

## Pure Essence Labs • Menopause & Natsals Comparison Chart

	Transitions™	ProFema™	Two 'n' Only™	Mother to Be™	Mother & Child™
<b>Vitamins</b>					
<b>Biotin</b>	-	300 mcg	300 mcg	300 mcg	300 mcg
<b>Folate</b>	-	1 mg	800 mcg	1 mg	800 mcg
<b>Mixed Tocopherols</b>	-	58 mg	94 mg	369 mg	554 mg
<b>Niacin</b>	-	100 mg	30 mg	60 mg	100 mg
<b>Pantothenic Acid</b>	-	100 mg	20 mg	100 mg	100 mg
<b>Tocotrienols</b>	-	-	-	5 mg	5 mg
<b>Vitamin A</b> ( <i>Natural Beta Carotene</i> )	-	15,000 IU	8000 IU	8000 IU	10,000 IU
<b>Vitamin B1</b> ( <i>Thiamine</i> )	-	45 mg	10.2 mg	22.5 mg	30 mg
<b>Vitamin B2</b> ( <i>Riboflavin</i> )	-	51 mg	12 mg	25.5 mg	34 mg
<b>Vitamin B6</b> ( <i>Pyridoxine</i> )	-	60 mg	12 mg	30 mg	40 mg
<b>Vitamin B12</b> ( <i>Methyl-cobalamin</i> )	-	200 mcg	48 mcg	90 mcg	120 mcg
<b>Vitamin C</b>	-	1000 mg	120 mg	360 mg	500 mg
<b>Vitamin D3</b> ( <i>Cholecalciferol</i> )	-	600 IU	800 IU	200 IU	1000 IU
<b>Vitamin E</b> ( <i>D-alpha Tocopherol</i> )	-	400 IU	100 IU	200 IU	300 IU
<b>Vitamin K</b>	-	-	20 mcg	-	-
<b>Minerals</b>					
<b>Boron</b>	-	3 mg	500 mcg	1 mg	1 mg
<b>Calcium</b>	-	500 mg	200 mg	600 mg	500 mg
<b>Choline Bitartrate</b>	-	100 mg	-	-	-
<b>Chromium</b>	-	200 mcg	120 mcg	60 mcg	120 mcg
<b>Complete Trace Mineral Complex</b>	-	25 mg	-	-	-
<b>Copper</b>	-	1.5 mg	1 mg	500 mcg	500 mcg
<b>Inositol</b>	-	40 mg	20 mg	30 mg	30 mg
<b>Iodine</b>	-	150 mcg	150 mcg	150 mcg	150 mcg
<b>Iron</b>	-	-	27 mg	18 mg	12 mg
<b>Magnesium</b>	-	600 mg	200 mg	600 mg	600 mg
<b>Manganese</b>	-	2.5 mg	1.5 mg	2 mg	2 mg
<b>Molybdenum</b>	-	25 mcg	75 mcg	60 mcg	60 mcg
<b>Potassium</b>	-	49 mg	30 mg	50 mg	50 mg
<b>Selenium</b>	-	200 mcg	70 mcg	60 mcg	70 mcg
<b>Silica</b>	-	1 mg	20 mg	19 mg	10.5 mg

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<b>Vanadium</b>	-	25 mcg	20 mcg	30 mcg	30 mcg
<b>Zinc</b>	-	25 mg	11.25 mg	12 mg	15 mg
<b>Plant Digestive Enzymes</b>					
<b>Broad Spectrum Digestive Enzyme Complex</b>	-	25 mg	15 mg	33 mg	25 mg
<b>High ORAC Foods</b>					
<b>Fruit Complex</b> ( <i>Strawberries, Blueberries, Blackberries, Cranberries, Grape, Pomegranate &amp; Camu Camu Extracts</i> )	-	-	10 mg	63 mg	54 mg
<b>Mangosteen</b>	-	-	10 mg	-	-
<b>Organic Vegetable Blend</b>					
<b>Organic Blend of 16 Vegetables</b>	-	-	-	135 mg	135 mg
<b>Bioflavonoids</b>					
<b>Hesperidin</b>	650 mg	600 mg	10 mg	150 mg	120 mg
<b>Quercetin</b>	-	50 mg	10 mg	-	-
<b>Rutin</b>	-	50 mg	10 mg	30 mg	30 mg
<b>SuperFood</b>					
<b>Aloe Vera</b>	-	-	10 mg	-	-
<b>Sodium Copper Chlorophyllin</b>	-	-	7.5 mg	-	-
<b>Fucoidan Rich Seaweed</b>	-	-	10 mg	-	-
<b>North Atlantic Kelp</b>	-	38 mg	38 mg	38 mg	38 mg
<b>Organic Buckwheat Sprouts</b>	-	-	20 mg	-	-
<b>Organic Oat/Barley Grass</b>	-	120 mg	100 mg	108 mg	90 mg
<b>Organic Quinoa Sprouts</b>	-	-	20 mg	-	-
<b>Organic Red Clover Flowers</b>	-	-	10 mg	27 mg	-
<b>Organic Spirulina</b>	-	720 mg	150 mg	780 mg	630 mg
<b>Herbs / Misc.</b>					
<b>Asparagus Root</b>	40 mg	-	-	-	-
<b>Avena Sativa</b>	-	-	20 mg	-	-
<b>BioPerine®</b>	-	3 mg	2 mg	3 mg	3 mg
<b>Black Cohosh</b>	40 mg	40 mg	-	-	-
<b>Burdock Root</b>	120 mg	60 mg	-	-	27 mg
<b>Chaste Tree</b>	100 mg	80 mg	-	-	-
<b>Coleus Forskohlii</b>	100 mg	-	-	-	-

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<b>Colostrum</b>	-	-	-	-	162 mg
<b>Dandelion Leaves</b>	-	-	-	27 mg	18 mg
<b>Dong Quai</b>	48 mg	48 mg	-	-	-
<b>Eleuthero</b>	40 mg	40 mg	-	-	-
<b>Gamma Oryzanol</b>	65 mg	50 mg	-	-	-
<b>Ginger Root Juice</b>	-	-	80 mg	45 mg	45 mg
<b>Kudzu Root Isoflavones</b>	40 mg	80 mg	-	-	-
<b>L-Taurine</b>	-	-	-	-	162 mg
<b>Motherwort</b>	60 mg	60 mg	-	-	-
<b>Octacosonol</b>	-	300 mcg	-	-	-
<b>Phosphatidylcholine</b>	-	-	20 mg	100 mg	120 mg
<b>Poria Cocos</b>	40 mg	40 mg	-	-	-
<b>Red Raspberry</b>	-	-	20 mg	45 mg	-
<b>Rehmannia</b>	24 mg	20 mg	-	-	-
<b>Stinging Nettle Leaf</b>	-	-	20 mg	27 mg	18 mg
<b>White Mulberry</b>	-	60 mg	-	-	-
<b>White Peony</b>	12 mg	20 mg	-	-	-
<b>Wild Yam Root</b>	40 mg	24 mg	-	-	-