

Brand with Highest Levels Ingredient is Not Present

	Bioceuticals Innatl Plus Iron	Elevit	Metagenics Pregnancy Care	Blackmores Conceive Well Gold	Swisse Pregnancy + Ultivite
Vitamins:	Per Capsule / Per Day	Per Tablet = Per Day	Per Tablet = Per Day	Per Capsule/Tablet = Per Day	Per Capsule = Per Day
Betacarotene	3 mg/6 mg			1.5 mg	6 mg
Equiv. Betacarotene				37.5 mg	
Thiamine nitrate (vitamin B1)	25 mg/50 mg				1.4 mg
Equiv. Thiamine		1.4 mg		1.5 mg	
Riboflavin (vitamin B2)	25 mg/50 mg	1.4 mg		1.5 mg	1.4 mg
Nicotinamide (vitamin B3)	25 mg/50 mg	18 mg		20 mg	18 mg
Calcium pantothenate (vitamin B5)	30 mg/60 mg	6 mg		4.6 mg	5 mg
Equiv. Pantothenic acid	27 mg/54 mg			5 mg	4.59 mg
Pyridoxine hydrochloride (vitamin B6)	61 mg/122 mg	1.9 mg	50 mg	50 mg	2 mg
Equiv. pyridoxine	50 mg/100 mg				1.65 mg
Folic acid (vitamin B9)	250 mcg/500 mcg	800 mcg	500 mcg	500 mcg	500 mcg
Cyanocobalamin (vitamin B12)	350 mcg/700 mcg	2.6 mcg	500 mcg	50 mcg	2.6 mcg
Ascorbic acid (vitamin C)	100 mg/200 mg	85 mg		200 mg	60 mg
Calcium ascorbate (vitamin C)				363 mg	67.8 mg (sodium ascorbate)
Cholecalciferol (vitamin D3)	10 mcg/20 mcg	5 mcg	25 mcg	10 mcg	15 mcg
Equiv. vitamin D3	400 IU/800 IU	200 IU	1000 IU	400 IU	600 IU
d-alpha tocopherol (vitamin E)	68 mg/136 mg	18.7 mg		147 mg	
Equiv. vitamin E	100 IU/200 IU			200 IU	
Phytomenadione (vitamin K1)	45 mcg/90 mcg		60 mcg		60 mcg
Biotin (vitamin H)	150 mcg/300 mcg	30 mcg		100 mcg	30 mcg
Minerals:					
Calcium (as phosphate)	20 mg/40 mg	125 mg			20 mg
Calcium (as citrate)					94.8 mg
Equiv. Calcium			250 mg		
Chromium (as nicotinate)	20 mcg/40 mcg		403 mcg		242 mcg
Equiv. Chromium			50 mcg		30 mcg
Iodine (as potassium iodide)	135 mcg/270 mcg	220 mcg	391 mcg	197 mcg	328 mcg
Equiv. Iodine			299 mcg	150 mcg	250 mcg
Magnesium (as amino acid chelate)	15 mg/30 mg	100 mg		350 mg	100 mg
Manganese sulfate monohydrate				15.4 mg	
Manganese (as amino acid chelate)	1 mg/2 mg	1.9 mg	15.4 mg		
Equiv. Manganese			5 mg		
Molybdenum (as trioxide)	25 mcg/50 mcg				75 mcg
Selenium (as selenomethionine)	13 mcg/26 mcg	50 mcg	249 mcg	161.5 mcg	163 mcg
Equiv. selenium			100 mcg	65 mcg	65 mcg
Zinc (as amino acid chelate)	10 mg/20 mg	11 mg	125 mg		55 mg
Zinc (sulfate monohydrate)				41.6 mg	
Equiv. Zinc			25 mg	15 mg	11 mg
Copper		1 mg		3.3 mg	9.28 mg
Equiv. Copper				1.3 mg	1.3 mg
Iron		183 mg	120 mg	75.4 mg	19.22 mg
Equiv. Iron	7.5 mg/15 mg	60 mg	24 mg	24 mg	5 mg
Nutrients:					
Choline bitartrate	150 mg/300 mg				
Inositol	30 mg/60 mg				
Ubidecarenone (coenzyme Q10)	30 mg/60 mg			60 mg	
Phyllanthus emblica fruit dry (Amla)			5.0 g		
Hydroxyapatite			980.4 mg		
Omega 3				165 mg	
Equiv. fish oil				500 mg	
EPA (eicosapentaenoic acid)					25 mg
DHA (docosahexaenoic acid)					110 mg
Additional Comments			Free from dairy protein, lactose, eggs, gluten, wheat, nuts, yeast, soy protein and salt. Free from artificial colours, flavours and preservatives		No added lactose, gluten, yeast, egg or artificial flavours

Dosage (number of capsules/tablets per day)	*	2	1	*	1	2	1
Cost per bottle		\$33.95	\$59.99		\$22.68	\$42.49	\$29.95
Number of capsules/tablets in each bottle		60	100		30	56	60
Cost per capsule/tablet		\$0.57	\$0.60		\$0.76	\$0.76	\$0.50
Cost per day		\$1.13	\$0.60		\$0.76	\$1.52	\$0.50

* Practitioner Only Brands