

**The Winning Combination Women's Complete**

| <b>Challenge Criteria*</b>  | <b>LifePak Women®</b>  | <b>The Winning® Combination Women's Complete</b>          |
|---|--|---|
| <b>*Unless otherwise stated the nutrients in both products fall within the specified ranges and meet the criteria.</b>  |  |   |
| Uses exclusively natural vitamin E (d-alpha-tocopher...) because of its documented higher bioavailability over the synthetic form (dl-alpha tocopher...).   | <b>Yes</b>   | <b>Yes</b>  |
| Provides at least 50% of the most recently established nutrient intake recommendations of the National Research Council (NRC) for women age 19-50 of all essential vitamins and minerals, except electrolytes, phosphorus, fluoride and iron. | <b>Yes</b>   | <b>Yes</b>  |
| 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.  | <b>Yes</b>   | <b>750 mg vitamin C<br/>20,000 IU beta-carotene</b>       |
| 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> .  | <b>Yes</b>   | <b>Yes</b>  |
| Uses optimum amounts of bone nutrients: 500-1,500 mg calcium, 210-700 mg magnesium, 200-800 IU vitamin D, at least 40 mcg vitamin K, and at least 1 mg boron.   | <b>Yes</b>   | <b>200 mg magnesium<br/>0.8 mg boron</b>                  |
| 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.   | <b>Yes<br/>7.5 mg beta-carotene<br/>2 mg lutein<br/>2 mg alpha carotene<br/>5 mg lycopene</b>  | <b>Only one source specified:<br/>12 mg beta-carotene</b> |
| 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.                  | <b>Yes<br/>90 mg green tea catechins<br/>25 mg citrus bioflavonoids<br/>50 mg quercetin<br/>25 mg isoflavones<br/>25 mg grape seed extract</b> | <b>No flavonoids</b>                                      |
| Uses well-absorbable, bioavailable sources of trace minerals zinc, copper, and chromium (if present), such as organic acid salts and amino acid chelates.   | <b>Yes</b>   | <b>Yes</b>  |
| Free of potentially unsafe amounts of vitamins and minerals according to the most recently published NOAEL established by the CRN.  | <b>Yes</b>   | <b>Yes</b>  |

|   |            |            |
|---|------------|------------|
| Free of artificial fillers, binders, colors, flavors and preservatives.   | <b>Yes</b> | <b>Yes</b> |
| Manufacturer certifies that the product has been tested and is guaranteed to meet USP XXIV disintegration guidelines. | <b>Yes</b> | <b>Yes</b> |