

## Pure Essence Labs • Multiple Comparison Chart

	One 'n' Only™	One 'n' Only™ Men's Formula	One 'n' Only™ Women's Formula	LifeEssence™	LifeEssence™ Powder	LifeEssence™ Men's Formula	LifeEssence™ Women's Formula	Longevity™ Men's Formula	Longevity™ Women's Formula
<b>Vitamins</b>									
<b>Biotin</b>	100 mcg	300 mcg	300 mcg	300 mcg	300 mcg	1 mg	1 mg	1 mg	1 mg
<b>Folate</b>	400 mcg	400 mcg	400 mcg	800 mcg	800 mcg	800 mcg	800 mcg	800 mcg	800 mcg
<b>Mixed Tocopherols</b>	10 mg	94 mg	94 mg	45 mg	45 mg	60 mg	60 mg	745 mg	745 mg
<b>Niacin</b>	25 mg	30 mg	30 mg	100 mg	80 mg	100 mg	100 mg	100 mg	100 mg
<b>Pantothenic Acid</b>	30 mg	30 mg	30 mg	150 mg	100 mg	100 mg	100 mg	100 mg	100 mg
<b>Tocotrienols</b>	-	-	-	-	-	-	-	5 mg	5 mg
<b>Vitamin A</b> ( <i>Natural Beta Carotene</i> )	10,000 IU	7500 IU	7500 IU	10,000 IU	10,000 IU	10,000 IU	10,000 IU	10,000 IU	10,000 IU
<b>Vitamin B1</b> ( <i>Thiamine</i> )	22.5 mg	22.5 mg	22.5 mg	45 mg	22.5 mg	22.5 mg	22.5 mg	30 mg	30 mg
<b>Vitamin B2</b> ( <i>Riboflavin</i> )	25.5 mg	25.5 mg	25.5 mg	51 mg	25.5 mg	25.5 mg	25.5 mg	34 mg	34 mg
<b>Vitamin B6</b> ( <i>Pyridoxine</i> )	30 mg	30 mg	30 mg	60 mg	20 mg	30 mg	30 mg	40 mg	40 mg
<b>Vitamin B12</b> ( <i>Methyl-cobalamin</i> )	100 mcg	100 mcg	100 mcg	200 mcg	200 mcg	200 mcg	200 mcg	200 mcg	200 mcg
<b>Vitamin C</b> ( <i>Ca Ascorbate</i> )	240 mg	120 mg	120 mg	1000 mg	600 mg	600 mg	600 mg	-	-
<b>Vitamin C</b> ( <i>Camu Camu Extract</i> )	-	-	-	-	-	-	-	150 mg	150 mg
<b>Vitamin D3</b> ( <i>Cholecalciferol</i> )	400 IU	800 IU	800 IU	1000 IU	1000 IU	1000 IU	1000 IU	1000 IU	1000 IU
<b>Vitamin E</b> ( <i>D-alpha Tocopherol</i> )	100 IU	100 IU	100 IU	400 IU	200 IU	200 IU	200 IU	200 IU	200 IU
<b>Vitamin K</b>	20 mcg	-	-	40 mcg	40 mcg	40 mcg	40 mcg	-	-
<b>Minerals</b>									
<b>78 Ionic Trace Mineral Complex</b>	-	-	-	-	-	50 mg	50 mg	-	-
<b>Boron</b>	1 mg	500 mcg	500 mcg	1.5 mg	1.5 mg	1.5 mg	3 mg	1 mg	3 mg
<b>Calcium</b>	30 mg	25 mg	25 mg	350 mg	350 mg	250 mg	350 mg	225 mg	225 mg
<b>Choline Bitartrate</b>	62.5 mg	-	-	150 mg	75 mg	100 mg	100 mg	-	-
