

What's in your Vitamins?



Synthetic Source → Where it's from...

Natural Sources

Vitamin A	Vitamin A Palmitate, Retinyl Acetate or Vitamin A Acetate	Methanol, Benzene & Petroleum Esters.	Fish Oils, Carrots, Lemon Grass, D. Salina Algae, Spinach
Beta Carotene	Unless whole-food source listed, all are synthetic.	Benzene extracted from acetylene gas.	Carrots, Sweet Potatoes, D. Salina Algae, Spinach
Vitamin B1	Thiamine Mononitrate, Thiamine Hydrochloride or Thiamin Chloride	Coal Tar derivatives, Hydrochloric Acid & Acetonitrole with Ammonia.	Rice Bran, Barley Grass, Peas, Nuts Avocados, Brewers Yeast, Legumes
Vitamin B2	Riboflavin	2N Acetic Acid.	Rice Bran, Barley Grass, Molasses, Mushrooms
Vitamin B3	Niacin or Niacinamide	Coal Tar derivatives, 3-Cyanopyridine, Ammonia, Formaldehyde	Rice Bran, Broccoli, Brewers Yeast, Mushrooms
Pantothenic Acid (B-5)	Calcium Pantothenate or Panthenol	Isobutyraldehyde with Formaldehyde.	Broccoli, Rice Bran, Molasses, Fermented Soy Complex
Vitamin B6	Prydoxine Hydrochloride (HCL)	Petroleum Ester & Hydrochloric Acid with Formaldehyde.	Rice Bran, Brewers Yeast, Beets, Molasses
Biotin (B-7)	D-Biotin. Unless stated, it is all synthetic.	Fumaric acid.	Liver, Swiss Chard, Peanuts
Folic Acid (B-9)	Unless stated, it is all synthetic.	Petroleum derivatives, Acids and Acetylene.	Spinach, Rice Bran, Broccoli, Brewers Yeast
Vitamin B12	Cobalamin or Cyanocobalamin	Cobalamins reacted with Cyanide.	Rice Bran, Brewers Yeast, Liver, Molasses
Vitamin C	Ascorbic Acid	Fermented Corn chemically changed by Hydrogenated Sugar and Acetone.	Acerola, Rose Hips, Citrus Fruits, Blackberries
Vitamin D	Cholecalciferol	Irradiated sheep's wool (lanolin).	Fish Oil, Omega-3's, Mushrooms
Vitamin E	d-Alpha Tocopherol Acetate, Tocopheryl Acetate, Alphatocopherol	Trimethylhydroquinone.	Rice Bran Oils, Spinach, Nuts
Vitamin K	Menadione, Phytonadione, Naphtoquinone	Coal tar derivative produced with p-allelic-nickel.	Barley Grass, Natto, Spinach, Broccoli



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