

TYPICAL MULTIVITAMIN

Compiled by

Campbell M Gold

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IMPORTANT

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Introduction

A typical general multivitamin, with all the essential vitamins and minerals, could include:

<u>Vit/Sup</u>	<u>Strength</u>	<u>RDA</u>
• Vit A	691 ug RE (2,306 IU)	87% RDA
• Beta Carotene	0.195 mg	no RDA established
• Vit B1 (Thiamin)	1.4 mg	100% RDA
• Vit B2 (Riboflavin)	1.6 mg	100% RDA
• Vit B3 (Niacin)	18 mg NE	100% RDA
• Vit B5 (Pantothenic Acid)	6 mg	100% RDA
• Vit B6 (Pyridoxine)	2 mg	100% RDA
• Vit B7 (Biotin)	150 ug	100% RDA
• Vit B9 (Folic Acid)	200 ug	100% RDA
• Vit B12 (Cobalamin)	1 ug	100% RDA
• Vit C	60 mg	100% RDA
• Vit D3	5 ug (200 IU)	100% RDA
• Vit E	10 mg alpha-TE (14.9 IU)	100% RDA

• Vit K	30 ug	no RDA established
• Zinc	15 mg	100% RDA
• Selenium	25 ug	no RDA established
• Calcium	162 mg	20% RDA
• Potassium	40 ug	no RDA established
• Iodine	150 ug	100% RDA
• Boron	70 ug	no RDA established
• Magnesium	100 mg	33% RDA
• Phosphorus	125 mg	16% RDA
• Copper	2 mg	no RDA established
• Chromium	25 ug	no RDA established
• Iron	14 mg	100% RDA
• Manganese	2.5 mg	no RDA established
• Molybdenum	25 ug	no RDA established
• Vanadium	10 ug	no RDA established
• Silica	1.8 mg	no RDA established

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RDA Note

The quoted RDAs are insufficient for therapy or disease treatment.

End

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