

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