

Formulation	Max Health	Airborne
Vitamin A	5,000 IU OR 1,500 mcg	600 mcg (as retinyl acetate)
Vitamin C	500 mg	1000 mg (as ascorbic acid and sodium ascorbate)
Vitamin E	400 IU OR 120 mcg (as d-alpha Tocopheryl Acetate)	13.5 mg (as d-alpha Tocopheryl Acetate)
Magnesium	300 mg (as Magnesium Oxide)	40 mg (as Magnesium Oxide and Magnesium Sulfate)
Manganese	2 mg (as Manganese Sulfate)	3 mg (as Manganese gluconate)
Selenium	200 mcg (as Sodium Selenate)	15 mcg (as Selenium amino acid chelate)
Zinc	30 mg (as Zinc Oxide)	8 mg (as Zinc Sulfate)
Sodium	0 mg	40 mg

*1 IU=0.3 mcg

*1 IU=0.000025 mg

The purpose of this table is not to say one formula works better than the other but rather look at the value of what you are purchasing. The fact is, to purchase this line of Airborne (Airborne Blast of Vitamin C, chewing tablets) will cost you 50-60 cents per serving which is 4 chewing tablets. To compare, Max Health is priced at 7.5 cents per function enhanced. If Max Health were to match Airborne's pricing structure, then each enhanced function would cost 50 cents leaving one serving of Max Health at \$4 and a two-month bottle at \$240 dollars. Instead, Max Health retains its pricing sanity because of how its special formula works together to enhance multiple functions at once, unlike any other supplement. In the end Max Health will maximize your Health and your wallet.