

# enquos

## Supplement Manufacturer's Submission Guidelines Kit

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## Guidelines

- 1 Please submit all ingredient data on a copy of the *enquos Supplement Submission Form*.  
(see the email sent to you for the download link)  
Submissions will *only* be accepted using this exact excel spreadsheet file.
- 2 Open the excel spreadsheet file and **Save As** “*your company name Supplement Data*” before you begin entry.

To standardize data, all entries must be provided in the units given in Column B.

These units are:

- Grams (g)
- Milligrams (mg)
- Micrograms (µg)
- Milliliters (ml)

*Note: If your product is dosed in micrograms, and Column B lists only milligrams, please convert to appropriate weight. Units were chosen based on common or typical weights for ingredients.*

*Conversions: 1000 mcg = 1 mg = .001 g*

- 3 Enter each product's data in a column, beginning with Column C.  
As many products as you wish may be submitted.

- Row 1 - **Brand name**

Enter the company name.

- Row 2 - **Product name**

Enter the product name.

*Note: If product is available in multiple flavors, please include flavor in name as it appears on the label.*

- Row 3 - **enquos identifier - Leave blank**

enquos will assign an identifier to each product and provide this number to you after submission. The identifier will be used if new information needs to be submitted, such as a reformulation or deletion from your product line.

- Row 4 - **Category optional**

Choose a category from the drop down menu.

This is to better enable the search feature on enquos.

- Row 5 - **UPC number optional**

Enter the UPC number for the product, if available.

Row 6 - **Serving Quantity**

Enter the quantity as given on the nutrition facts label on each product.

Row 7 - **Serving Name**

Enter the serving name in **singular form** as given on the nutrition facts label on each product. Even if the product is dosed in more than one capsule or tablet, the singular form is needed for best presentation of data to our users.

*Example: capsule, tablet, scoop, bar. Not capsules, tablets, scoops*

### Entering Serving Weight (Rows 8 & 9) and Serving Volume (Rows 10 & 11)

It is required to fill out at least one of the following two options:

Serving Weight + Serving Weight Unit (Rows 8 & 9), or Serving Volume + Serving Volume Unit (Rows 10 & 11). If product has both a weight **and** a volume, you may fill out both sets of rows.

To ensure that your product information is successfully submitted, you must enter the Serving Weight Unit (Row 9) when entering the Serving Weight (Row 8), and the Serving Volume Unit (Row 11) when entering the Serving Volume (Row 10).

Please see the *Sample enquos Supplement Submission Form* at the end of this document for an example of product entry.

Row 8 - **Serving Weight**

Enter the weight for the above mentioned serving quantity and **name**.

*Note: The serving **unit** is listed in the next row, Row 9.*

Row 9 - **Serving Weight Unit**

Enter the unit that the weight is given in. The choices are grams (g), milligrams (mg) or micrograms (µg).

*Reminder: If entering a Serving Weight, you must also enter the Serving Weight Unit.*

and / or

Row 10 - **Serving Volume**

Enter the volume for the above mentioned serving quantity and size. This number must be in milliliters or ounces (ml or oz).

*Note: The serving **volume unit** is listed in the next row, Row 11.*

Row 11 - **Serving Volume Unit**

The available volume unit is milliliters (ml).

*Reminder: If entering a Serving Volume, you must also enter the Serving Volume Unit.*

### ☑ Rows 13 - 165 - **Nutrient Fields**

Enter all of the applicable nutrients each product contains per serving size given above. (nutrients in 2 capsules, 1 scoop, 3 tablets). Leave everything else as is.

#### ⚠ **Important Notes**

- If a product does not contain an active ingredient, **the column must be left blank**. Please do not enter a zero.
- For nutrients where the option is given to enter either weight or the % Daily Value, please choose **either** weight or % Daily Value, **not both**. Also, please opt to enter the weight instead of the % Daily Value whenever possible. enquos will calculate the other based on your entry.
- If your product has a proprietary amount of an amino acid and you would like its presence to be noted, please type a double asterisk (\*\*). It will be tracked as being present.

