



CF Vitamin Comparison Chart - Softgels



Nutrient	DEKAs Plus	AquADEKs	MVW	ChoiceFul	Libertas	DEKAs Plus	AquADEKs	MVW	ChoiceFul	Libertas
	Per Softgel					Per 2 Softgels				
Vitamin D (IU)	3,000	1,200	3,000/1,500	1,000	1,000	6,000	2,400	6,000/3,000	2,000	2,000
Vitamin E (IU)	150	150	200	170	200	300	300	400	340	400
Vitamin K (mcg)	1,000	700	800	700	800	2,000	1,400	1,600	1,400	1,600
Vitamin A(IU) (total beta-carotene & palmitate)	18,167	18,167	16,000	14,000	16,000	36,334	36,334	32,000	28,000	32,000
Vitamin C (mg)	75	75	100	30	100	150	150	200	60	200
Thiamin (B1) (mg)	1.5	1.5	1.5	1.0	1.5	3.0	3.0	3.0	2.0	3.0
Riboflavin (B2) (mg)	1.7	1.7	1.7	1.5	1.7	3.4	3.4	3.4	3.0	3.4
Niacin (mg)	10	10	20	18	20	20	20	40	36	40
Pyridoxine (B6) (mg)	1.9	1.9	1.9	1.9	1.9	3.8	3.8	3.8	3.8	3.8
Folic Acid (mcg)	200	100	200	180	200	400	200	400	360	400
Vitamin B12 (mcg)	12	12	6	5	6	24	24	12	10	12
Biotin (mcg)	100	100	100	80	100	200	200	200	160	200
Pantothenic Acid (B5) (mg)	12	12	12	8	12	24	24	24	16	24
Zinc (mg)	10	10	10	15	15	20	20	20	30	30
Selenium (mcg)	75	75	0	0	0	150	150	0	0	0
Coenzyme Q10 (mg)	10	10	0	0	0	20	20	0	0	0
Clinically Proven Delivery Technology	YES	YES	NO	NO	NO	YES	YES	NO	NO	NO
Antioxidant Rich (mixed tocopherols, CoQ10, selenium)	YES	YES	NO	NO	NO	YES	YES	NO	NO	NO
Artificial colors	NO	YES	NO	NO	NO	NO	YES	NO	NO	NO
China-Sourced Ingredients	NO	Unknown	Unknown	Unknown	Unknown	NO	Unknown	Unknown	Unknown	Unknown