

# FAT-SOLUBLE VITAMINS<sup>1</sup>

AGE	SourceCF <sup>®</sup> Drops Chewables Softgels	ADEK <sup>®</sup> Chewables	AQUADEKs <sup>®</sup> Drops, Softgels	Vitamax <sup>®</sup> Drops, Chewables	Poly-Vi-Sol <sup>®</sup> Drops Centrum <sup>®</sup> Chewable, Tablet
	<b>Total Vitamin A (IU) (Retinol and Beta Carotene)</b>				
0-12 months	4627 / 1 ml 75% as beta-carotene	----	5,751 / 1 ml 87% as beta-carotene	3170 / 1 ml as 100% retinol palmitate	1,500 / 1 ml
1-3 yrs	9254 / 2 ml 75% as beta-carotene	----	11,502 / 2 ml 87% as beta-carotene	6,340 / 2 ml as 100% retinol palmitate	3,000 / 2 ml
4-8 yrs	16,000 / 1 chewable 88% as beta-carotene	9,000 / 1 chewable 60% as beta-carotene	For ages 4 – 10 years 18,167 / 1 softgel 92% as beta-carotene	5,000 / 1 chewable 50% as beta-carotene	3,500 / 1 chewable 29% as beta-carotene
9-18 yrs	32,000 / 2 softgels 88% as beta-carotene	18,000 / 2 chewables 60% as beta-carotene	For ages 10 and up 36,334 / 2 softgels 92% as beta-carotene	10,000 / 2 chewables 50% as beta-carotene	7,000 / 2 tablets 29% as beta-carotene
>18 yrs	32,000 / 2 softgels 88% as beta-carotene	18,000 / 2 chewables 60% as beta-carotene	36,334 / 2 softgels 92% as beta-carotene	10,000 / 2 chewables 50% as beta-carotene	7,000 / 2 tablets 29% as beta-carotene
<b>Vitamin E (IU)</b>					
0 -12 months	50 / 1 ml	----	50 / 1 ml <sup>2</sup>	50 / 1 ml	5 / 1 ml
1 - 3 yrs	100 / 2 ml	----	100 / 2 ml <sup>2</sup>	100 / 2 ml	10 / 2 ml
4 - 8 yrs	200 / 1 chewable	150 / 1 chewable	For ages 4 -10 years 150 / 1 softgel	200 / 1 chewable	30 / 1 chewable
9-18 yrs	400 / 2 softgels	300 / 2 chewables	For ages 10 and up 300 / 2 softgels	400 / 2 chewables	60 / 2 tablets
>18 yrs	400 / 2 softgels	300 / 2 chewables	300 / 2 softgels	400 / 2 chewables	60 / 2 tablets
<b>Vitamin D (IU)</b>					
0 – 12 months	500 / 1 ml	----	400 / 1 ml	400 / 1 ml	400 / 1 ml
1 - 3 yrs	1000 / 2 ml	----	800 / 2 ml	800 / 2 ml	800 / 2 ml
4 – 8 yrs	1000 / 1 chewable	400 / 1 chewable	For ages 4 – 10 years 800 / 1 softgel	400 / 1 chewable	400 / 1 chewable
9-18 yrs	2000 / 2 softgels	800 / 2 chewables	For ages 10 and up 1600 / 2 softgels	800 / 2 chewables	800 / 2 tablets
>18 yrs	2000 / 2 softgels	800 / 2 chewables	1600 / 2 softgels	800 / 2 chewables	800 / 2 tablets
<b>Vitamin K (mcg)</b>					
0 – 12 months	400 / 1 ml	----	400 / 1 ml	300 / 1 ml	0
1 - 3 yrs	800 / 2 ml	----	800 / 2 ml	600 / 2 ml	0
4 – 8 yrs	800 / 1 chewable	150 / 1 chewable	For ages 4 – 10 years 700 / 1 softgel	200 / 1 chewable	10 / 1 chewable
9 - 18 yrs	1600 / 2 softgels	300 / 2 chewables	For ages 10 and up 1400 / 2 softgels	400 / 2 chewables	50 / 2 tablets
>18 yrs	1600 / 2 softgels	300 / 2 chewables	1400 / 2 softgels	400 / 2 chewables	50 / 2 tablets

1. The content of this table was confirmed with each company as of December 2008.

2. Also contains mixed tocopherols

3. ADEK<sup>®</sup> is registered trademark of Axcan Pharma Inc., AquADEKs<sup>®</sup> is a registered trademark of Yasoo Health Inc., Vitamax<sup>®</sup> is a registered trademark of Shear/Kershman Labs. Inc., Poly-Vi-Sol<sup>®</sup> is a registered trademark of Mead Johnson and Company, Centrum<sup>®</sup> is a registered trademark of Wyeth Consumer Care.