### ☑ Rows 167 - 471 - **Available Active Ingredients**

**enquos** has standardized the naming and units available for over 300 additional active ingredients. Please see the following sections in this document, 1) *Nutrient Fields*, and 2) *Available Active Ingredients*, which list the titles of the additional ingredients plus the units for each. You must use the units as shown.

#### ⚠ **Important Notes**

- If a product does not contain an active ingredient, **the column must be left blank**. Please do not enter a zero.
- If your product has a proprietary amount of an active ingredient and you would like its presence to be noted, please type a double asterisk (\*\*). It will be tracked as being present.

Please refer to the following sections in this document while completing your *enquos Supplement Submission Form*:

- *Nutrient Fields*
- *Available Active Ingredients*
- *Sample enquos Supplement Submission Form*

Thank you for your time and we look forward to seeing your brand represented on enquos!

If you have any questions regarding the submission of the your product information, please do not hesitate to contact enquos at [supplements@enquos.com](mailto:supplements@enquos.com) or get in touch directly with the representative who sent you this submission kit.

### Calories & Macronutrients

Calories	kcal	Fiber (total)	g	Sugar	g	Fat (polyunsaturated)	g
Protein	g	Fiber (insoluble)	g	Fat (total)	g	Fat (monounsaturated)	g
Carbohydrates	g	Fiber (soluble)	g	Fat (saturated)	g	Cholesterol	mg

### Vitamins

Vitamin A	%	Vitamin B <sub>2</sub> (riboflavin)	%	Vitamin B <sub>8</sub> (inositol)	mg	Vitamin D <sub>2</sub> (ergocalciferol)	µg
Vitamin A	IU	Vitamin B <sub>3</sub> (niacin)	mg	Vitamin B <sub>9</sub> (folate total)	µg	Vitamin D <sub>3</sub> (cholecalciferol)	µg
Vitamin B <sub>1</sub> (thiamin)	mg	Vitamin B <sub>3</sub> (niacin)	%	Vitamin B <sub>9</sub> (folate total)	%	Vitamin E	mg
Vitamin B <sub>1</sub> (thiamin)	%	Vitamin B <sub>4</sub> (pangamate)	mg	Vitamin B <sub>9</sub> (folate food)	µg	Vitamin E	%
Vitamin B <sub>10</sub> (PABA)	mg	Vitamin B <sub>5</sub> (pantothenic acid)	mg	Vitamin B <sub>9</sub> (folic acid)	µg	Vitamin K (phylloquinone)	µg
Vitamin B <sub>11</sub> (salicylic acid)	mg	Vitamin B <sub>5</sub> (pantothenic acid)	%	Vitamin C	mg	Vitamin K (phylloquinone)	%
Vitamin B <sub>12</sub> (cobalamin)	µg	Vitamin B <sub>6</sub> (pyroxidine)	mg	Vitamin C	%	Vitamin K <sub>2</sub> (menaquinone)	µg
Vitamin B <sub>12</sub> (cobalamin)	%	Vitamin B <sub>6</sub> (pyroxidine)	%	Vitamin D (total)	IU		
Vitamin B <sub>2</sub> (riboflavin)	mg	Vitamin B <sub>7</sub> (biotin)	µg	Vitamin D (total)	%		

### Minerals

Boron	µg	Fluoride	µg	Manganese	mg	Selenium	µg
Calcium	mg	Iodine	mg	Molybdenum	mg	Sodium	mg
Calcium	%	Iron	mg	Phosphorus	mg	Sodium	%
Chromium	µg	Iron	%	Potassium	mg	Zinc	mg
Copper	mg	Magnesium	mg	Potassium	%		

