

<b>Challenge Criteria*</b>	<b>LifePak Prime®</b>	<b>Bayer One A Day® 50 Plus</b>
Uses exclusively natural vitamin E (d-alpha-tocopher...) because of its documented higher bioavailability over the synthetic form (dl-alpha tocopher...).	Yes	dl-alpha tocopheryl acetate
Provides at least 50% of the most recently established nutrient intake recommendations of the National Research Council (NRC) for men and women over age 50 of all essential vitamins and minerals, except electrolytes, phosphorus, fluoride and iron.	Yes	Below 50% of 1998 NRC AI for calcium, below 50% of 1998 NRC RDA for magnesium, below 50% of 1989 NRC RDA for vitamin K
Uses optimum amounts of antioxidant nutrients: 100-400 IU vitamin E, 200-500 mg vitamin C, 5,000-15,000 IU beta-carotene, and 70-200 mcg selenium.	Yes	60 IU vitamin E 120 mg vitamin C 1,000 IU beta-carotene
Uses optimum amounts of B-vitamins involved in homocysteine metabolism: at least 200 mcg folic acid, 1.5 mg vitamin B <sub>6</sub> and 2.4 mcg vitamin B <sub>12</sub> .	Yes	Yes
Uses optimum amounts of bone nutrients for men and women over age 40: 500-1,500 mg calcium, 210-700 mg magnesium, 400-800 IU vitamin D, at least 40 mcg vitamin K, and at least 1 mg boron.	Yes	120 mg calcium 100 mg magnesium 20 mcg vitamin K No boron
Provides at least 6 mg carotenoids from at least 3 out of the 5 most important sources: beta-carotene, alpha-carotene, lutein, lycopene and cryptoxanthin. The amounts must be specified.	Yes 7.5 mg beta-carotene 2 mg alpha carotene 2 mg lutein 5 mg lycopene	Only one source specified: 0.6 mg beta-carotene
Provides at least 20 mg of dietary flavonoids from at least 3 different, well-characterized sources, such as catechins, citrus bioflavonoids, quercetin, isoflavones, and grape seed extract. The amounts must be specified.	Yes 90 mg green tea catechins, 25 mg citrus bioflavonoids, 50 mg quercetin, 5 mg soy isoflavones, 50 mg grape seed extract (different than regular LifePak) 40 mg ginkgo biloba extract, 50 mg silymarin	No flavonoids
Uses well-absorbable, bioavailable sources of trace minerals zinc, copper, and chromium (if present), such as organic acid salts and amino acid chelates.	Yes	Uses inorganic forms: Oxide
Free of potentially unsafe amounts of vitamins and minerals according to the most recently published NOAEL established by the CRN.	Yes	Yes
Free of artificial fillers, binders, colors, flavors and preservatives.	Yes	Uses artificial colors
Manufacturer certifies that the product has been tested and is guaranteed to meet USP XXIV disintegration guidelines.	Yes	Yes #8003029 11/22/1999