

VITAMIN COMPARISON CHART FOR CF-SPECIFIC MULTIVITAMINS

FAT-SOLUBLE VITAMINS^{1,2}

CF MULTIVITAMINS WITH STANDARD VITAMIN D DOSING					MVW HIGHER D MULTIVITAMINS BASED ON CFF GUIDELINES ⁴	
					STEP 1	STEP 2
MVW Complete Formulation® Drops Chewables Softgels	AquADEKs® Drops Chewables Softgels	Vitamax® Drops Chewables	ChoiceFul Chewables Softgels	Libertas ABDEK Drops Chewables Softgels	MVW Complete Formulation® D3000 Chewables D3000 Softgels	MVW Complete Formulation® D5000 Softgels
Total Vitamin A (IU) (Retinol and Beta Carotene)						
4627 / 0.5 ml 75% as beta carotene	5,751 / 1 ml 87% as beta carotene	3170 / 1 ml as 100% retinol palmitate	NP	4627 / 1 ml 100% retinol palmitate	NP	NP
9254 / 1 ml 75% as beta carotene	11,502 / 2 ml 87% as beta carotene	6,340 / 2 ml as 100% retinol palmitate	NP	9254 / 2 ml 100% retinol palmitate	NP	NP
16,000 / 1 chewable 88% as beta carotene	18,167 / 2 chewables 92% as beta carotene	5,000 / 1 chewable 50% as beta carotene	13,000 / 1 chewable 88% as beta carotene	16,000 / 1 chewable 100% as beta carotene	16,000 / 1 chewable 88% as beta carotene	NP
32,000 / 2 softgels 88% as beta carotene	36,334 / 2 softgels 92% as beta carotene	NP	28,000 / 2 softgels 88% as beta carotene	32,000 / 2 softgels 88% as beta carotene	32,000 / 2 softgels 88% as beta carotene	32,000 / 2 softgels 88% as beta carotene
Vitamin D (IU)						
750 / 0.5 ml	600 / 1 ml	400 / 1 ml	NP	500 / 1 ml	NP	NP
1500 / 1 ml	1200 / 2 ml	800 / 2 ml	NP	1000 / 2 ml	NP	NP
1500 / 1 chewable	1200 / 2 chewables	400 / 1 chewable	800 / 1 chewable	1000 / 1 chewable	3000 / 1 chewable	NP
3000 / 2 softgels	2400 / 2 softgels	NP	2000 / 2 softgels	2000 / 2 softgels	6000 / 2 softgels	10,000 / 2 softgels
Vitamin E (IU)						
50 / 0.5 ml	50 / 1 ml ³	50 / 1 ml	NP	50 / 1 ml	NP	NP
100 / 1 ml	100 / 2 ml ³	100 / 2 ml	NP	100 / 2 ml	NP	NP
200 / 1 chewable	100 / 2 chewables ³	200 / 1 chewable	180 / 1 chewable	200 / 1 chewable	200 / 1 chewable	NP
400 / 2 softgels	300 / 2 softgels ³	NP	340 / 2 softgels	400 / 2 softgels	400 / 2 softgels	400 / 2 softgels
Vitamin K (mcg)						
500 / 0.5 ml	400 / 1 ml	300 / 1 ml	NP	400 / 1 ml	NP	NP
1000 / 1 ml	800 / 2 ml	600 / 2 ml	NP	800 / 2 ml	NP	NP
1000 / 1 chewable	700 / 2 chewables	200 / 1 chewable	600 / 1 chewable	800 / 1 chewable	1000 / 1 chewable	NP
1600 / 2 softgels	1400 / 2 softgels	NP	1400 / 2 softgels	1600 / 2 softgels	1600 / 2 softgels	1600 / 2 softgels

1. The content of this table was confirmed as of August 2015.

2. Created by Suzanne H. Michel, MPH, RD, LDN and copyrighted by MVW Nutritionals, Inc.

3. Also contains mixed tocopherols

4. Tangpricha V, Kelly A, Stephenson A, Maguiness K, Enders J, Robinson KA, Marshall BC, Borowitz D, for the Cystic Fibrosis Foundation Vitamin D Evidence-Based Review Committee. An update on the screening, diagnosis, management, and treatment of vitamin D deficiency in individuals with cystic fibrosis: Evidence-based recommendations from the Cystic Fibrosis Foundation. J Clin Endocrinol Metab. 2012;97(4):1082-93.

5. NP = No Equivalent Product

6. AquADEKs® is a registered trademark of Yasoo Health Inc., Vitamax® is a registered trademark of Shear/Kershman Labs. Inc., MVW Complete Formulation is a registered trademark of MVW Nutritionals, Inc.

