



See Yourself Well™

ORAC PREMIUM® HIGH-POTENCY LIQUID MULTI-VITAMIN & MINERAL SUPPLEMENT

ORAC Premium Approximate Food Equivalents ORAC (5000 units)

Based on Wu et al. J Agric Food Chem 2004; 52:4026-4037, there is approximately 2200 micromol TE (ORAC) per serving of fruits and/or vegetables. Thus, 5000 units as found per serving would be approximately 2.25 servings of fruits and vegetables.

Nutrients

Levels of nutrients were obtained from USDA National Nutrient database (<http://www.nal.usda.gov/fnic/foodcomp/search/>). Vitamin A (2500IU)

Regular egg 293IU

Therefore one serving equivalent to approximately 9 eggs.

B vitamins

Thiamin (B1) (5 mg)

1 cup sunflower seeds 2 mg

1 cup canned corn 0.03 mg

1 cup cooked asparagus 0.12 mg

Therefore one serving equivalent to approximately 2.5 cups sunflower seeds, 167 cups of corn, or 42 cooked cups asparagus.

Riboflavin (B2) (5 mg)

100 g mushrooms 0.43 mg

1 cup spinach 0.06 mg

100 g liver 3.4 mg

Therefore one serving equivalent to approximately 1100 g mushrooms, 83 cups of spinach, and 150 g liver.

Niacin (10 mg)

1 cup cooked asparagus 1.9 mg

100 g mushrooms 5.4 mg

Therefore one serving equivalent to approximately 200 g mushrooms or 5 cups cooked asparagus.

Pantothenic acid (5 mg)

100 g mushrooms 2 mg

1 cup cauliflower 0.65 mg

Therefore one serving equivalent to approximately 250 g mushrooms or 8 cups raw cauliflower.

Vitamin B6 (200 mcg)

1 green pepper 0.267 mg

1 banana 0.433 mg

1 cup spinach 0.059 mg

Therefore one serving equivalent to approximately 3/4 green pepper, 1/2 banana, 4 cups spinach.

Vitamin B12 (3 mcg)

1 cup 1% milk 1.07 mcg

1 egg 0.56 mcg

1 cup yogurt 1.30 mcg

Therefore one serving equivalent to approximately 3 cups milk, 5 eggs, 2 cups yogurt.

Folate (200 mcg)

1 cup asparagus 243 mcg

1 cup spinach 58 mcg

1 orange 39 mcg

Therefore one serving equivalent to approximately 3/4 cup asparagus, 3 cups spinach, 5 oranges.

Vitamin C (70 mg)

Regular commercial orange 69.7 mg

Medium apple 8.4 mg

1 cup grapes 3.7 mg

Therefore one serving equivalent to one regular commercial orange, eight medium apples, or 19 cups of American grapes.

Vitamin D3 (1000 IU)

Cod liver oil (1 tsp) 450 IU

Tuna (one can, canned in oil) 758 IU

1 cup 2% milk 105 IU

1 Tbsp fortified margarine 60 IU

Therefore one serving equivalent to 2.2 tsp cod liver oil, 1.3 cans tuna in oil, approximately 10 cups of milk, 16 tbsp fortified margarine.

Vitamin E (15 IU or approximately 10 mg alpha-tocopherol)

Wheat germ oil (1 tsp) 6.72 mg

Almonds (whole 1 oz) 7.4 mg

Smooth peanut butter (2 Tbsp) 2.9 mg

Therefore one serving equivalent to 1.5 tsp wheat germ oil, 1.4 oz whole almonds, 6 tbsp smooth peanut butter.

Vitamin K (40 mcg)

Raw cabbage 1 cup 53 mcg

Therefore one serving equivalent to approximately one cup of raw cabbage.

Manganese (1 mg)

1 cup pineapple 1.5 mg

1 cup raw spinach 0.27 mg

Therefore one serving equivalent to approximately 3/4 cup chopped pineapple or 4 cups spinach.

Selenium (100 mcg)

One egg 15.4 mcg

One cup cooked chicken 34 mcg

Therefore one serving equivalent to approximately 6 eggs or 3 cups cooked chicken.



Lycopene (5mg)

1 large whole tomato 4.6 mg

1 cup cherry tomatoes 3.8 mg

1 cup canned tomatoes 10.4 mg

3/4 cup spaghetti sauce 6.8 mg

1 cup diced watermelon 6.9 mg

(Lycopene is least bioavailable from the raw food sources listed so if one example were chosen it should be the cooked (canned) tomatoes)

Therefore one serving equivalent to approximately 1 large whole tomato, 1.3 cups cherry tomatoes, 1/2 cup canned tomatoes, 3/4 cup spaghetti sauce, 1.5 cups diced watermelon.

Lutein (5 mg)

Database provides levels of lutein plus zeaxanthin as opposed to lutein alone.

1 whole boiled egg 0.2 mg

1 cup cooked spinach 20.4 mg

1 cup raw spinach 3.7 mg

10 oz frozen package of broccoli 4.3 mg

Therefore one serving equivalent to 25 whole eggs, 1/4 cup cooked spinach, 1.3 cup raw spinach, 1.2 10 oz packages of frozen broccoli.

Inositol (3 mg)

Unable to do. Database does not provide levels of inositol

Biotin (150 mcg)

Unable to do. Database does not provide levels of biotin

Choline (3 mg)

Database used: <http://www.nal.usda.gov/fnic/foodcomp/Data/Choline/Choline.pdf>. Equivalent to 18g cheddar cheese. Level does not compare with that found in eggs or milk, good sources of choline (much lower).

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