

LiquiDaily Supreme – Rocket Fuel for Every Body

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There are many supplements on the market to choose from. We have taken the two leading supplements and compared them with our own LiquiDaily Supreme from Phoenix Nutritionals. You can quickly see that neither of these two popular supplements can begin to compare with both the number of nutrients as well as the potency. Another important point to consider when choosing a multiple vitamin/mineral supplement is ratio. The relationship of any one nutrient to others, is often more important than mere potency alone. Balance within the human body is essential. LiquiDaily Supreme provides Full Spectrum nutrition, in a ratio that is most desirable to the cells of the body, while offering increased potency over other leading brands. Because it's a liquid, it may be used for the entire family as the dose is easily adjusted. Children over six, teens, men, women and senior citizens can all take advantage of the convenience of this amazing formula.

Bold Face Type indicates that LiquiDaily Supreme either equals or exceeds the other two leading formulas.

Nutrient	LiquiDaily Supreme	One-A-Day Women's Formula	Centrum Silver
Vitamin A	10000 IU	5000IU	3500IU
Vitamin C	1000 mg	60 mg	60 mg
Vitamin D	300 IU	400 IU	400 IU
Vitamin E	200 IU	30 IU	45 IU
Vitamin K	NA	NA	10 mcg
Vitamin B1	25 mg	1.5 mg	1.5 mg
Vitamin B2	25 mg	1.7 mg	1.7 mg
Niacin	25 mg	20 mg	20 mg
Vitamin B6	40 mg	2 mg	3 mg
Folate	400 mcg	400 mcg	400 mcg
Vitamin B12	200 mcg	6 mcg	25 mcg
Biotin	300 mcg	NA	30 mcg
Pantothenic Acid	100 mg	10 mg	10 mg
Calcium	300 mg	450 mg	200 mg
Magnesium	100 mg	NA	100 mg
Phosphorus	NA	NA	48 mg
Potassium	100 mg	NA	80 mg
Zinc	15 mg	15 mg	15 mg

Selenium	70 mcg	NA	20 mcg
Manganese	5 mcg	NA	2 mcg
Chromium	120 mcg	NA	150 mcg
Boron	1 mg	NA	150 mcg
Copper	2 mg	NA	2 mg
Iron	4 mg	27 mg	NA
Choline	25 mg	NA	NA
Inositol	25 mg	NA	NA
L-Tyrosine	100 mg	NA	NA
PABA	5 mg	NA	NA
Lutein	3 mg	NA	250 mcg
Lycopene	5 mg	NA	300 mcg
Citrus Bioflavonoids	25 mg	NA	NA
Gamma Oryzanol	50 mg	NA	NA
CoEnzyme Q10	5 mg	NA	NA
Dimethyl Glycine	10 mg	NA	NA
Silica	15 mg	NA	NA
Free Form Amino Acids (18)	250 mg	NA	NA
Total Spectrum Fatty Acids	250 mg	NA	NA
Cell Ensure Antioxidant Complex (9)	300 mg	NA	NA
Blend of Phytonutrients (7)	60 mg	NA	NA
Molybdenum	100 mcg	NA	75 mcg
Chloride	Trace	NA	72 mg
Nickel	500 mcg	NA	5 mcg
Silicon	3 mg	NA	2 mg
Vanadium	100 mcg	NA	10 mcg
Bromide	20 mcg	NA	NA
Fluoride	10 mcg	NA	NA
Iodine	40 mcg	NA	NA
Germanium	120 mcg	NA	NA
Rubidium	40 mcg	NA	NA
Strontium	200 mcg	NA	NA
Tin	35 mcg	NA	NA
Bismuth	100 mcg	NA	NA
Plant Derived Ionic Trace Mineral Complex	250 mg	NA	NA