

The Reliv Difference: A Better Value for Your Health







Reliv's scientific approach to optimal nutrition offers much more than you can find in any ordinary multivitamin pill or nutrition shake on the market. We challenge you to find a better daily nutritional supplement on any store shelf!

Reliv Now® vs. Competition



VS



- 
liquid shakes providing optimal absorption of the nutrients they contain

- 
7 grams of healthy soy protein per serving; over 5x more beneficial lunasin than typical soy powder

- 
optimal levels of key nutrients


- pills that must be broken down before they can be absorbed by the body
- no protein; no lunasin
- only the minimum daily recommended intake for most nutrients

	Reliv Now®	One a Day® Essential	Centrum® Adults <50	NatureMade® Multi Complete	Ensure® Nutrition Shake
Protein	14%	0%	0%	0%	18%
Vitamin A	50%	100%	70%	50%	25%
Vitamin B-6	200%	100%	100%	100%	25%
Vitamin B-12	300%	100%	100%	100%	25%
Vitamin C	800%	100%	100%	300%	50%
Vitamin D	100%	100%	100%	250%	25%
Vitamin E	200%	100%	100%	167%	20%
Thiamin (B-1)	200%	100%	100%	100%	35%
Biotin	100%	0%	10%	10%	25%
Pantothenic Acid	200%	100%	100%	100%	25%
Copper	100%	0%	25%	100%	25%
Molybdenum	100%	0%	60%	100%	50%
Calcium	100%	5%	20%	16%	30%
Iron	50%	0%	100%	100%	25%
Phosphorus	50%	0%	2%	0%	25%
Iodine	100%	0%	100%	100%	25%
Selenium	70%	0%	79%	100%	25%
Magnesium	50%	0%	13%	25%	25%
Zinc	110%	0%	73%	100%	25%
Manganese	100%	0%	110%	200%	60%
Niacin	100%	100%	100%	100%	25%
Riboflavin (B-2)	250%	100%	100%	100%	25%
Chromium	40%	0%	29%	100%	25%
Potassium	7%	0%	2%	0%	11%
Folic Acid	100%	100%	100%	100%	25%
Kelp	Yes	No	No	No	No
Rose Hips	Yes	No	No	No	No
Garlic	Yes	No	No	No	No
Pycnogenol®	Yes	No	No	No	No
L-methionine	Yes	No	No	No	No
Rutin	Yes	No	No	No	No
Licorice Root	Yes	No	No	No	No
Rhubarb Root	Yes	No	No	No	No
Cayenne	Yes	No	No	No	No
Butternut Bark	Yes	No	No	No	No
Irish Moss	Yes	No	No	No	No
Papain	Yes	No	No	No	No
n-zimes® and isolase®	Yes	No	No	No	No
LunaRich®	Yes	No	No	No	No