

How to Read Labels

Item:	If Source Given Is:	It Is:
Vitamin A	Carrot (root) Acetate Palmitate If source not given	Natural Synthetic Synthetic Synthetic
Vitamin B-Complex	Nutritional Yeast If source not given	Natural Synthetic
Vitamin B1 (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 Co-Natural Co-Natural
PABA	Yeast - Para-aminobenzoic Acid Aminobenzoic Acid	Natural Synthetic
Folic Acid	Yeast or Liver Pteroylglutamic Acid	Natural Synthetic
Inositol	Inositol Reduced from Corn	Natural Co-Natural
Choline	Choline Bitartrate Choline Chloride	Natural Synthetic
Biotin	Liver d-Biotin	Natural Synthetic
B3 (Niacin)	Yeast Niacinamide Niacin	Natural Co-Natural Synthetic
Vitamin C	Mushroom (best), Citrus, Acerola Berries Ascorbic Acid If source not given	Natural Synthetic Synthetic
Vitamin D	Milk Powder Irradiated Ergosterol Calciferol	Natural Synthetic Synthetic
Vitamin E	Peavine (best), Wheat Germ Oil d-alpha or dl-alpha tocopherol mixed tocopherols	Natural Synthetic Synthetic
Vitamin F	Flaxseed, Wheat Germ, Liver	Natural
Vitamin K	Buckwheat Menadione	Natural Synthetic
Calcium	Calcium Lactate Calcium carbonate or bicarbonate	Natural Synthetic



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