## Amino Acids

Amino Acid (total)	g	Glutamic Acid	g	Leucine	g	Serine	g
Alanine	g	Glutamine	g	Lysine	g	Threonine	g
Arginine	g	Glycine	g	Methionine	g	Tryptophan	g
Asparagine	g	Histidine	g	Phenylalanine	g	Tyrosine	g
Aspartic Acid	g	Hydroxyproline	g	Proline	g	Valine	g
Cysteine	g	Isoleucine	g	Selenocysteine	g		

## Other

Caffeine	mg
Betaine	mg
Choline	mg
Theobromine	mg

## Sugars

Fructose	g	Lactose	g
Galactose	g	Maltose	g
Glucose	g	Sucrose	g

## Plant Sterols

Beta-sitosterol	mg
Campesterol	mg
Stigmasterol	mg

## Sugar Alcohols

Arabitol	g	Mannitol	g
Erythritol	g	Sorbitol	g
Isomalt	g	Xylitol	g
Maltitol	g		

## Lipids

Omega-3 fatty acid (total)	g	Arachidonic Acid (AA)	g
α-Linolenic Acid (ALA)	g	γ-Linolenic Acid (GLA)	g
Eicosapentaenoic Acid (EPA)	g	Linoleic Acid (LA)	g
Docosahexaenoic Acid (DHA)	g	Other Omega-6 fatty acid	g
Other Omega-3 fatty acid	g	Omega-5, 7, 8 fatty acid (total)	g
Omega-6 fatty acid (total)	g	Omega-9 fatty acid (total)	g

## Antioxidants

Alpha Lipoic Acid	mg	Lutein + Zeaxanthin	µg	Retinol	µg	Tocotrienol (total)	mg
Astaxanthin	mg	Lycopene	µg	Tocopherol (total)	mg	α-tocotrienol	mg
Beta Carotene	µg	Melatonin	mg	α-tocopherol	mg	β-tocotrienol	mg
Capsaicin	mg	N-Acetylcysteine	mg	β-tocopherol	mg	γ-tocotrienol	mg
Coenzyme Q <sub>10</sub> (ubiquinol)	mg	Oxalic Acid	mg	γ-tocopherol	mg	δ-tocotrienol	mg
Curcumin	mg	Resveratrol	mg	δ-tocopherol	mg		
Glutathione	mg						

