

SHAKLEE VITA-LEA vs LEADING PRENATALS

	U.S. RDA	Shaklee VITA-LEA	ZENATE	PRECARE	MATERNA	PRENATE ULTRA	NATALINS RX	NIFEREX PN	NATAFORTE
Vitamin A	5000 IU	5000 IU	3000 IU	0	5000 IU	2700 IU	4000 IU	4000 IU	1000 IU
Vitamin D	400 IU	400 IU	400 IU	6 mcg	400 IU	400 IU	400 IU	400 IU	400 IU
Vitamin E	30 IU	60 IU	10 IU	3.5 mg	30 IU	30 IU	15 IU	0	11 IU
Vitamin C	60 mg	120 mg	70 mg	50 mg	120 mg	120 mg	80 mg	50 mg	120 IU
Folic Acid	400 mcg	400 mcg	1 mg	1 mg	1 mg	1 mg	1 mg	1 mg	1 mg
Thiamin (B1)	1.5 mg	1.5 mg	1.5 mg	0	3 mg	3 mg	1.5 mg	2.43 mg	2 mg
Riboflavin	1.7 mg	1.7 mg	1.6 mg	0	3.4 mg	3.4 mg	1.6 mg	3 mg	3 mg
Niacin	20 mg	20 mg	17 mg	0	20 mg	20 mg	17 mg	10 mg	20 mg
Vitamin B6	2 mg	2 mg	2.2 mg	2 mg	10 mg	20 mg	4 mg	1.64 mg	10 mg
Vitamin B12	6 mcg	6 mcg	2.2 mcg	0	12 mcg	12 mcg	2.5 mcg	3 mcg	12 mcg
Biotin	300 mcg	300 mcg	0	0	30 mcg	0	30 mcg	0	0
Pantothenic Acid	10 mcg	10 mcg	0	0	10 mcg	0	7 mcg	0	0
Calcium	1000 mg	450 mg	200 mg	250 mg	200 mg	200 mg	200 mg	125 mg	0
Phosphorus	1000 mg	350 mg	0	0	0	0	0	0	0
Iodine	150 mcg	150 mcg	175 mcg	0	150 mcg	150 mcg	0	0	0
Iron	18 mg	18 mg	65 mg	40 mg	27 mg	90 mg	54 mg	60 mg	60 mg
Magnesium	400 mg	200 mg	100 mg	50 mg	25 mg	0	100 mg	0	0
Copper	2 mg	2 mg	0	2 mg	2 mg	2 mg	3 mg	0	0
Zinc	15 mg	15 mg	15 mg	15 mg	25 mg	25 mg	25 mg	18 mg	0
Vitamin K	80 mcg	80 mcg	0	0	0	0	0	0	0
Selenium	70 mcg	70 mcg	0	0	20 mcg	0	0	0	0
Manganese	1.8 mg	3.5 mg	0	0	5 mg	0	0	0	0
Chromium	125 mcg	130 mcg	0	0	25 mcg	0	0	0	0
Molybdenum	70 mcg	160 mcg	0	0	25 mcg	0	0	0	0
Nickel	*	15 mcg	0	0	0	0	0	0	0
Tin	*	10 mcg	0	0	0	0	0	0	0
Boron	*	1 mg	0	0	0	0	0	0	0
Silicon	*	2 mg	0	0	0	0	0	0	0
Vanadium	*	2 mcg	0	0	0	0	0	0	0