

Reading Vitamin Supplement Labels

| Item: | If source given is: | It is: |
|-------------------------|--|--|
| Vitamin A | Fish Oils Lemon Grass Acetate Palmitate If source not given | Natural Mostly Synthetic Synthetic Synthetic Synthetic |
| Vitamin B- Complex | Brewer's Yeast If source not given | Natural Synthetic |
| Vitamin B 1 (Thiamine) | Yeast Thiamine Mononitrate Thiamine Hydrochloride | Natural Synthetic Synthetic |
| Vitamin B2 Riboflavin | Yeast Riboflavin | Natural - Synthetic |
| Pantothenic Acid | Yeast, Rice Bran or Liver Calcium D-Pantothenate | Natural Synthetic |
| Vitamin B6 (Pyridoxine) | Yeast Pyridoxine Hydrochloride | Natural Synthetic |
| Vitamin B12 | Liver Micro-organism fermentation Cobalamin Concentrate | Natural Mostly Synthetic Mostly Synthetic |
| PABA | Yeast - Para-aminobenzoic Acid Aminobenzoic Acid | Natural Synthetic |
| Folic Acid | Yeast or Liver Pteroyl-L-glutamic Acid | Natural Synthetic |
| Inositol | Soy Beans Reduced from Corn | Natural Mostly Synthetic |
| Choline | Soy Beans Choline Chloride Choline Bitartrate | Natural Synthetic Synthetic |
| Biotin | Liver d-Biotin | Natural Synthetic |
| Niacin | Yeast Niacinamide Niacin | Natural Mostly Synthetic Synthetic |
| Vitamin C | Citrus, Rose Hips, Acerola berries Ascorbic Acid If source not given | Natural Synthetic Synthetic |
| Vitamin D | Fish Oils Irradiated Ergosterol (Yeast) Calciferol | Natural Synthetic Synthetic |
| Vitamin E | Veg Oil, Wheat Germ Oil, Mixed Tocopherols d-alpha tocopherol * dl-alpha tocopherol | Natural Natural Synthetic |
| Vitamin F | Essential Fatty Acids | Natural |
| Vitamin K | Alfalfa Menadione | Natural Synthetic |

The "dl" form of any supplement is synthetic