

All in One Vita-Strip™

With our busy lifestyles, we know making healthful food choices every single day is virtually impossible. That's why we packed plenty of good nutrition into a daily serving of Vitalizer.

For each of the nutrients shown below, here is what you would have to eat to get the same amount found in one daily serving of Vitalizer†:

									
Vitamin A in 1 cup of Brussels sprouts	Vitamin C in 7 medium oranges	Vitamin D in 8 cups of fortified milk	Vitamin E in 27 servings of dry-roasted almonds [‡]	Vitamin K in 1 cup of broccoli	Vitamin B ₁₂ in 15 servings of top sirloin steak [‡]	Boron in 1½ avocados	Folic acid in 4 cups of cooked green peas	Niacin in 5 chicken breasts	Riboflavin in 19 cups of plain yogurt
									
Thiamin in 6 cups of fortified cereal	Biotin in 1 dozen eggs	Pantothenic acid in 12 cups of mushrooms	Calcium in 3 slices of cheese	Magnesium in 3 servings of mixed nuts [‡]	Iron (Women formula only) in 6 cups of raisins	Vitamin B ₆ in 17 bananas	Zinc in 3¾ cups of kidney beans	Copper in 2 cups of cooked lentils	Phosphorus in 1 cup of cooked soybeans
									
Iodine in 2 baked potatoes	Manganese in 1 cup of pineapple	Chromium in 15 glasses of grape juice	Omega-3s in 50 grams of sardines	Lycopene in 1½ tomatoes	Alpha carotene in 1/3 cup of winter squash	Selenium in 3¾ cups of brown rice	Beta carotene in 1½ cups of raw spinach	Berry seed extract in seeds from 1 cup of fresh berries	Lutein + zeaxanthin in 16 spears of asparagus

†The nutrient content of a daily serving of Vitalizer™ is not the same as the amount of nutrients found in the foods shown. Detailed nutritional information can be found on the Vitalizer supplement facts box. Every food provides nutrients beyond those listed in this chart.

‡A serving of nuts = 1 oz., a serving of steak = 3 oz.

(This is a weight-based equivalent, not nutrient based)