<b>Chromium</b>	100 mcg	200 mcg	200 mcg	200 mcg	200 mcg	200 mcg	200 mcg	200 mcg	200 mcg
<b>Complete Trace Mineral Complex</b>	25 mg	-	-	25 mg	12.5 mg	-	-	-	-
<b>Copper</b>	1 mg	1 mg	1 mg	1.5 mg	1 mg	1 mg	1.5 mg	1.5 mg	1 mg
<b>Inositol</b>	25 mg	20 mg	20 mg	25 mg	25 mg	25 mg	25 mg	60 mg	60 mg
<b>Iodine</b>	150 mcg	150 mcg	150 mcg	150 mcg	150 mcg	150 mcg	150 mcg	150 mcg	150 mcg
<b>Iron</b> ( <i>BisGlycinate</i> )	-	-	9 mg	-	-	-	18 mg	-	-
<b>Magnesium</b>	30 mg	30 mg	30 mg	400 mg	400 mg	300 mg	400 mg	275 mg	275 mg

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<b>Manganese</b>	2.5 mg	2 mg	2 mg	2 mg	2 mg	2 mg	2 mg	2 mg	2 mg
<b>Molybdenum</b>	30 mcg	75 mcg	75 mcg	50 mcg	50 mcg	50 mcg	50 mcg	75 mcg	75 mcg
<b>Potassium</b>	5 mg	-	-	49 mg	99 mg	49 mg	49 mg	30 mg	30 mg
<b>Selenium</b>	100 mcg	200 mcg	200 mcg	200 mcg	200 mcg	200 mcg	200 mcg	200 mcg	200 mcg
<b>Silica</b>	-	-	-	-	1 mg	10 mg	20 mg	15 mg	30 mg
<b>Vanadium</b>	20 mcg	20 mcg	20 mcg	25 mcg	25 mcg	25 mcg	25 mcg	25 mcg	25 mcg
<b>Zinc</b>	15 mg	20 mg	15 mg	15 mg	15 mg	25 mg	15 mg	20 mg	15 mg
<b>Plant Digestive Aids/Enzymes</b>									
<b>Amylase</b>	-	-	-	-	-	1927 DU	1927 DU	-	-
<b>BioPerine®</b>	-	2.5 mg	2.5 mg	2.5 mg	-	4 mg	4 mg	5 mg	5 mg
<b>Broad Spectrum Digestive Enzyme Complex</b>	10 mg	15 mg	15 mg	33 mg	25 mg	-	-	24 mg	24 mg
<b>Cellulase</b>	-	-	-	-	-	1071 CU	1071 CU	-	-
<b>Invertase</b>	-	-	-	-	-	11 SU	11 SU	-	-
<b>Lactase</b>	-	-	-	-	-	97 ALU	97 ALU	-	-
<b>Lipase</b>	-	-	-	-	-	11 FIP	11 FIP	-	-
<b>Protease</b>	-	-	-	-	-	3922 HUT	3922 HUT	-	-
<b>Bioflavonoids</b>									
<b>Hesperidin</b>	25 mg	10 mg	10 mg	300 mg	100 mg	100 mg	100 mg	75 mg	75 mg
<b>Lecithin</b>	-	-	-	-	400 mg	-	-	-	-
<b>Phosphatidylcholine</b>	-	20 mg	20 mg	-	-	-	-	100 mg	100 mg
<b>Quercetin</b>	10 mg	10 mg	10 mg	25 mg	15 mg	50 mg	50 mg	25 mg	25 mg
<b>Rutin</b>	15 mg	10 mg	10 mg	25 mg	15 mg	50 mg	50 mg	25 mg	25 mg
<b>SuperFoods</b>									
<b>Sodium Copper Chlorophyllin</b>	-	5 mg	5 mg	-	-	-	-	6.25 mg	6.25 mg
<b>North Atlantic Kelp</b>	38 mg	37.5 mg	38 mg	38 mg	38 mg	-	-	37.5 mg	37.5 mg
<b>Organic Chlorella</b>	-	-	-	100 mg	100 mg	100 mg	100 mg	100 mg	100 mg