5-HTP (5-Hydroxytryptophan)	mg	Black Cohosh ( <i>Actaea racemosa</i> )	mg	Cassia senna	mg
7-KETO (7-keto dehydroepiandrosterone)	mg	Black Currant Seed Oil ( <i>Ribes nigrum</i> )	mg	Cat's claw ( <i>Uncaria tomentosa</i> , <i>Una de gato</i> )	mg
Acai ( <i>Euterpe oleracea</i> )	mg	Black Elderberry ( <i>Sambucus nigra</i> )	mg	Catnip ( <i>Nepeta cataria</i> )	mg
Acetylcysteine	mg	Bladderwrack ( <i>Fucus vesiculosus</i> )	mg	Cayenne ( <i>Capsicum annum</i> )	mg
AKG (Alpha Ketoglutarate)	mg	Bloodroot ( <i>Sanguinaria canadensis</i> )	mg	Centauray ( <i>Centaurium erythraea</i> )	mg
Alder Buckthorn ( <i>Rhamnus frangula</i> )	mg	Blue Cohosh ( <i>Caulophyllum thalictroides</i> )	mg	Chamomile ( <i>Matricaria chamomilla</i> )	mg
Alfalfa ( <i>Medicago sativa</i> )	mg	Blue Green Algae ( <i>Cyanobacteria</i> )	mg	Chaparral ( <i>Larrea tridentata</i> )	mg
Aloe vera extract ( <i>Aloe barbadensis</i> )	mg	Blueberry Extract ( <i>Vaccinium angustifolium</i> )	mg	Charcoal (Activated Charcoal)	mg
American Ginseng ( <i>Panax quinquefolius</i> )	mg	Borage Oil ( <i>Borago officinalis</i> )	mg	Chasteberry ( <i>Vitex agnus castus</i> )	mg
American Skullcap ( <i>Scutellaria lateriflora</i> )	mg	Boric acid	mg	Chia Seed ( <i>Salvia hispanica</i> )	g
AMP (Adenosine monophosphate)	mg	Boswellia ( <i>Salai Guggal</i> )	mg	Chickweed ( <i>Stellaria media</i> )	mg
Anise ( <i>Pimpinella anisum</i> )	mg	Brewer's Yeast ( <i>Saccharomyces cerevisiae</i> )	g	Chinese Ginseng ( <i>Panax ginseng</i> )	mg
Artichoke Extract ( <i>Cynara scolymus</i> )	mg	Buckthorn ( <i>Rhamnus catharticus</i> )	mg	Chinese Skullcap ( <i>Huang Qin</i> )	mg
Ashwagandha ( <i>Withania somniferum</i> )	mg	Burdock Root ( <i>Arctium lappa</i> )	mg	Chitosan	mg
Astragalus ( <i>Astragalus membranaceus</i> )	mg	Butterbur ( <i>Petasites hybridus</i> )	mg	Chlorella ( <i>Chlorella vulgaris</i> )	mg
Bacopa ( <i>Bacopa monnieri</i> )	mg	Calcium pantothenate	mg	Chlorophyll	mg
Barberry ( <i>Berberis vulgaris</i> )	g	Calendula ( <i>Calendula officinalis</i> )	mg	Chondroitin	mg
Basidiomycetes	mg	Cannabis indica	g	Chuan Xin Lian	mg
Basil ( <i>Ocimum basilicum</i> )	mg	Cannabis sativa	g	Cinnamon	mg
Bee Pollen	mg	Caprylic acid	mg	Citrulline Malate	mg
Beta-Glucan	mg	Caraway ( <i>Carum carvi</i> )	mg	CLA (Conjugated Linoleic Acid)	mg
Betaine HCl	mg	Carob ( <i>Ceratonia siliqua</i> )	g	Coconut Oil ( <i>Cocos nucifera</i> )	g
Bifidobacterium	count	Carotenes	mg	Cod Liver Oil	mg
Bilberry ( <i>Vaccinium myrtillus</i> )	mg	Carotenoid	mg	Cold Pressed Cod Liver Oil	mg
Bitter Melon ( <i>Momordica charantia</i> )	mg	Cascara sagrada	mg	Collagen Protein	g
Bitter Orange ( <i>Zhi Shi</i> )	mg	Casein protein	g	Colloidal Silver	ml
Black Bean Extract	mg	Cassia angustifolia ( <i>Senna alexandrina</i> )	mg	Colostrum	g

