

# lifepak® comparison

Lifepak®

Lifepak® &  
Prime  
Complex

Lifepak®  
Women

lifepak®  
nano

Per Daily Dosage (two packets)					
Vitamin A (83% as natural beta-carotene)	15000 IU	15000 IU	15000 IU	15000 IU	CR-6
Vitamin D	400 IU	600 IU	400 IU	600 IU	
Vitamin C	400 mg	400 mg	500 mg	500 mg	
Vitamin E (as natural mixed Tocopherols)		150 IU	300 IU		
Vitamin E (as D-Alpha-Tocopheryl Acetate, Tocopherols)	150 IU			200 IU	CR-6
Vitamin K	40 mcg	40 mcg	40 mcg	40 mcg	
Thiamin	7.5 mg	7.5 mg	7.5 mg	7.5 mg	
Riboflavin	8.5 mg	8.5 mg	8.5 mg	8.5 mg	
Niacin	35 mg	35 mg	40 mg	35 mg*	
Vitamin B6	10 mg	10 mg	20 mg	10 mg	
Folate	600 mcg	600 mcg	600 mcg	600 mcg	
Vitamin B12	30 mcg	60 mcg	30 mcg	60 mcg	
Biotin	150 mcg	150 mcg	300 mcg	300 mcg	
Pantothenic Acid	30 mg	30 mg	30 mg	30 mg	
Calcium	500 mg	1000 mg	1000 mg	600 mg*	
Phosphorus			200 mg	125 mg	
Iron			10 mg		
Iodine	100 mcg	100 mcg	100 mcg	100 mcg	
Magnesium	250 mg	500 mg	500 mg	300 mg*	
Zinc	15 mg	20 mg	15 mg	15 mg	
Selenium	140 mcg	140 mcg	140 mcg	140 mcg	
Copper	1 mg	1 mg	1 mg	1 mg	
Manganese	2 mg	2 mg	2 mg	2 mg	
Chromium	200 mcg	200 mcg	200 mcg	200 mcg	
Molybdenum	75 mcg	75 mcg	75 mcg	75 mcg	
Catechins (from 20:1 green tea extract)	90 mg	140 mg	90 mg	90 mg	
Citrus Bioflavonoids	25 mg	25 mg	25 mg	50 mg	
Quercetin	50 mg	50 mg	50 mg	50 mg	
Grape Seed Extract (minimum 95% Polyphenols)	25 mg	25 mg	25 mg	25 mg	
Resveratrol (as trans resveratrol)	5 mg			5 mg	
Alpha-Lipoic Acid	30 mg	50 mg	30 mg	50 mg	
N-Acetyl-L-Cysteine		25 mg		50 mg	
Gamma-Tocopherol	75 mg			75 mg	CR-6
Beta-and Delta-Tocopherols	32 mg			26 mg	CR-6
D-Limonene				50 mg	CR-6
Lycopene	5 mg	5 mg	5 mg	5 mg	CR-6
Alpha-Carotene	2 mg	2 mg	2 mg	2 mg	CR-6
Lutein (as Lutein Ester from Marigold Flower Extract)	2 mg	2 mg	2 mg	2 mg	CR-6
Astaxanthin				.5 mg	CR-6
Zeaxanthin				.5 mg	
Isoflavones (from Soy Extract)			25 mg		
Reduced L-Glutathione		25 mg			
Inositol	10 mg	10 mg	250 mg	10 mg	
Silicon	3 mg	10 mg	10 mg	10 mg	CR-6
Nano Coenzyme Q10 (Ubiquinone)				5 mg*	
Coenzyme Q10 (Ubiquinone)		20 mg			
Boron	3 mg	3 mg	3 mg	3 mg	
Vanadium	20 mcg	20 mcg	20 mcg	20 mcg	
Glucosamine		200 mg			
Milk Thistle Extract (Silybum marianum, 80% Silymarin)		100 mg			
BioGinkgo® 27/7 (Ginkgo biloba), Leaf Extract					CR-6
EPA				600 mg	CR-6
DHA				400 mg	CR-6
Krill Oil				100 mg	
Other Omega3 Fatty Acids				50mg	
Borage Seed Oil Powder (with GLA)			150 mg		
Evening Primrose Oil Powder (with GLA)			150 mg		
Cranberry Powder			400 mg		

CR-6 Proprietary Pharmanex CR-6 LipoNutrient™ for advanced bioavailability.

\* New, more tolerated and bioavailable source.

† 50% natural Beta C.