



CF Vitamin Comparison Chart - Chewable Tablets



Nutrient	DEKAs Plus	AquaDEKs	MVW	ChoiceFul	Libertas	DEKAs Plus	AquaDEKs	MVW	ChoiceFul	Libertas
	Per chewable (AquaDEKs at 2 chewables)					Per 2 chewables (AquaDEKs at 4 chewables)				
Vitamin D (IU)	2,000	1,200	1,500	800	1,000	4,000	2,400	3,000	1,600	2,000
Vitamin E (IU)	100	100	200	180	200	200	200	400	360	400
Vitamin K (mcg)	1,000	700	1000	600	800	2,000	1,400	2,000	1,200	1,600
Vitamin A(IU) (total beta-carotene & palmitate)	18,167	18,167	16,000	13,000	16,000	36,334	36,334	32,000	26,000	32,000
Vitamin C (mg)	70	70	100	60	100	140	140	200	120	200
Thiamin (B1) (mg)	1.5	1.5	1.5	1.2	1.5	3.0	3.0	3.0	2.4	3.0
Riboflavin (B2) (mg)	1.7	1.7	1.7	1.4	1.7	3.4	3.4	3.4	2.8	3.4
Niacin (mg)	10	10	10	8	10	20	20	20	16	20
Pyridoxine (B6) (mg)	1.9	1.9	1.9	1.5	1.9	3.8	3.8	3.8	3.0	3.8
Folic Acid (mcg)	200	200	200	180	200	400	400	400	360	400
Vitamin B12 (mcg)	12	12	6	6	6	24	24	12	12	12
Biotin (mcg)	100	100	100	80	100	200	200	200	160	200
Pantothenic Acid (B5) (mg)	12	12	12	10	12	24	24	24	20	24
Zinc (mg)	10	10	15	15	15	20	20	30	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	NO	YES	YES	YES	NO	NO	YES	YES	YES
China-Sourced Ingredients	NO	Unknown	Unknown	Unknown	Unknown	NO	Unknown	Unknown	Unknown	Unknown