# Water-Soluble Vitamins & Zinc<sup>1</sup>

AGE	SourceCF <sup>®</sup> Drops, Chewables, Softgels	ADEKs <sup>®</sup> Chewables	AQUADEKS <sup>®</sup> Drops, Softgels	Vitamax <sup>®</sup> Drops, Chewables	Poly-Vi-Sol <sup>®</sup> Drops Centrum <sup>®</sup> Chewable, Tablet
	<b>Thiamin B1 (mg)</b>				
Infants	.5 / 1 ml	----	.6 / 1 ml	.5 / 1 ml	.5 / 1 ml
1-3 Years	1 / 2 ml	----	1.2 / 2 ml	1 / 2 ml	1 / 2 ml
Children 4 – 8 years	1.5 / 1 chewable	1.2 / 1 chewable	For 4 – 10 yrs: 1.5 / softgel	1.5 / 1 chewable	1.5 / 1 chewable
9 yrs / Adults	3 / 2 softgels	2.4 / 2 chewables	For Ages 10+: 3 / 2 softgels	3 / 2 chewables	3 / 2 tablets
<b>Riboflavin B2 (mg)</b>					
Infants	.6 / 1 ml	----	.6 / 1 ml	.6 / 1 ml	.6 / 1 ml
1-3 Years	1.2 / 2 ml	----	1.2 / 2 ml	1.2 / 2 ml	1.2 / 2 ml
Children 4 – 8 years	1.7 / 1 chewable	1.3 / 1 chewable	For 4 – 10 yrs: 1.7 / softgel	1.7 / 1 chewable	1.7 / 1 chewable
9 yrs / Adults	3.4 / 2 softgels	2.6 / 2 chewables	For Ages 10+: 3.4 / 2 softgels	3.4 / 2 chewables	3.4 / 2 tablets
<b>Niacin (mg)</b>					
Infants	6 / 1 ml	----	6 / 1 ml	6 / 1 ml	8 / 1 ml
1-3 Years	12 / 2 ml	----	12 / 2 ml	12 / 2 ml	16 / 2 ml
Children 4 – 8 years	10 / 1 chewable	10 / 1 chewable	For 4 – 10 yrs: 20 / softgel	20 / 1 chewable	20 / 1 chewable
9 yrs / Adults	40 / 2 softgels	20 / 2 chewables	For Ages 10+: 40 / 2 softgels	40 / 2 chewables	40 / 2 tablets
<b>Pyridoxine B6 (mg)</b>					
Infants	.6 / 1 ml	----	.6 / 1 ml	.6 / 1 ml	.4 / 1 ml
1-3 Years	1.2 / 2 ml	----	1.2 / 2 ml	1.2 / 2 ml	.8 / 2 ml
Children 4 – 8 years	1.9 / 1 chewable	1.5 / 1 chewable	For 4 – 10 yrs: 1.9 / softgel	2 / 1 chewable	2 / 1 chewable
9 yrs / Adults	3.8 / 2 softgels	3 / 2 chewables	For Ages 10+: 3.8 / 2 softgels	4 / 2 chewables	4 / 2 tablets
<b>B12 (mcg)</b>					
Infants	4 / 1 ml	----	0	4 / 1 ml	2 / 1 ml
1-3 Years	8 / 2 ml	----	0	8 / 2 ml	4 / 2 ml
Children 4 – 8 years	6 / 1 chewable	12 / 1 chewable	For 4 – 10 yrs: 12 / softgel	6 / 1 chewable	6 / 1 chewable
9 yrs / Adults	12 / 2 softgels	24 / 2 chewables	For Ages 10+: 24 / 2 softgels	12 / 2 chewables	12 / 2 tablets
<b>Biotin (mcg)</b>					
Infants	15 / 1 ml	----	15 / 1 ml	15 / 1 ml	0
1-3 Years	30 / 2 ml	----	30 / 2 ml	30 / 2 ml	0
Children 4 – 8 years	100 / 1 chewable	50 / 1 chewable	For 4 – 10 yrs: 100 / softgel	300 / 1 chewable	45 / 1 chewable
9 yrs / Adults	200 / 2 softgels	100 / 2 chewables	For Ages 10+: 200 / 2 softgels	600 / 2 chewables	60 / 2 tablets
<b>Folic Acid (mcg)</b>					
Infants	0	----	0	0	0
1-3 Years	0	----	0	0	0
Children 4 – 8 years	200 / 1 chewable	200 / 1 chewable	For 4 – 10 yrs: 200 / softgel	200 / 1 chewable	400 / 1 chewable
9 yrs / Adults	400 / 2 softgels	400 / 2 chewables	For Ages 10+: 400 / 2 softgels	400 / 2 chewables	800 / 2 tablets
<b>Ascorbic Acid C (mg)</b>					
Infants	45 / 1 ml	----	45 / 1 ml	45 / 1 ml	35 / 1 ml
1-3 Years	90 / 2 ml	----	90 / 2 ml	90 / 2 ml	70 / 2 ml
Children 4 – 8 years	100 / 1 chewable	60 / 1 chewable	For 4 – 10 yrs: 75 / softgel	60 / 1 chewable	60 / 1 chewable
9 yrs / Adults	200 / 2 softgels	120 / 2 chewables	For Ages 10+: 150 / 2 softgels	120 / 2 chewables	120 / 2 tablets
<b>Pantothenic Acid (mg)</b>					
Infants	3 / 1 ml	----	3 / 1 ml	3 / 1 ml	0
1-3 Years	6 / 2 ml	----	6 / 2 ml	6 / 2 ml	0
Children 4 – 8 years	12 / 1 chewable	10 / 1 chewable	For 4 – 10 yrs: 12 / softgel	10 / 1 chewable	10 / 1 chewable
9 yrs / Adults	24 / 2 softgels	20 / 2 chewables	For Ages 10+: 24 / 2 softgels	20 / 2 chewables	20 / 2 tablets
<b>Zinc (mg)</b>					
Infants	5 / 1 ml	----	5 / 1 ml	7.5 / 1 ml	0
1-3 Years	10 / 2 ml	----	10 / 2 ml	15 / 2 ml	0
Children 4 – 8 years	15 / 1 chewable	7.5 / 1 chewable	For 4 – 10 yrs: 10 / softgel	7.5 / 1 chewable	15 / 1 chewable
9 yrs / Adults	30 / 2 softgels	15 / 2 chewables	For Ages 10+: 20 / 2 softgels	15 / 2 chewables	22 / 2 tablets