	100
7 Vitamin B12	600 mcg	27 Cobalt	100
8 Vitamin B12 complex	75 mcg	28 Chromium	100
9 Vitamin B12	75 mcg	29 Copper	100
10 Vitamin B12	400 mcg	30 Copper	100
11 Vitamin B12	300 mcg	31 Copper	100
12 Beta-Carotene	10,000 IU	32 Copper	100
13 Coenzyme Q10	300 mg	33 Manganese	100
14 Lipoic Acid	300 mg	34 Manganese	100
15 Folic Acid/Chlorophyll Acid	300 mg	35 Potassium	100
16 Vitamin C	1,000 mg	36 Selenium	100
17 Vitamin B1	100 mg	37 Selenium	100
18 Vitamin B2	100 mg	38 Zinc	100
19 Phytosterols	100 mg	39 Zinc	100
20 Phytosterols/Cholesterol	100 mg	40 Zinc	100
21 Procyanoanthocyanidins	75 mg	41 Zinc	100



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

questions to ask patients when interacting in the dental office and help students contribute to successful dental hygienist practices Catalog. Supplement - Food and Nutrition Information and Educational Materials Center Food and Nutrition Information and Educational Materials Center (U.S.),1976 **Catalog** Food and Nutrition Information Center (U.S.),1974

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The Best Books: a Readers Guide to the Choice of the Best Available Books (about 50.000)... William Swan Sonnenschein,1895 Food and Nutrition Investigations in New Jersey in 1895 and 1896 Edward Burnett Voorhees,1896 International Index to Multi-media Information ,1976 Subject Guide to Books in Print ,1993 Nutrition Abstracts and Reviews ,1990 *The National Union Catalog, Pre-1956 Imprints* Library of Congress,American Library Association. Committee on Resources of American Libraries. National Union Catalog Subcommittee,1972 **Bibliographic Guide to Education** ,1988 Annual supplement to the Dictionary catalog of the Teachers College Library Columbia University and its 1st 3rd supplements Subject Catalog Library of Congress,1982 Dictionary Catalog of Official Publications of the State of New York ,1973 Includes information from the Checklist of official publications of the State of New York **Appletons' Annual Cyclopedia and Register of Important Events** ,1870

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