

Zija SmartMix Nutrients VS Leading Vitamin Tablet

Compiled by Ian Chantler - Zija Independent Distributor - for the website <http://www.drinklifein.ca>

	SmartMix	Bioavailable	Vitamin	Bioavailable	
Nutritional					
Calories	17.143	17.143			
Carbohydrates (g)	3.036	3.036			
Fat (g)	0.208	0.208			
Fibre (g)	1.432	1.432			
Protein (g)	2.058	2.058			
Vitamins					
A - Beta Carotene (mg)	1.282	1.154	1.05	0.189	SmartMix
B - Choline (mg)	27.648	24.883	0	0	SmartMix
B1 - Thiamin (mg)	0.177	0.160	1.5	0.27	
B2 - Riboflavin (mg)	1.364	1.227	1.7	0.306	SmartMix
B3 - Nicotinic Acid (mg)	0.565	0.508	20	3.6	
B5 - Pantothenic Acid (mg)	0.043	0.039	10	1.8	
B6 (mg)	0.108	0.097	2	0.36	
B9 - Folate (mcg)	7.875	7.087	400	72	
C - Ascorbic Acid (mg)	12.162	10.946	60	10.8	SmartMix
D (mcg)	4.844	4.360	10	1.8	SmartMix
E - Tocopherols Acetate (mg)	7.368	6.631	20	3.6	SmartMix
K (mcg)	0.060	0.054	25	4.5	
Minerals					
Calcium (mg)	146.945	132.250	200	36	SmartMix
Copper (mg)	0.175	0.158	0.5	0.09	SmartMix
Iron (mg)	2.086	1.877	18	3.24	
Magnesium (mg)	27.465	24.718	50	9	SmartMix
Manganese (mg)	0.040	0.036	2.3	0.414	
Oxalic Acid (mg)	3.604	3.244	0	0	SmartMix
Phosphorous (mg)	19.241	17.317	20	3.6	SmartMix
Potassium (mg)	94.312	84.881	80	14.4	SmartMix
Selenium (mcg)	0.030	0.027	55	9.9	
Sodium (mg)	0.270	0.243	0	0	SmartMix
Sulphur (mg)	65.390	58.851	0	0	SmartMix
Zinc (mg)	0.103	0.093	11	1.98	
Amino Acids					
Arginine (mg)	110.942	99.847			
Histidine (mg)	48.247	43.422			
Lysine (mg)	102.013	91.812			
Tryptophan (mg)	33.669	30.302			
Phenylalanine (mg)	101.494	91.344			
Methionine (mg)	31.104	27.994			
Threonine (mg)	93.636	84.273			
Leucine (mg)	163.701	147.331			
Isoleucin (mg)	77.597	69.838			
Valine (mg)	98.734	88.860			

* Zija International does not release the proprietary nutrient components of its Zija mix and so all numbers represented are based on thorough research and understood approximation.