WATER-SOLUBLE VITAMINS & Zinc^{1,2}

MULTIVITAMINS WITH STANDARD VITAMIN D DOSING					STEP 1	STEP 2
MVW Complete Formulation® Drops, Chewables, Softgels	AquADEKs® Drops, Chewables, Softgels	Vitamax® Drops, Chewables	ChoiceFul Chewables, Softgels	Libertas ABDEK Drops, Chewables, Softgels	MVW Complete Formulation® D3000 Chewables & Softgels	MVW Complete Formulation® D5000 Softgels
Thiamin B1 (mg)						
0.5 / 0.5 ml	0.6 / 1 ml	0.5 / 1 ml	NP	0.5 / 1 ml	NP	NP
1 / 1 ml	1.2 / 2 ml	1 / 2 ml	NP	1 / 2 ml	NP	NP
1.5 / 1 chewable	1.5 / 2 chewables	1.5 / 1 chewable	1.2 / 1 chewable	1.5 / 1 chewable	1.5 / 1 chewable	NP
3 / 2 softgels	3 / 2 softgels	NP	2 / 2 softgels	3 / 2 softgels	3 / 2 softgels	3 / 2 softgels
Riboflavin B2 (mg)						
0.6 / 0.5 ml	0.6 / 1 ml	0.6 / 1 ml	NP	0.6 / 1 ml	NP	NP
1.2 / 1 ml	1.2 / 2 ml	1.2 / 2 ml	NP	1.2 / 2 ml	NP	NP
1.7 / 1 chewable	1.7 / 2 chewables	1.7 / 1 chewable	1.4 / 1 chewable	1.7 / 1 chewable	1.7 / 1 chewable	NP
3.4 / 2 softgels	3.4 / 2 softgels	NP	3.0 / 2 softgels	3.4 / 2 softgels	3.4 / 2 softgels	3.4 / 2 softgels
Niacin (mg)						
6 / 0.5 ml	6 / 1 ml	6 / 1 ml	NP	6 / 1 ml	NP	NP
12 / 1 ml	12 / 2 ml	12 / 2 ml	NP	12 / 2 ml	NP	NP
10 / 1 chewable	10 / 2 chewables	20 / 1 chewable	8 / 1 chewable	10 / 1 chewable	10 / 1 chewable	NP
40 / 2 softgels	20 / 2 softgels	NP	36 / 2 softgels	40 / 2 softgels	40 / 2 softgels	40 / 2 softgels
Pyridoxine B6 (mg)						
0.6 / 0.5 ml	0.6 / 1 ml	0.6 / 1 ml	NP	0.6 / 1 ml	NP	NP
1.2 / 1 ml	1.2 / 2 ml	1.2 / 2 ml	NP	1.2 / 2 ml	NP	NP
1.9 / 1 chewable	1.9 / 2 chewables	2 / 1 chewable	1.5 / 1 chewable	1.9 / 1 chewable	1.9 / 1 chewable	NP
3.8 / 2 softgels	3.8 / 2 softgels	NP	3.8 / 2 softgels	3.8 / 2 softgels	3.8 / 2 softgels	3.8 / 2 softgels
B12 (mcg)						
4 / 0.5 ml	0	4 / 1 ml	NP	4 / 1 ml	NP	NP
8 / 1 ml	0	8 / 2 ml	NP	8 / 2 ml	NP	NP
6 / 1 chewable	12 / 2 chewables	6 / 1 chewable	6 / 1 chewable	6 / 1 chewable	6 / 1 chewable	NP
12 / 2 softgels	24 / 2 softgels	NP	10 / 2 softgels	12 / 2 softgels	12 / 2 softgels	12 / 2 softgels
Biotin (mcg)						
15 / 0.5 ml	15 / 1 ml	15 / 1 ml	NP	15 / 1 ml	NP	NP
30 / 1 ml	30 / 2 ml	30 / 2 ml	NP	30 / 2 ml	NP	NP
100 / 1 chewable	100 / 2 chewables	300 / 1 chewable	80 / 1 chewable	100 / 1 chewable	100 / 1 chewable	NP
200 / 2 softgels	200 / 2 softgels	NP	160 / 2 softgels	200 / 2 softgels	200 / 2 softgels	200 / 2 softgels
Folic Acid (mcg)						
0	0	0	NP	0	NP	NP
0	0	0	NP	0	NP	NP
200 / 1 chewable	200 / 2 chewables	200 / 1 chewable	180 / 1 chewable	200 / 1 chewable	200 / 1 chewable	NP
400 / 2 softgels	200 / 2 softgels	NP	360 / 2 softgels	400 / 2 softgels	400 / 2 softgels	400 / 2 softgels
Ascorbic Acid C (mg)						
45 / 0.5 ml	45 / 1 ml	45 / 1 ml	NP	45 / 1 ml	NP	NP
90 / 1 ml	90 / 2 ml	90 / 2 ml	NP	90 / 2 ml	NP	NP
100 / 1 chewable	70 / 2 chewables	60 / 1 chewable	60 / 1 chewable	100 / 1 chewable	100 / 1 chewable	NP
200 / 2 softgels	150 / 2 softgels	NP	60 / 2 softgels	200 / 2 softgels	200 / 2 softgels	200 / 2 softgels
Pantothenic Acid (mg)						
3 / 0.5 ml	3 / 1 ml	3 / 1 ml	NP	3 / 1 ml	NP	NP
6 / 1 ml	6 / 2 ml	6 / 2 ml	NP	6 / 2 ml	NP	NP
12 / 1 chewable	12 / 2 chewables	10 / 1 chewable	10 / 1 chewable	12 / 1 chewable	12 / 1 chewable	NP
24 / 2 softgels	24 / 2 softgels	NP	16 / 2 softgels	24 / 2 softgels	24 / 2 softgels	24 / 2 softgels
Zinc (mg)						
5 / 0.5 ml	5 / 1 ml	7.5 / 1 ml	NP	5 / 1 ml	NP	NP
10 / 1 ml	10 / 2 ml	15 / 2 ml	NP	10 / 2 ml	NP	NP
15 / 1 chewable	10 / 2 chewables	7.5 / 1 chewable	15 / chewable	15 / 1 chewable	15 / 1 chewable	NP
20 / 2 softgels	20 / 2 softgels	NP	30 / 2 softgels	30 / 2 softgels	20 / 2 softgels	20 / 2 softgels