



How Does A-Supreme Compare?

| | ADVOCARE® A-Supreme | Resistance Support | AdaptaMax™ | Prime One ® | SAF® Stress and Anxiety Formula |
|--------------|---|--|--|---|---------------------------------|
| Folic Acid | 800 mcg | 800 mcg | -- | -- | 1 tablet |
| Vitamin B-12 | 500 mcg | 100 mcg | -- | -- | - |
| Betaine | 100 mg | - | -- | -- | 50% |
| Adaptogens | 2 grams (Blend of 10 adaptogens) | 500 mg (Blend of 4 adaptogens with other herbs) | 770 mg (Blend of 9 adaptogens with other herbs) | Unknown Amount (Blend of 7 adaptogens) | 250 mg 1 adaptogen |