

# LiquiDaily High Vitality – Rebalancing The Biochemistry

By K. Steven Whiting PhD – Address Questions to [askthedoc@healthyinformation.com](mailto:askthedoc@healthyinformation.com) or visit my website at [www.healthyinformation.com](http://www.healthyinformation.com)

There are many supplements on the market to choose from. We have taken the two leading supplements and compared them with our own LiquiDaily High Vitality from Phoenix Nutritionals. You can quickly see that neither of these two popular supplements can begin to compare with both the number of nutrients as well as the potency. Another important point to consider when choosing a multiple vitamin/mineral supplement is ratio. The relationship of any one nutrient to others, is often more important than mere potency alone. Balance within the human body is essential. LiquiDaily High Vitality provides Full Spectrum nutrition, in a ratio that is most desirable to the cells of the body, while offering increased potency over other leading brands. Because it's a liquid, it may be used for the entire family as the dose is easily adjusted for each age group. Children over six, teens, men, women and senior citizens can all take advantage of the convenience of this amazing formula.

Bold Face Type indicates that LiquiDaily High Vitality either equals or exceeds the other two leading formulas.

Nutrient	LiquiDaily High Vitality	One-A-Day Formula	Centrum Silver
Vitamin A	<b>10000 IU</b>	5000IU	3500IU
Vitamin C	<b>1000 mg</b>	60 mg	60 mg
Vitamin D	300 IU	400 IU	400 IU
Vitamin E	<b>200 IU</b>	30 IU	45 IU
Vitamin K	NA	NA	10 mcg
Vitamin B1	<b>25 mg</b>	1.5 mg	1.5 mg
Vitamin B2	<b>25 mg</b>	1.7 mg	1.7 mg
Niacin	<b>25 mg</b>	20 mg	20 mg
Vitamin B6	<b>40 mg</b>	2 mg	3 mg
Folate	<b>400 mcg</b>	400 mcg	400 mcg
Vitamin B12	<b>200 mcg</b>	6 mcg	25 mcg
Biotin	<b>300 mcg</b>	NA	30 mcg
Pantothenic Acid	<b>100 mg</b>	10 mg	10 mg
Calcium	300 mg	450 mg	200 mg
Magnesium	<b>100 mg</b>	NA	100 mg
Phosphorus	NA	NA	48 mg
Potassium	<b>100 mg</b>	NA	80 mg
Zinc	<b>15 mg</b>	15 mg	15 mg
Selenium	<b>70 mcg</b>	NA	20 mcg

Manganese	<b>5 mcg</b>	NA	2 mcg
Chromium	120 mcg	NA	150 mcg
Boron	<b>1 mg</b>	NA	150 mcg
Copper	<b>2 mg</b>	NA	2 mg
Iron	<b>4 mg</b>	27 mg	NA
Choline	<b>25 mg</b>	NA	NA
Inositol	<b>25 mg</b>	NA	NA
L-Tyrosine	<b>100 mg</b>	NA	NA
PABA	<b>5 mg</b>	NA	NA
Lutein	<b>3 mg</b>	NA	250 mcg
Lycopene	<b>5 mg</b>	NA	300 mcg
Citrus Bioflavonoids	<b>25 mg</b>	NA	NA
Gamma Oryzanol	<b>50 mg</b>	NA	NA
CoEnzyme Q10	<b>5 mg</b>	NA	NA
Dimethyl Glycine	<b>10 mg</b>	NA	NA
Silica	<b>15 mg</b>	NA	NA
Free Form Amino Acids (10)	<b>250 mg</b>	NA	NA
Total Spectrum Fatty Acids	<b>250 mg</b>	NA	NA
Cell Ensure Antioxidant			
Complex (9)	<b>300 mg</b>	NA	NA
Blend of Phytonutrients (24)	<b>60 mg</b>	NA	NA
Molybdenum	<b>100 mcg</b>	NA	75 mcg
Chloride	Trace	NA	72 mg
Nickel	<b>500 mcg</b>	NA	5 mcg
Silicon	<b>3 mg</b>	NA	2 mg
Vanadium	<b>100 mcg</b>	NA	10 mcg
Bromide	<b>20 mcg</b>	NA	NA
Fluoride	<b>10 mcg</b>	NA	NA
Iodine	<b>40 mcg</b>	NA	NA
Germanium	<b>120 mcg</b>	NA	NA
Rubidium	<b>40 mcg</b>	NA	NA
Plant Derived Ionic			
Trace Mineral Complex	<b>250 mg</b>	NA	NA