

# What's in your

# Vitamins?



Synthetic Source → Where it's from...

Natural Sources

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

