



Liquid Multivitamin Comparison Spreadsheet



| Nutrient | DEKAs Plus | AquADEKs | MVW | Vitamax | Libertas | DEKAs Plus | AquADEKs | MVW | Vitamax | Libertas |
|---|------------------------------|----------|---------|---------|----------|----------------------------|----------|---------|---------|----------|
| | Per 1 ml except MVW (0.5 ml) | | | | | Per 2 ml except MVW (1 ml) | | | | |
| Vitamin D (IU) | 750 | 600 | 750 | 400 | 500 | 1,500 | 1,200 | 1,500 | 800 | 1,000 |
| Vitamin E (IU) | 50 | 50 | 50 | 50 | 50 | 100 | 100 | 100 | 100 | 100 |
| Vitamin K (mcg) | 500 | 400 | 500 | 300 | 400 | 1,000 | 800 | 1,000 | 600 | 800 |
| Vitamin A (IU) (beta-carotene & palmitate) | 5,751 | 5,751 | 4,627 | 3,170 | 4,627 | 11,502 | 11,502 | 9,254 | 6,340 | 9,254 |
| Vitamin C (mg) | 45 | 45 | 45 | 45 | 45 | 90 | 90 | 90 | 90 | 90 |
| Thiamin (B1) (mg) | 0.6 | 0.6 | 0.5 | 0.5 | 0.5 | 1.2 | 1.2 | 1.0 | 1.0 | 1.0 |
| Riboflavin (B2) (mg) | 0.6 | 0.6 | 0.6 | 0.6 | 0.6 | 1.2 | 1.2 | 1.2 | 1.2 | 1.2 |
| Niacin (mg) | 6 | 6 | 6 | 6 | 6 | 12 | 12 | 12 | 12 | 12 |
| Pyridoxine (B6) (mg) | 0.6 | 0.6 | 0.6 | 0.6 | 0.6 | 1.2 | 1.2 | 1.2 | 1.2 | 1.2 |
| Biotin (mcg) | 15 | 15 | 15 | 15 | 15 | 30 | 30 | 30 | 30 | 30 |
| Pantothenic Acid (B5) (mg) | 3 | 3 | 3 | 3 | 3 | 6 | 6 | 6 | 6 | 6 |
| Zinc (mg) | 5 | 5 | 5 | 7.5 | 5 | 10 | 10 | 10 | 15 | 10 |
| Selenium (mcg) | 10 | 10 | 0 | 0 | 0 | 20 | 20 | 0 | 0 | 0 |
| Coenzyme Q10 (mg) | 2 | 2 | 0 | 0 | 0 | 4 | 4 | 0 | 0 | 0 |
| Clinical 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 |
| Aqueous Based | YES | YES | NO | YES | YES | YES | YES | NO | YES | YES |
| China-Sourced Ingredients | NO | Unknown | Unknown | Unknown | Unknown | NO | Unknown | Unknown | Unknown | Unknown |