

FAT-SOLUBLE VITAMINS^{1,2}

CFF SPECIFIC VITAMINS				GUIDELINES FOR VITAMIN D MANAGEMENT ⁴		
				STEP 1		STEP 2
MVW Complete Formulation® Drops Chewables Softgels / Softgel Mini's	AquaDEKs® Drops Chewables Softgels	DEKAs Drops Chewables	ChoiceFul Chewables Softgels	MVW Complete Formulation® D3000 Chewables D3000 Softgels	DEKAs Softgels	MVW Complete Formulation® D5000 Softgels
Total Vitamin A (IU) (Retinol and Beta Carotene)						
4627 / 0.5 ml 75% as beta carotene	5,751 / 1 ml 87% as beta carotene	5,751 / 1 ml 87% as beta carotene	NP	NP	NP	NP
9254 / 1 ml 75% as beta carotene	11,502 / 2 ml 87% as beta carotene	11,502 / 2 ml 87% as beta carotene	NP	NP	NP	NP
16,000 / 1 chewable 88% as beta carotene	18,167 / 2 chewables 92% as beta carotene	18,167 / 1 chewable 92% as beta carotene	13,000 / 1 chewable 88% as beta carotene	16,000 / 1 chewable 88% as beta carotene	NP	NP
32,000 / 2 softgels or 4 mini's 88% as beta carotene	NP	NP	28,000 / 2 softgels 88% as beta carotene	32,000 / 2 softgels 88% as beta carotene	36,334 / 2 softgels 92% as beta carotene	32,000 / 2 softgels 88% as beta carotene
Vitamin D (IU)						
750 / 0.5 ml	600 / 1 ml	750 / 1 ml	NP	NP	NP	NP
1500 / 1 ml	1200 / 2 ml	1500 / 2 ml	NP	NP	NP	NP
1500 / 1 chewable	1200 / 2 chewables	2000 / 1 chewable	800 / 1 chewable	3000 / 1 chewable	NP	NP
3000 / 2 softgels or 4 mini's	NP	NP	2000 / 2 softgels	6000 / 2 softgels	6000 / 2 softgels	10,000 / 2 softgels
Vitamin E (IU)						
50 / 0.5 ml	50 / 1 ml ³	50 / 1 ml ³	NP	NP	NP	NP
100 / 1 ml	100 / 2 ml ³	100 / 2 ml ³	NP	NP	NP	NP
200 / 1 chewable	100 / 2 chewables ³	100 / 1 chewable	180 / 1 chewable	200 / 1 chewable	NP	NP
400 / 2 softgels or 4 mini's	NP	NP	340 / 2 softgels	400 / 2 softgels	300 / 2 softgels ³	400 / 2 softgels
Vitamin K (mcg)						
500 / 0.5 ml	400 / 1 ml	500 / 1 ml	NP	NP	NP	NP
1000 / 1 ml	800 / 2 ml	1000 / 2 ml	NP	NP	NP	NP
1000 / 1 chewable	700 / 2 chewables	1000 / 1 chewable	600 / 1 chewable	1000 / 1 chewable	NP	NP
1600 / 2 softgels 2000 / 4 mini's	NP	NP	1400 / 2 softgels	1600 / 2 softgels	2000 / 2 softgels	1600 / 2 softgels

1. The content of this table was confirmed as of October 2017.
2. Created by Suzanne H. Michel, MPH, RD, LDN and copyrighted by MVW Nutritionals, Inc.
3. Also contains mixed tocopherols
4. Tangpricha V, Kelly A, Stephenson A, Maguiness K, Enders J, Robinson KA, Marshall BC, Borowitz D, for the Cystic Fibrosis Foundation Vitamin D Evidence-Based Review Committee. An update on the screening, diagnosis, management, and treatment of vitamin D deficiency in individuals with cystic fibrosis: Evidence-based recommendations from the Cystic Fibrosis Foundation. J Clin Endocrinol Metab. 2012;97(4):1082-93.
5. NP = No Equivalent Product
6. AquaDEKs® is a registered trademark of Allergan, Inc., DEKAs are manufactured by Callion Pharma, MVW Complete Formulation is a registered trademark of MVW Nutritionals, Inc.

