

Formulation and Price Comparison Chart - A Popular Brand vs. Multi Extra

Ingredients	UofM	Multi Extra 	Jamieson Super Vita-Vim	Comparison
Size		186	125	Multi Extra offers better value. Compare price, nutrient forms AND dosages.
Supply for (days)		93	125	
Retail Price		22.99	17.49	Jamieson provides 34% more days, but Multi Extra has 50% more nutrient dosage. Plus, Multi Extra has better absorbed nutrient forms. For a difference of 11 cents per day, be good to your health!
Cost Per Day		0.25	0.14	
Tablet size		Medium	Large	Multi extra featured easy-to-swallow tablet size, contrary to Jamieson's large tablets.
Vitamins				
Vitamin A (Palmitate)	IU	10,000.00		Multi Extra has 10,000 IUs of Vitamin A. Jamieson has 5,000 IUs. That's twice as much in Multi Extra.
Vitamin A (undisclosed form)	IU		5,000.00	
Beta Carotene (Provitamin A)	IU	-	1,500.00	Jamieson has Beta Carotene, but the low 1,500 IU dosage does not nearly catch up to 10,000 Vitamin A in Multi Extra.
Vitamin E (D-alpha Tocopheryl Acetate)	IU		60.00	More Vitamin E in Jamieson.
Vitamin E (D-alpha Tocopheryl Succinate)	IU	50.00		
Vitamin C (Ascorbic Acid)	MG	150.00	200.00	More Vitamin C in Jamieson.
Folic Acid	MG	0.20	0.40	More Folic Acid in Jamieson.
B1 (Thiamine Mononitrate)	MG		30.00	
B1 (Thiamine Hydrochloride)	MG	50.00		66% more B1 in Multi Extra.
B2 (Riboflavin)	MG	50.00	30.00	66% more B2 in Multi Extra.
Niacinamide	MG		50.00	
Niacin	MG	50.00		50mg of the more active form of B3 in Multi Extra, vs. 50mg of the less active form in Jamieson.
B6 (Pyridoxine Hydrochloride)	MG	50.00	50.00	Same.
B12 (Cyanocobalamin)	MCG	50.00	50.00	Same.
Vitamin D3 (Cholecalciferol)	IU	400.00		Undisclosed form of Vitamin D in Jamieson.
Vitamin D (undisclosed form)	IU		400.00	
Biotin	MCG	50.00	30.00	66% more in Multi Extra.
Pantothenic Acid (D-Calcium Panthothenate)	MG	50.00	50.00	Same.
Lipotropic Factors				
Choline Bitartrate	MG	50.00		No Choline in Jamieson.
Inositol	MG	50.00		No Inositol in Jamieson.
Minerals				
Calcium (Chelate, Calcium Phosphate)	MG	125.00		Jamieson has slightly more calcium, BUT calcium carbonate is recognized as the least efficient form of calcium. Multi Extra contains Calcium chelate, recognized as the best form.
Calcium (carbonate)	MG		150.00	
Phosphorus (Chelate, Calcium Phosphate)	MG	50.00		No Phosphorus in Jamieson.
Iodine (Potassium Iodine)	MCG	100.00	100.00	Same.
Iron (Chelate)	MG	15.00		
Iron (Gluconate)	MG		4.00	15mg in Multi Extra. 4mg in Jamieson. You pick.
Magnesium (Magnesium Oxide)	MG	100.00	75.00	33% more in Multi Extra.
Copper (Chelate)	MG	1.00		Better form of Copper in Multi Extra.
Copper (Gluconate)	MG		1.00	
Manganese (Chelate)	MG	1.00		Better form of Manganese in Multi Extra.
Manganese (Gluconate)	MG		1.00	
Potassium (Potassium Gluconate)	MG	50.00		100% more Potassium in Multi Extra.
Potassium (Citrate)	MG		25.00	
Chromium (Chromium Chloride)	MCG			25mcg of Chromium in Multi Extra vs. 10mcg in Jamieson.
Chromium (Chelate)	MCG	25.00	10.00	
Molybdenum (Citrate)	MCG		1.00	No Molybdenum in Multi Extra.
Selenium (Chelate)	MCG	25.00	10.00	25mcg of Selenium in Multi Extra vs. 10mcg in Jamieson.
Zinc (Chelate)	MG	10.00		Same dosage of Zinc, but better form in Multi Extra.
Zinc (Gluconate)	MG		10.00	
Vanadium (Citrate)	MCG		1.00	No Vanadium in Multi Extra.
Herbals & Enzymes				
PABA (Para Aminobenzoic Acid)	MG	50.00		No PABA in Jamieson.
Citrus Bioflavonoids	MG	25.00	2.00	25mg of Bioflavonoids vs. 2mg in Jamieson.
Betain Hydrochloride	MG	12.00		No Betain in Jamieson.
Hesperidin Complex	MG	10.00		No Hesperidin Complex in Jamieson.
Rutin	MG	2.00		No Rutin in Jamieson.
Prohydroxy P-Enzyme Blend	MG	20.00		20mg in Multi extra compared to 4mg in Jamieson.
Digestive Enzyme Nutrient	MG		4.00	
Ginseng (Panax Ginseng)	MG		25.00	Multi Extra contains a concentrated extract, which is equivalent to 2,000mg of the dried herb. This is a useful, therapeutic dosage. Plus, Siberian Ginseng can be used safely by everyone, which may not be the case for Panax Ginseng. The end result is 25mg of non-standardized Panax vs. 2,000mg of Siberian for real results. You pick.
Siberian Ginseng Standardized Extract 15:1	MG	134.00		
Lutein and Lycopene (not specified how much of which)	MG		0.06	The dosage of these two nutrients is VERY low in Jamieson.
Ingredient count (of disclosed milligrams)		32	30	More in Multi Extra
Total units of nutrients		11,837.20	7,869.40	50% more in Multi Extra
Notes				
Timed release notes		T-R		Jamieson is not timed release.

Why Choose Multi Extra*

- Better value. Every time.
 - Smaller tablets (easy-to-swallow)
 - More ingredients
 - More unit dosages
 - Better nutrient forms
 - Contains real therapeutic dosage of nutrients allowed by Health Canada
 - Best-absorbed mineral forms
 - Contains digestive aids
 - Contains therapeutic dosage of Siberian Ginseng for REAL energy and stress relief
 - Timed Release formulation for most efficient use of nutrients
 - Pharmaceutical GMP manufacturing quality
 - Subject to Nutrition House Q-Extra 7-step Quality Assurance Validation System
- Summary:
- Better value
 - Smaller tablets
 - More nutrient dosage
 - Better nutrient forms
 - Contains digestive aids
 - Much higher dosage of ginseng for REAL result and REAL "Performance".
 - Pharmaceutical GMP Quality.



* This comparison chart is based on general industry knowledge and on each brand's prices and label claims at the time of purchase. Each person has individual needs. For more details on which multi is best for you, see our in-store experts at any of our Nutrition House store locations.