<b>Organic Spirulina</b>	250 mg	100 mg	100 mg	900 mg	500 mg	900 mg	900 mg	400 mg	400 mg
<b>Organic Oat/Barley Grass</b>	100 mg	50 mg	70 mg	90 mg	100 mg	100 mg	100 mg	90 mg	90 mg
<b>Phasophyta/Rhotodphyta Kelp</b>	-	-	-	-	-	38 mg	38 mg	-	-

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<b>Herbs</b>									
<b>Aged Citrus Peel</b>	-	-	-	25 mg	-	-	-	-	-
<b>American Ginseng</b>	-	-	-	25 mg	25 mg	40 mg	-	-	-
<b>Astragalus</b>	34 mg	20 mg	20 mg	25 mg	25 mg	-	-	45 mg	-
<b>Bai-Zhu Atractylodes</b>	-	-	-	-	-	-	-	60 mg	60 mg
<b>Cassia (Cinnamon) Bark</b>	-	20 mg	-	-	-	-	-	22.5 mg	-
<b>Chinese Lovage Root</b>	-	-	-	-	-	-	-	22.5 mg	20 mg
<b>Codonopsis</b>	40 mg	40 mg	40 mg	30 mg	25 mg	-	-	60 mg	60 mg
<b>Epimedium</b>	-	20 mg	-	-	-	-	-	45 mg	-
<b>Eleuthero</b>	40 mg	-	-	25 mg	15 mg	40 mg	40 mg	-	-
<b>Foti</b>	25 mg	-	-	19 mg	-	-	-	-	-
<b>Ginkgo Biloba</b>	-	-	-	120 mg	75 mg	-	-	-	-
<b>Gynostemma</b>	34 mg	20 mg	20 mg	-	-	-	-	60 mg	-
<b>Longan Berry</b>	-	-	-	-	-	-	-	-	40 mg
<b>Lycium Fruit</b>	-	-	-	30 mg	25 mg	-	-	-	-
<b>Poria Cocos</b>	-	-	-	25 mg	15 mg	-	-	-	-
<b>Rehmannia</b>	-	-	-	13 mg	15 mg	-	-	22.5 mg	20 mg
<b>Schizandra</b>	40 mg	20 mg	20 mg	30 mg	-	-	-	-	-
<b>White Peony</b>	-	-	20 mg	-	-	-	-	-	80 mg
<b>Zizyphus</b>	-	-	-	11 mg	25 mg	-	-	22.5 mg	20 mg
<b>Carotenoids</b>									
<b>Astaxanthin</b>	-	-	-	-	-	-	-	750 mcg	750 mcg
<b>Lutein</b>	-	-	-	-	-	4 mg	4 mg	4 mg	4 mg
<b>Lycopene</b>	-	1 mg	1 mg	-	-	6 mg	6 mg	1 mg	1 mg
<b>Zeaxanthin</b>	-	-	-	-	-	-	-	240 mcg	240 mcg
<b>Misc Anti-Oxidants</b>									
<b>Acetyl-L Carnitine</b>	-	-	-	-	-	-	-	50 mg	50 mg
<b>Alpha Lipoic Acid</b>	-	-	-	25 mg	10 mg	50 mg	50 mg	-	-
<b>Bilberry</b>	-	-	-	-	-	-	-	10 mg	10 mg
<b>Gamma Oryzanol</b>	-	-	-	-	-	-	-	25 mg	25 mg

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<b>Grape Seed Extract</b> (85% Polyphenols)	-	-	-	23 mg	25 mg	50 mg*	50 mg*	20 mg	20 mg
<b>High ORAC Fruit Extracts</b> (Strawberries, Blueberries, Blackberries, Cranberries, Grape, Pomegranate and Camu Camu Extracts)	-	10 mg	10 mg	-	-	-	-	20 mg	20 mg
