

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 (crude oil) extracted from Acetylene gas.	Carrots, Sweet Potatoes, D. Salina Algae, Spinach	
Vitamin B1	Thiamine Mononitrate, Thiamine Hydrochloride or Thiamin Chloride	Coal Tar derivatives and Ammonia.	Rice Bran, Barley Grass, Peas, Nuts Avocados, Brewers Yeast, Legumes	
Vitamin B2	Riboflavin	Extracted from waste corn with 2N Acetic Acid and Methanol.	Rice Bran, Barley Grass, Molasses, Mushrooms	
Vitamin B3	Niacin or Niacinamide	Coal Tar derivatives, Ammonia, Formaldehyde	Rice Bran, Broccoli, Brewers Yeast, Mushrooms	
Pantothenic Acid (B-5)	Calcium Pantothenate or Panthenol	Propene with Formaldehyde.	Broccoli, Rice Bran, Molasses, Fermented Soy Complex	
Vitamin B6	Pryidoxine 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 (decaying plant matter) extracted using Benzene.	Liver, Swiss Chard, Peanuts	
Folic Acid (B-9)	Unless stated, it is all synthetic.	Petroleum derivatives, solvents and Acetylene.	Spinach, Rice Bran, Broccoli, Brewers Yeast	
Vitamin B12	Cobalamin or Cyanocobalamin	Activated Charcoal reacted with Cyanide.	Rice Bran, Brewers Yeast, Liver, Molasses	
Vitamin C	Ascorbic Acid	Fermented Corn, Hydrochloric Acid 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	Phenols (plastics) from Petroleum waste, treated with Acetone (nail polish remover).	Rice Bran Oils, Spinach, Nuts	
Vitamin K	Menadione, Phytonadione, Naphtoquinone	Coal Tar derivative produced with heavy metals and solvents.	Barley Grass, Natto, Spinach, Broccoli	

