



Common Synthetic Vitamins to Avoid

Vitamin A: Acetate and Palmitate

Vitamin B1 (Thiamine): Thiamine Mononitrate, Thiamine Hydrochloride

Vitamin B2 (Riboflavin): Riboflavin

Pantothenic Acid: Calcium D-Pantothenate

Vitamin B6 (Pyridoxine): Pyridoxine Hydrochloride

Vitamin B12: Cobalamin

PABA (Para-aminobenzoic Acid): Aminobenzoic Acid

Folic Acid: Pteroylglutamic Acid

Choline: Choline Chloride, Choline Bitartrate

Biotin: d-Biotin

Vitamin C (Ascorbic Acid): Ascorbic Acid

Vitamin D: Irradiated Ergosterol, Calciferol

Vitamin E: dl-alpha tocopherol, dl-alpha tocopherol acetate or succinate