<b>L-Carnosine</b>	-	-	-	-	-	-	-	20 mg	20 mg
<b>L-Cysteine</b>	-	-	-	50 mg	25 mg	50 mg	50 mg		
<b>Mangosteen</b>	-	10 mg	10 mg	-	-	-	-	20 mg	20 mg
<b>MSM</b>	-	-	-	50 mg	50 mg	50 mg	50 mg	50 mg	50 mg
<b>N-Acetyl Cysteine</b>	-	-	-	-	-	-	-	100 mg	100 mg
<b>Octacosonol</b>	-	-	-	300 mcg	300 mcg	300 mcg	300 mcg	300 mcg	300 mcg
<b>Organic Fruit Extracts</b> (Goji Berries, Acai Berries, Elderberries, Cranberries, Blueberries, Raspberries & Pomegranate)	-	-	-	-	-	100 mg	100 mg	-	-
<b>Organic Vegetable Extracts</b> (Beets, Spinach, Collards, Kale & Parsley)	-	-	-	-	-	200 mg	200 mg	-	-
<b>R-Alpha Lipoic Acid</b>	-	-	-	-	-	-	-	20 mg	20 mg
<b>Rosemary</b>	-	-	-	-	-	-	-	40 mg	40 mg
<b>Detox &amp; Liver Support</b>									
<b>Milk Thistle</b> (80% Silymarin)	-	20 mg	20 mg	-	-	-	-	40 mg	40 mg
<b>Curcumin</b> (Turmeric)	-	-	-	-	-	-	-	38 mg	38 mg
<b>Immune Factors</b>									
<b>Agaricus Blazei</b>	-	10 mg	10 mg	-	-	-	-	20 mg	20 mg
<b>Aloe Vera</b>	-	5 mg	5 mg	-	-	-	-	20 mg	20 mg
<b>Cordyceps</b>	-	40 mg	40 mg	-	-	-	-	60 mg	60 mg
<b>Coriolus Versicolor</b>	-	10 mg	10 mg	-	-	-	-	20 mg	20 mg
<b>Fucoxanthin Rich Seaweed</b>	-	6.25 mg	6.25 mg	-	-	-	-	25 mg	25 mg
<b>Maitake</b>	-	10 mg	10 mg	-	-	-	-	20 mg	20 mg

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<b>Reishi</b>	-	10 mg	10 mg	-	-	-	-	20 mg	20 mg
<b>Shiitake</b>	-	10 mg	10 mg	-	-	-	-	20 mg	20 mg
<b>Gender Specific Factors</b>									
<b>Beta Sitosterol</b>	-	-	-	-	-	50 mg	-	60 mg	-
<b>Chamomile</b>	-	-	10 mg	-	-	-	-	-	25 mg
<b>Chaste Tree Fruit</b>	-	-	20 mg	-	-	-	60 mg	-	50 mg
<b>DIM</b>	-	-	-	-	-	-	50 mg	-	-
<b>Dong Quai</b>	-	-	20 mg	-	-	-	60 mg	-	40 mg
<b>Ipriflavone</b>	-	-	50 mg	-	-	-	100 mg	-	80 mg
<b>Kudzu Isoflavones</b>	-	-	25 mg	-	-	-	40 mg	-	100 mg
<b>Peruvian Maca</b>	-	-	-	-	-	50 mg	-	-	-
<b>Pygeum Bark</b>	-	25 mg	-	-	-	-	-	30 mg	-
<b>Red Raspberry</b>	-	-	10 mg	-	-	-	-	-	25 mg
<b>Saw Palmetto</b>	-	50 mg	-	-	-	120 mg	-	120 mg	-
<b>Stinging Nettle Leaf</b>	-	25 mg	-	-	-	-	-	30 mg	-
<b>Supercritical Ginger Extract</b>	-	-	-	-	-	50 mg	-	-	-
<b>Tribulus Terrestris (Tribestan)</b>	-	-	-	-	-	50 mg	-	-	-