WATER-SOLUBLE VITAMINS & Zinc^{1,2}

CFF SPECIFIC VITAMINS				STEP 1		STEP 2
MVW Complete Formulation® Drops, Chewables, Softgels, Softgel Mini's	AquaDEKs® Drops, Chewables, Softgels	DEKAs Drops, Chewables	ChoiceFul Chewables, Softgels	MVW Complete Formulation® D3000 Chewables & Softgels	DEKAs Softgels	MVW Complete Formulation® D5000 Softgels
Thiamin B1 (mg)						
0.5 / 0.5 ml	0.6 / 1 ml	0.6 / 1 ml	NP	NP	NP	NP
1 / 1 ml	1.2 / 2 ml	1.2 / 2 ml	NP	NP	NP	NP
1.5 / 1 chewable	1.5 / 2 chewables	1.5 / 1 chewable	1.2 / 1 chewable	1.5 / 1 chewable	NP	NP
3 / 2 softgels or 4 mini's	NP	NP	2 / 2 softgels	3 / 2 softgels	3 / 2 softgels	3 / 2 softgels
Riboflavin B2 (mg)						
0.6 / 0.5 ml	0.6 / 1 ml	0.6 / 1 ml	NP	NP	NP	NP
1.2 / 1 ml	1.2 / 2 ml	1.2 / 2 ml	NP	NP	NP	NP
1.7 / 1 chewable	1.7 / 2 chewables	1.7 / 1 chewable	1.4 / 1 chewable	1.7 / 1 chewable	NP	NP
3.4 / 2 softgels or 4 mini's	NP	3.4 / 2 softgels	3.0 / 2 softgels	3.4 / 2 softgels	3.4 / 2 softgels	3.4 / 2 softgels
Niacin (mg)						
6 / 0.5 ml	6 / 1 ml	6 / 1 ml	NP	NP	NP	NP
12 / 1 ml	12 / 2 ml	12 / 2 ml	NP	NP	NP	NP
10 / 1 chewable	10 / 2 chewables	10 / 1 chewable	8 / 1 chewable	10 / 1 chewable	NP	NP
40 / 2 softgels or 4 mini's	NP	NP	36 / 2 softgels	40 / 2 softgels	20 / 2 softgels	40 / 2 softgels
Pyridoxine B6 (mg)						
0.6 / 0.5 ml	0.6 / 1 ml	0.6 / 1 ml	NP	NP	NP	NP
1.2 / 1 ml	1.2 / 2 ml	1.2 / 2 ml	NP	NP	NP	NP
1.9 / 1 chewable	1.9 / 2 chewables	1.9 / 1 chewable	1.5 / 1 chewable	1.9 / 1 chewable	NP	NP
3.8 / 2 softgels or 4 mini's	NP	NP	3.8 / 2 softgels	3.8 / 2 softgels	3.8 / 2 softgels	3.8 / 2 softgels
B12 (mcg)						
4 / 0.5 ml	0	0	NP	NP	NP	NP
8 / 1 ml	0	0	NP	NP	NP	NP
6 / 1 chewable	12 / 2 chewables	12 / 1 chewable	6 / 1 chewable	6 / 1 chewable	NP	NP
12 / 2 softgels or 4 mini's	NP	NP	10 / 2 softgels	12 / 2 softgels	24 / 2 softgels	12 / 2 softgels
Biotin (mcg)						
15 / 0.5 ml	15 / 1 ml	15 / 1 ml	NP	NP	NP	NP
30 / 1 ml	30 / 2 ml	30 / 2 ml	NP	NP	NP	NP
100 / 1 chewable	100 / 2 chewables	100 / 1 chewable	80 / 1 chewable	100 / 1 chewable	NP	NP
200 / 2 softgels or 4 mini's	NP	NP	160 / 2 softgels	200 / 2 softgels	200 / 2 softgels	200 / 2 softgels
Folic Acid (mcg)						
0	0	0	NP	NP	NP	NP
0	0	0	NP	NP	NP	NP
200 / 1 chewable	200 / 2 chewables	200 / 1 chewable	180 / 1 chewable	200 / 1 chewable	NP	NP
400 / 2 softgels or 4 mini's	NP	NP	360 / 2 softgels	400 / 2 softgels	400 / 2 softgels	400 / 2 softgels
Ascorbic Acid C (mg)						
45 / 0.5 ml	45 / 1 ml	45 / 1 ml	NP	NP	NP	NP
90 / 1 ml	90 / 2 ml	90 / 2 ml	NP	NP	NP	NP
100 / 1 chewable	70 / 2 chewables	70 / 1 chewable	60 / 1 chewable	100 / 1 chewable	NP	NP
200 / 2 softgels or 4 mini's	NP	NP	60 / 2 softgels	200 / 2 softgels	150 / 2 softgels	200 / 2 softgels
Pantothenic Acid (mg)						
3 / 0.5 ml	3 / 1 ml	3 / 1 ml	NP	NP	NP	NP
6 / 1 ml	6 / 2 ml	6 / 2 ml	NP	NP	NP	NP
12 / 1 chewable	12 / 2 chewables	12 / 1 chewable	10 / 1 chewable	12 / 1 chewable	NP	NP
24 / 2 softgels or 4 mini's	NP	NP	16 / 2 softgels	24 / 2 softgels	24 / 2 softgels	24 / 2 softgels
Zinc (mg)						
5 / 0.5 ml	5 / 1 ml	5 / 1 ml	NP	NP	NP	NP
10 / 1 ml	10 / 2 ml	10 / 2 ml	NP	NP	NP	NP
15 / 1 chewable	10 / 2 chewables	10 / 1 chewable	15 / chewable	15 / 1 chewable	NP	NP
20 / 2 softgels or 4 mini's	NP	NP	30 / 2 softgels	20 / 2 softgels	20 / 2 softgels	20 / 2 softgels