## enquos Available Active Ingredients

Coltsfoot ( <i>Petasites frigidus</i> )	mg	Feverfew ( <i>Tanacetum parthenium</i> )	µg	Heliotrope ( <i>Heliotropium</i> )	mg
Comfrey ( <i>Symphytum officinale</i> )	ml	Fish Oil	mg	Hemp Protein	g
Coral Calcium	mg	Flavonoids (Bioflavonoids)	mg	Hemp Seed ( <i>Cannabis sativa</i> )	g
Cordyceps (Chongcao)	g	Flaxseed ( <i>Linum usitatissimum</i> )	g	Hesperidin	mg
Corydalis (Yan Hu So)	mg	Flaxseed Oil ( <i>Linum usitatissimum</i> )	ml	Hibiscus ( <i>Hibiscus rosa sinensis</i> )	mg
Cranberry Extract ( <i>Vaccinium macrocarpon</i> )	mg	Fo-Ti ( <i>Fallopia multiflora</i> )	mg	HMB ( $\beta$ -Hydroxy $\beta$ -methylbutyrate)	mg
Creatine Monohydrate	g	Forskolin ( <i>Coleus forskohlii</i> )	mg	Holy Basil ( <i>Ocimum tenuiflorum</i> )	mg
D-Ribose	mg	Frankincense ( <i>Boswellia sacra</i> )	mg	Holy Thistle ( <i>Silybum marianum</i> )	mg
Damiana ( <i>Turnera diffusa</i> )	mg	Fructo-oligosaccharides	g	Hoodia ( <i>Hoodia gordonii</i> )	mg
Dandelion ( <i>Taraxacum officinale</i> )	mg	Fumaric Acid	mg	Hops ( <i>Humulus lupulus</i> )	mg
Deer Antler (Lu Jiao Shuang)	µg	GABA (Gamma-Aminobutyric Acid)	mg	Horehound ( <i>Marrubium vulgare</i> )	mg
Deglycyrrhizinated Licorice ( <i>Glycyrrhiza</i> )	mg	Gan Cao	mg	Horny Goat Weed (Yin Yang Huo)	mg
Desert Parsley ( <i>Lomatium foeniculaceum</i> )	mg	Garcinia Cambogia ( <i>Garcinia gummi-gutta</i> )	mg	Horse chestnut ( <i>Aesculus hippocastanum</i> )	mg
Devil's Claw ( <i>Harpagophytum procumbens</i> )	mg	Garlic ( <i>allium sativum</i> )	mg	Horseradish ( <i>Armoracia rusticana</i> )	g
Dewberry ( <i>Rubus trivialis</i> )	ml	Ginger ( <i>Zingiber Officinale</i> )	mg	Huperzia (Qian Ceng Ta)	µg
DHEA	mg	Ginkgo Biloba	mg	Hyaluronic Acid	mg
Dong Quai ( <i>Angelica sinensis</i> )	mg	Glucomanan Fiber ( <i>Amorphophallus konjac</i> )	g	Hyssop ( <i>Hyssopus officinalis</i> )	mg
Echinacea ( <i>Echinacea angustifolia</i> )	mg	Glucosamine	mg	Ivy Leaf ( <i>Hedera helix</i> )	mg
Egg Protein	g	Goji Berry Extract ( <i>Lycium barbarum</i> )	mg	Juniper ( <i>Juniperus</i> )	mg
Elderberry ( <i>Sambucus canadensis</i> )	mg	Goldenseal ( <i>Hydrastis canadensis</i> )	mg	Kava kava ( <i>Piper methysticum</i> )	mg
Ester-C	mg	Gotu Kola ( <i>Centella asiatica</i> )	mg	Ketones	mg
Eucalyptus ( <i>Eucalyptus globulus</i> )	mg	Grape Seed Extract ( <i>Vitis vinifera</i> )	mg	Knitbone ( <i>Symphytum officinale</i> )	µg
Evening Primrose Oil ( <i>Oenothera biennis</i> )	mg	Grapefruit Seed Extract ( <i>Citrus paradisi</i> )	mg	Krill Oil	mg
Eyebright ( <i>Euphrasia officinalis</i> )	mg	Green Coffee Extract ( <i>Coffea arabica</i> )	mg	Kudzu ( <i>Pueraria lobata</i> )	mg
Fennel ( <i>Foeniculum vulgare</i> )	mg	Green Tea Extract ( <i>Camellia sinensis</i> )	mg	Lactobacillus acidophilus probiotic	count
Fenugreek ( <i>Trigonella foenum-graecum</i> )	mg	Guarana ( <i>Paullinia cupana</i> )	mg	Lactobacillus plantarum probiotic	count
Fermented Cod Liver Oil	mg	Gymnema sylvestre ( <i>Gurmar</i> )	mg	Lavender ( <i>Lavandula</i> )	mg
Ferrous Sulfate	mg	Hawthorn ( <i>Crataegus</i> )	mg	Lecithin (Phosphatidyl Choline)	mg

