

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 |