

# ***Neways International***

## **Maximol vs. Nutritious Food**

*One cap of Maximol was compared to the following foods for essential supplement content.*

To get the same dose of copper as in 1 cap of Maximol you would have to eat:

2 ½ roasted chickens

To get the same dose of Iron as in 1 cap of Maximol you would have to eat:

13 small heads of lettuce, or  
14 ears of corn

To get the same dose of Magnesium as in 1 cap of Maximol you would have to eat:

10 ears of corn, or  
22 cucumbers, or  
29 mushrooms

To get the same dose of Niacin as in 1 cap of Maximol you would have to eat:

4 pineapples, or  
13 bananas, or  
28 mushrooms, or  
40 large beets, or  
69 ears of corn, or  
348 string beans

To get the same dose of Riboflavin as in 1 cap of Maximol you would have to eat:

4 ½ fresh water fish (and then detoxify because of the potential mercury poisoning), or  
10 cups of raw celery, or  
12 ½ regular sized potatoes, or  
26 mushrooms

To get the same dose of Thiamine (B1) as in 1 cap of Maximol you would have to eat:

16 bananas, or  
26 broiled lobsters, or  
400 string beans

To get the same dose of Vitamin B6 as in 1 cap of Maximol you would have to eat:

15 bowls of corn flake cereal, or  
40 large beets, or  
159 cucumbers, or  
159 slices of bread

**References:**

1. *Santé –from the USDA survey database containing 7,248 foods.*
2. *Actual test data from Neways' Maximol stability studies 8/04 Warren Analytic – atomic absorption analysis.*