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## enquos Available Active Ingredients

Lemon Balm ( <i>Melissa officinalis</i> )	mg	Pantethine	mg	Propionyl-L-Carnitine	mg
Licorice Root ( <i>Gan Cao</i> )	mg	Papaya Enzyme ( <i>Carica papaya</i> )	mg	Proteolytic Enzymes	mg
Lobelia ( <i>Lobelia inflata</i> )	mg	Passion Flower ( <i>Passiflora</i> )	mg	Protomorphogen	mg
Locust Bean ( <i>Ceratonia siliqua</i> )	mg	Pau d'Arco ( <i>Tabebuia impetiginosa</i> )	mg	Prunus africanum	mg
Lutein	mg	PCOs (Procyanidolic Oligomers)	mg	Psyllium Husk ( <i>Plantago ispaghula</i> )	g
Maca ( <i>Lepidium meyenii</i> )	mg	Pea Protein	g	Pycnogenol (Pine Bark Extract)	mg
Maitake ( <i>Grifola frondosa</i> )	mg	Pennyroyal ( <i>Mentha pulegium</i> )	ml	Pygeum africanum ( <i>Prunus africanum</i> )	mg
Malic Acid	mg	Peppermint ( <i>Mentha piperita</i> )	mg	Pyruvate	mg
Mangosteen ( <i>Garcinia mangostana</i> )	mg	Periwinkle ( <i>Vinca</i> )	mg	Pyruvic Acid	g
Marshmallow ( <i>Althaea officinalis</i> )	mg	Pestilence Wort ( <i>Petasites frigidus</i> )	mg	Quercetin	mg
MCT (Medium Chain Triglycerides)	ml	Phosphatidylserine	mg	Raspberry Leaf ( <i>Rubus idaeus</i> )	mg
Milk Protein	g	Phyllanthus niruri ( <i>Bhui Amla</i> )	mg	Red Bush Tea ( <i>Aspalathus linearis</i> )	g
Milk Thistle ( <i>Silybum marianum</i> )	mg	Picrorhiza kurroa ( <i>Hu huang lian</i> )	mg	Red Clover ( <i>Trifolium pratense</i> )	mg
Motherwort ( <i>Yi Mu Cao</i> )	mg	Pineapple Enzyme (Bromelain)	mg	Red Eyebright ( <i>Euphrasia officinalis</i> )	mg
MSM (methylsulfonylmethane)	mg	Piria	mg	Red Peony ( <i>Chi Shao Yao</i> )	mg
Mullein ( <i>Verbascum</i> )	mg	Plantain ( <i>Musa paradisiaca</i> )	mg	Red Yeast Rice ( <i>Xuezhikang</i> )	mg
Myrrh ( <i>Molmol</i> )	ml	Pleurisy Root ( <i>Asclepias tuberosa</i> )	mg	Reishi Mushroom ( <i>Ling Zhi</i> )	mg
N-Acetyl-Glucosamine	mg	Policosanol	mg	Ribose	mg
Nettle Seeds	mg	Pomegranate ( <i>Punica granatum</i> )	mg	Ribwort ( <i>Plantago lanceolata</i> )	mg
Nettles ( <i>Urtica dioica</i> )	mg	Potassium Citrate	mg	Rice Protein	g
Nicotinamide	mg	Potassium Gluconate	mg	Rooibos ( <i>Aspalathus linearis</i> )	mg
Nitric Oxide	g	Pregnenolone	mg	Roseroot ( <i>Rhodiola rosea</i> )	mg
Noni Extract ( <i>Morinda citrifolia</i> )	mg	Prickly Ash ( <i>Zanthoxylum americanum</i> )	mg	Royal Jelly ( <i>Lac regis apis</i> )	mg
Olive Leaf ( <i>Olea Europaea</i> )	mg	Primrose Oil ( <i>Oenothera biennis</i> )	mg	Ruscus aculeatus	mg
Oregano Oil ( <i>Origanum vulgare</i> )	mg	Privet Fruit ( <i>Nu Zhen Zi</i> )	mg	Rutin	mg
Paeonia lactiflora	mg	Proanthocyanidins	mg	Saccharomyces boulardii	count
Paeonia suffruticosa	mg	Probiotic (total)	count	Saccharomyces cerevisiae	count
Paeonia veitchii ( <i>Chi Shao</i> )	mg	Progesterone	mg	Sacred Bark ( <i>Cascara Sagrada</i> )	mg

