

	New and Improved Vita-Lea	Centrum®	One A Day® Maximum	Spring Valley®
Vitamin A	2500 IU Vita-A	2485 IU Vita-A	2000 IU Vita-A	2485 IU Vita-A
Beta carotene	2500 IU Beta carotene	1015 IU Beta Carotene	500 IU Beta Carotene	1015 IU Beta Carotene
Vitamin C	120 mg	60 mg	60 mg	60 mg
Vitamin D	400 IU	400 IU	400 IU	400 IU
Vitamin E	60 IU	30 IU	30 IU	30 IU
Vitamin K	80 mcg	25 mcg	25 mcg	25 mcg
Thiamin (B1)	1.5 mg	1.5 mg	1.5 mg	1.5 mg
Riboflavin	1.7 mg	1.7 mg	1.7 mg	1.7 mg
Niacin	20 mg	20 mg	20 mg	20 mg
Vitamin B6	2 mg	2 mg	2 mg	2 mg
Vitamin B12	6 mcg	6 mcg	6 mg	6 mcg
Folic Acid/Folate	400 mcg	400 mcg	400 mcg	400 mcg
Biotin	300 mcg	30 mcg	30 mcg	30 mcg
Pantothenic acid	10 mg	10 mg	10 mg	10 mg
Calcium	450 mg	162 mg	162 mg	162 mg
Iron	18 mg	18 mg	18 mg	18 mg
Phosphorus	350 mg	109 mg	109 mg	109 mg
Iodine	150 mcg	150 mcg	150 mcg	150 mcg
Magnesium	200 mg	100 mg	100 mg	100 mg
Sodium	5 mg			
Zinc	15 mg	15 mg	15 mg	15 mg
Selenium	70 mcg	20 mcg	20 mcg	20 mcg
Copper	2 mg	2 mg	2 mg	2 mg
Manganese	2 mg	2 mg	3.5 mg	2 mg
Chromium	120 mcg	120 mcg	65 mcg	120 mcg
Molybdenum	75 mcg	75 mcg	160 mg	75 mcg
Chloride		72 mg	72 mg	72 mg
Potassium		80 mg	80 mcg	80 mg
Tin	10 mcg	10 mcg	10 mcg	10 mcg
Silicon	2 mg	2 mg	2 mg	2 mg
Nickel	15 mcg	5 mcg	5 mcg	5 mcg
Vanadium	20 mcg	10 mcg	10 mg	10 mcg
Boron	1 mg	150 mcg	150 mcg	150 mcg
Lutein		250 mcg		250 mcg
Lycopene		300 mcg		300 mcg