

Vitamin product	RDI Women 19-50	RDI Men 19-50	NutriChew™	Berocca Performance	Supradyn	Centrum	Fabfol Plus
<i>Preparation</i>			<b>Recommended dose - 2 tablets</b>	<i>Soluble, effervescent tablet</i>	<i>Soluble, effervescent tablet</i>	<i>tablet</i>	<i>tablet</i>
Vit A (retinyl acetate)	2333 IU	3000 IU	<b>260 mcg (2500 IU)</b>			2000 IU	
Betacarotene			<b>4.6 mg</b>			1.2 mg	
Thiamin Nitrate B1	1.1 mg	1.2 mg	<b>10 mg</b>	15 mg	11.1 mg	1.7 mg	1.5 mg
Riboflavin B2	1.1 mg	1.3 mg	<b>10 mg</b>	15 mg	13 mg	1.6 mg	1.5 mg
Nicotinamide	14 mg	16 mg	<b>50 mg</b>	50 mg	40 mg	18 mg	7.5 mg
Vit B5 -Pantothenic Acid			<b>10 mg</b>	23 mg	7.4 mg	6.5 mg	
Pyridoxine Hydrochloride Vit B6	1.3 mg	1.3 mg	<b>10 mg</b>	10 mg	3 mg	2.4 mg	1.5 mg
Cyanocobalamin Vit B12	2.4 mcg	2.4 mcg	<b>50 mcg</b>	10 ug	4 ug	1 mcg	4 mcg
Ascorbic Acid Vit C	45 mg	45 mg	<b>120 mg</b>	500 mg	80 mg	60 mg	100 mg
Biotin Vit H			<b>300 mcg</b>	150 ug	200 ug	150 mcg	
Cholecalciferol Vit D3	5 mcg	5 mcg	<b>20 mcg (800 IU)</b>		7.5 ug	5 mcg	50 mcg
dl-alpha-Tocopheryl Acetate Vit E	7 mg	10 mg	<b>22 mg (30 IU)</b>		10 mg	14.9 mg	
Folic Acid	400 mcg	400 mcg	<b>500 mcg</b>	400 ug	200 ug	200 mcg	500 mcg
Phytomenadione Vit K	60 mcg	70 mcg				36 mcg	
Calcium	1000 mg	1000 mg	<b>600 mg (total calcium) 100mg calcium (as calcium citrate), 500mg calcium (as calcium carbonate)</b>	100 mg	100 mg	162 mg	
Magnesium as Oxide	310-320 mg	400-420 mg	<b>100 mg</b>	100 mg	9 mg	100 mg	50 mg
Chromium	25 mcg	35 mcg	<b>120 mcg</b>			25 mcg	
Zinc as oxide	8 mg	14 mg	<b>13 mg</b>	10 mg	1 mg	5 mg	1.5 mg
Copper	1.2 mg	1.7 mg	<b>750 mg</b>		500 ug	1 mg	
Iron	18 mg	8 mg	<b>18 mg (as Ferrous Fumerate)</b>		1.5 mg (Ferrous sulfate)	4 mg	12 mg
Manganese	5 mg	5.5 mg	<b>2 mg (as amino acid chelate)</b>		500 ug	1 mg	
Iodine as Potassium Iodide	150 mcg	150 mcg	<b>298 mcg</b>			100 mcg	150 mcg
Selenium	60 mcg	70 mcg	<b>70 mcg (as selenomethionine)</b>			25 mcg	
Molybdenum	45 mcg	45 mcg	<b>75 mcg</b>			25 mcg	
Sodium				273 mg	290 mg		
Choline bitartrate			<b>5 mg</b>				
Excipients			<b>Orange flavour</b>	Contains aspartame Orange flavour	Contains sucrose (966mg)		
<b>Prepared by Liz Beavis APD Newtown Nutrition</b>			<b>Gluten free Lactose free</b>	Gluten free Lactose free	Gluten free Lactose free		