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Sage ( <i>Salvia officinalis</i> )	mg	St. Benedict Thistle ( <i>Cnicus benedictus</i> )	mg	White Horehound ( <i>Marrubium vulgare</i> )	mg
Salmon Oil	mg	St. John's Beard	mg	White Peony ( <i>Bai Shao</i> )	mg
SAME (S-Adenosyl-L-Methionine)	mg	St. John's Wort ( <i>Hypericum</i> )	mg	White Willow ( <i>Salix alba</i> )	mg
Sandalwood ( <i>Santalum album</i> )	mg	Strontium	mg	Wild Cherry ( <i>Prunus avium</i> )	g
Sarsaparilla ( <i>Hemidesmus Indicus</i> )	mg	Sundew ( <i>Drosera</i> )	mg	Wild Clover ( <i>Trifolium pratense</i> )	mg
Sassafras ( <i>Sassafras albidum</i> )	mg	Tart Cherry Extract ( <i>Acerola, Prunus cerasus</i> )	mg	Wild Geranium ( <i>Geranium maculatum</i> )	mg
Saw Palmetto ( <i>Sabal serrulata</i> )	mg	Thymus Extracts ( <i>Thymus vulgaris</i> )	mg	Wild Indigo ( <i>Baptisia australis</i> )	mg
Schisandra ( <i>Wu Wei Zi</i> )	mg	Tribulus ( <i>Tribulus terrestris</i> )	mg	Wild Marjoram ( <i>Origanum vulgare</i> )	mg
Sea Buckthorn ( <i>Hippophae rhamnoides</i> )	mg	Turmeric ( <i>Curcuma longa</i> )	mg	Wild Oats ( <i>Avena sativa</i> )	mg
Senna ( <i>Cassia senna</i> )	mg	Tylophora asthmatica	mg	Wild Yam ( <i>Dioscorea villosa</i> )	mg
Seville Orange ( <i>Citrus aurantium</i> )	mg	Usnea barbata	mg	Willow Bark ( <i>Salix</i> )	mg
Shave Grass ( <i>Equisetum arvense</i> )	mg	Uva Ursi ( <i>Arctostaphylos uva-ursi</i> )	mg	Wolfberry ( <i>Lycium barbarum</i> )	mg
Shiitake Mushroom ( <i>Lentinula edodes</i> )	mg	Valerian ( <i>Valeriana officinalis</i> )	mg	Wood Betony ( <i>Stachys officinalis</i> )	mg
Siberian Ginseng ( <i>Eleuthero</i> )	mg	Vanadium	mg	Wormwood ( <i>Qinghao</i> )	mg
Silicon	mg	Vervain ( <i>Verbena</i> )	mg	Yarrow ( <i>Achillea millefolium</i> )	mg
Slippery Elm ( <i>Ulmus rubra</i> )	mg	Vincamine ( <i>Vinca minor</i> )	mg	Yellow Dock ( <i>rumex crispus</i> )	mg
Sour Cherry ( <i>Prunus cerasus</i> )	mg	Water Hyssop ( <i>Bacopa monnieri</i> )	mg	Yohimbine ( <i>Pausinystalia yohimbe</i> )	mg
Soy Protein	g	Wheat Germ Oil ( <i>octacosanol</i> )	mg	Yucca ( <i>Asparagaceae family</i> )	mg
Spirulina ( <i>Spirulina maxima</i> )	mg	Whey Protein	g		

