

The fundamentals of our nutrition
may be at the heart of some of our greatest cures.

—J. Greenberg

CHAPTER EIGHTEEN

TOP RATED PRODUCTS

Over 1,000 reviewed — over 500 Compared

We examined over 1,000 American and Canadian nutritional products in writing this *Comparative Guide*. From this, 508 qualifying products, representing the best in the line-up of 213 companies, were further evaluated and compared to the selected nutritional standards, according to nutrient content and daily intake. Graphical comparisons were completed on two hundred and thirty-two (232) finalists, representing the top-rated product(s) from each manufacturer. (Some companies have more than one product represented, if they market in both Canada and the United States.)

The table below is a list of the top-rated twenty-five nutritional supplements in the line-up of over 500 products assessed in this comparative guide. The *Five-Star Rating* is based on the percent-

age score, which has a maximum value of 100%. A score of 80 percent or above is exceptionally strong and is evidence of outstanding nutritional merit, based on the assessment criteria — a commendable feat, indeed. Fewer than 0.8 percent of the 1000+ products initially reviewed were able to surpass this benchmark.

All of the twenty-five finalists exhibit strong scores. However, only those products with scores exceeding 90% earn their appointment as our *Top Products Overall*. The following chapter provides detailed information on these six outstanding nutritional products and the four companies that manufacture or distribute them.

For a complete listing of all products and their *Final Product Scores*, please refer to Appendices A and B.

<i>Brand Name</i>	<i>Product Name</i>	<i>Country</i>	<i>Rating</i>
USANA Health Sciences	Essentials *	US	★★★★★
Douglas Laboratories	Ultra Preventive X	US	★★★★★
Vitamin Research Products	Extend Plus	US	★★★★☆
Source Naturals	Life Force Multiple	US	★★★★☆
Source Naturals	Élan Vitàl	US	★★★★☆
USANA Health Sciences	Essentials *	CA	★★★★☆
FreeLife	Basic Mindell Plus	US	★★★★★
Life Extension Foundation	Life Extension Mix	US	★★★★★
Karuna	Maxxum 4	US	★★★★★
Ultimate Nutrition	Super Complete	US	★★★★★
Douglas Laboratories	Ultra Preventive Beta	US	★★★★★
SportPharma	Multiguard	US	★★★★☆
Dr. Julian Whitaker's	Forward Multi-Nutrient	US	★★★★☆
Douglas Laboratories	Ultra Preventive III	US	★★★★☆
amni	Added Protection III	US	★★★★☆
Purity Products	Perfect Multi Focus Formula	US	★★★★☆
DaVinci Laboratories	Spectra Woman	US	★★★★☆
Doctor's Nutrition	Mega Vites Woman	US	★★★★☆
Mountain Naturals of Vermont	Women's Superior	US	★★★★☆
Douglas Laboratories	Ultra Preventive IX	US	★★★★☆
Nutrition Dynamics	Optimum Health Essentials	US	★★★★☆
Karuna	Maxxum 2	US	★★★★☆
DaVinci Laboratories	Spectra	US	★★★★
FoodScience of Vermont	Superior Care	US	★★★★
Mountain Naturals of Vermont	Superior Care	US	★★★★

* Score differential due to Canadian regulations, which prohibit inclusion of vitamin K and boron in nutritional supplements