

Brand Dosage	Horizon Complete 2 caps per day one capsule		Icaps MV 4 caps per day one capsule		Macular Protect 4 caps per day one capsule		PreserVision 2 softgels per day one softgel	
		RDA		RDA		RDA		RDA
Beta Carotene	12,500 IU	250%		none	6250 IU	125%	14320 IU	286%
Vitamin C	250 mg	416%	128 mg	213%	250 mg	416%	226 mg	376%
Vitamin E	200 IU	666%	108 IU	358%	100 IU	333%	200 IU	666%
Zinc Oxide	40 mg	266%	21.15 mg	141%	20 mg	133%	34.8 mg	232%
Cupric Oxide	1 mg	50%	0.9 mg	45%	0.5 mg	25%	0.8 mg	40%
Lutein	5 mg	*	1.67 mg	*	2.5 mg	*		none
Zeaxanthin	1 mg	*	0.82 mg	*	0.25 mg	*		none
Taurine	50 mg	*		none	25 mg	*		none
L-Glutathione	5 mg	*		none		none		none
Rutin	50 mg	*		none		none		none
Bilberry	30 mg	*		none	3.75 mg	*		none
Quercitin	25 mg	*		none	12.5 mg	*		none
Vitamin D	200 IU	50%	100 IU	25%	225 IU	56%		none
Thiamin (B1)	0.75 mg	50%	0.37 mg	25%	1.13 mg	75%		none
Riboflavin (B2)	0.85 mg	50%	2.5 mg	147%	1.25 mg	73.50%		none
Niacin (B3)	10 mg	50%	2.5 mg	12.50%	2.5 mg	12.50%		none
Vitamin B6	1 mg	50%	0.50 mg	25%	2.5 mg	125%		none
Folic acid	200 mcg	50%	100 mcg	25%	100 mcg	25%		none
Vitamin B 12	12.5 mcg	208%	1.5 mcg	25%	7.5 mcg	125%		none
Biotin	150 mcg	50%	7.5 mcg	2.50%	25 mcg	8.25%		none
Pantothenic acid	5 mg	50%	2.5 mg	25%	3.12 mg	31%		none
Iodine	75 mcg	50%	37.5 mcg	25%	18.75 mcg	12.50%		none
Selenium	35 mcg	50%	10 mcg	14%	17.5 mcg	25%		none
Manganese	1 mg	50%	0.50 mg	25%	0.62 mg	31.25%		none
Chromium	60 mcg	50%	30 mcg	25%	25 mcg	20.75%		none
Molybdenum	37.5 mcg	50%	18.75 mcg	25%	9.37 mcg	12.50%		none
Nickel	2.5 mcg	*		none		none		none
Silicon	1 mg	*		none		none		none
Vanadium	5 mcg	*		none	3.75 mcg	*		none
Boron	75 mcg	*		none	0.25 mg	*		none
Lycopene	150 mcg	*	0.07 mcg	*	0.5 mg	*		none
N-acetylcysteine	25 mg	*		none	18.75 mg	*		none
Vitamin K		none	6.25 mcg	7.75%		none		none
Phosphorus		none	35 mg	3.50%		none		none
Magnesium		none	25 mg	6.25%	25 mg	6.25%		none
Calcium		none	83.25 mg	8.25%	25 mg	2.50%		none
Lemon Bioflavonoids		none		none	12.5 mg	*		none
Alpha Lipoic Acid		none		none	5 mg	*		none
Ginkgo Leaf extract		none		none	5 mg	*		none
Grape Seed extract		none		none	3.75 mg	*		none
* RDA not established								
		\$20.99/mo		\$22.23/mo		\$29.90/mo		\$14.99/mo