

# The Reliv Difference: A Better Value for Your Health

Reliv's scientific approach to optimal nutrition offers much more than you can find in any ordinary multivitamin pill or nutrition shake on the market. We challenge you to find a better daily nutritional supplement on any store shelf!


## Reliv Now® vs. Competition





VS



One A Day®  
multivitamin pills

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liquid shakes providing optimal absorption of the nutrients they contain ✓
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7 grams of healthy soy protein per serving; over 5x more beneficial lunasin than typical soy powder ✓
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optimal levels of key nutrients ✓

- pills that must be broken down before they can be absorbed by the body
- no protein; no lunasin
- only the minimum daily recommended intake for most nutrients

|                  | Reliv Now® | One a Day®<br>Essential | Centrum®<br>Adults <50 | NatureMade®<br>Multi<br>Complete | Ensure®<br>Nutrition<br>Shake |
|------------------|------------|-------------------------|------------------------|----------------------------------|-------------------------------|
| Protein          | 14%        | 0%                      | 0%                     | 0%                               | 18%                           |
| Vitamin A        | 50%        | 100%                    | 70%                    | 50%                              | 25%                           |
| Vitamin B-6      | 200%       | 100%                    | 100%                   | 100%                             | 25%                           |
| Vitamin B-12     | 300%       | 100%                    | 100%                   | 100%                             | 25%                           |
| Vitamin C        | 800%       | 100%                    | 100%                   | 300%                             | 50%                           |
| Vitamin D        | 100%       | 100%                    | 100%                   | 250%                             | 25%                           |
| Vitamin E        | 200%       | 100%                    | 100%                   | 167%                             | 20%                           |
| Thiamin (B-1)    | 200%       | 100%                    | 100%                   | 100%                             | 35%                           |
| Biotin           | 100%       | 0%                      | 10%                    | 10%                              | 25%                           |
| Pantothenic Acid | 200%       | 100%                    | 100%                   | 100%                             | 25%                           |
| Copper           | 100%       | 0%                      | 25%                    | 100%                             | 25%                           |
| Molybdenum       | 100%       | 0%                      | 60%                    | 100%                             | 50%                           |
| Calcium          | 100%       | 5%                      | 20%                    | 16%                              | 30%                           |
| Iron             | 50%        | 0%                      | 100%                   | 100%                             | 25%                           |
| Phosphorus       | 80%        | 0%                      | 2%                     | 0%                               | 25%                           |
| Iodine           | 100%       | 0%                      | 100%                   | 100%                             | 25%                           |
| Selenium         | 70%        | 0%                      | 79%                    | 100%                             | 25%                           |
| Magnesium        | 50%        | 0%                      | 13%                    | 25%                              | 25%                           |
| Zinc             | 110%       | 0%                      | 73%                    | 100%                             | 25%                           |
| Manganese        | 100%       | 0%                      | 110%                   | 200%                             | 60%                           |
| Niacin           | 100%       | 100%                    | 100%                   | 100%                             | 25%                           |
| Riboflavin (B-2) | 250%       | 100%                    | 100%                   | 100%                             | 25%                           |
| Chromium         | 40%        | 0%                      | 29%                    | 100%                             | 25%                           |
| Potassium        | 4%         | 0%                      | 2%                     | 0%                               | 11%                           |
| Folic Acid       | 100%       | 100%                    | 100%                   | 100%                             | 25%                           |
| Kelp             | Yes        | No                      | No                     | No                               | No                            |
| Rose Hips        | Yes        | No                      | No                     | No                               | No                            |
| Garlic           | Yes        | No                      | No                     | No                               | No                            |
| Pycnogenol®      | Yes        | No                      | No                     | No                               | No                            |
| L-methionine     | Yes        | No                      | No                     | No                               | No                            |
| Rutin            | Yes        | No                      | No                     | No                               | No                            |
| Licorice Root    | Yes        | No                      | No                     | No                               | No                            |
| Rhubarb Root     | Yes        | No                      | No                     | No                               | No                            |
| Cayenne          | Yes        | No                      | No                     | No                               | No                            |
| Butternut Bark   | Yes        | No                      | No                     | No                               | No                            |
| Irish Moss       | Yes        | No                      | No                     | No                               | No                            |
| Papain           | Yes        | No                      | No                     | No                               | No                            |
| Enzyme Blend     | Yes        | No                      | No                     | No                               | No                            |
| LunaRich®        | Yes        | No                      | No                     | No                               | No                            |