		Home	Layout	Tables	Charts	SmartArt	Formulas	Data	Review					
		A	B	C		D		E	F	G	H	I		
1	Brand name			Best Brand	Best Brand	Best Brand								
2	Product Name			Super Multi Liquid	Super Whey	Race Recovery Bar								
3	enquos identifier													
4	Category			Multivitamin	Protein powder	Sports nutrition								
5	UPC Number			123456789999										
6	Serving Quantity			2	1	1								
7	Serving Name			capsule	scoop	bar								
8	Serving weight				39									
9	Serving weight unit				g									
10	Serving volume			57										
11	Serving volume unit			ml										
12	<b>Calories &amp; Macronutrients</b>													
13	Calories		kcal	10	120	180								
14	Protein		g	0	25	17								
15	Carbohydrates		g	2	2	8								
16	Fiber (total)		g		1	7								
17	Fiber (insoluble)		g											
18	Fiber (soluble)		g											
19	Sugar		g		0.5	1								
20	Fat (total)		g			3								
21	Fat (saturated)		g											
22	Fat (polyunsaturated)		g											
23	Fat (monounsaturated)		g											
24	Cholesterol		mg											
25	<b>Vitamins</b>													
26	Vitamin A		%											
27	Vitamin A		IU	2500										
28	Vitamin B <sub>1</sub> (thiamin)		mg	7.5										
29	Vitamin B <sub>1</sub> (thiamin)		%											
30	Vitamin B <sub>10</sub> (PABA)		mg											
31	Vitamin B <sub>11</sub> (salicylic acid)		mg											
32	Vitamin B <sub>12</sub> (cobalamin)		µg	15										
33	Vitamin B <sub>12</sub> (cobalamin)		%											
34	Vitamin B <sub>2</sub> (riboflavin)		mg	1.7										
35	Vitamin B <sub>2</sub> (riboflavin)		%											
36	Vitamin B <sub>3</sub> (niacin)		mg	20										
37	Vitamin B <sub>3</sub> (niacin)		%											
38	Vitamin B <sub>4</sub> (pangamate)		mg											
39	Vitamin B <sub>5</sub> (pantothenic acid)		mg	10										
40	Vitamin B <sub>5</sub> (pantothenic acid)		%											
41	Vitamin B <sub>6</sub> (pyroxidine)		mg	10										
42	Vitamin B <sub>6</sub> (pyroxidine)		%											
43	Vitamin B <sub>7</sub> (biotin)		µg											
44	Vitamin B <sub>8</sub> (inositol)		mg											
45	Vitamin B <sub>9</sub> (folate total)		µg	400										
46	Vitamin B <sub>9</sub> (folate total)		%											
47	Vitamin B <sub>9</sub> (folate food)		µg											
48	Vitamin B <sub>9</sub> (folic acid)		µg											
49	Vitamin C		mg	60										
50	Vitamin C		%											
51	Vitamin D (total)		IU	200										
52	Vitamin D (total)		%											
53	Vitamin D <sub>2</sub> (ergocalciferol)		µg											
54	Vitamin D <sub>3</sub> (cholecalciferol)		µg											
55	Vitamin E		mg	30										
56	Vitamin E		%											
57	Vitamin K (phyloquinone)		µg											
58	Vitamin K (phyloquinone)		%											
59	Vitamin K <sub>2</sub> (menaquinone)		µg											
60	<b>Minerals</b>													
61	Boron		µg											
62	Calcium		mg	40										
63	Calcium		%											
64	Chromium		µg											
65	Copper		mg											
66	Fluoride		µg											
67	Iodine		mg	15										
68	Iron		mg											
69	Iron		%											
70	Magnesium		mg	50										
71	Manganese		mg	1										