

# FAT-SOLUBLE VITAMINS<sup>1,2</sup>

CFF SPECIFIC VITAMINS				GUIDELINES FOR VITAMIN D MANAGEMENT <sup>4</sup>		
				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 Chewables D5000 Softgels
<b>Total Vitamin A (IU) (Retinol and Beta Carotene)</b>						
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	16,000 / 1 chewable 88% as beta carotene
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
<b>Vitamin D (IU)</b>						
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	5000 / 1 chewable
3000 / 2 softgels or 4 mini's	NP	NP	2000 / 2 softgels	6000 / 2 softgels	6000 / 2 softgels	10,000 / 2 softgels
<b>Vitamin E (IU)</b>						
50 / 0.5 ml	50 / 1 ml <sup>3</sup>	50 / 1 ml <sup>3</sup>	NP	NP	NP	NP
100 / 1 ml	100 / 2 ml <sup>3</sup>	100 / 2 ml <sup>3</sup>	NP	NP	NP	NP
200 / 1 chewable	100 / 2 chewables <sup>3</sup>	100 / 1 chewable	180 / 1 chewable	200 / 1 chewable	NP	200 / 1 chewable
400 / 2 softgels or 4 mini's	NP	NP	340 / 2 softgels	400 / 2 softgels	300 / 2 softgels <sup>3</sup>	400 / 2 softgels
<b>Vitamin K (mcg)</b>						
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	1000 / 1 chewable
1600 / 2 softgels 2000 / 4 mini's	NP	NP	1400 / 2 softgels	1600 / 2 softgels	2000 / 2 softgels	1600 / 2 softgels

- The content of this table was confirmed as of March 2018.
- Created by Suzanne H. Michel, MPH, RD, LDN and copyrighted by MVW Nutritionals, Inc.
- Also contains mixed tocopherols
- 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.
- NP = No Equivalent Product
- 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<sup>1,2</sup>

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 Chewables & Softgels
<b>Thiamin B1 (mg)</b>						
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	1.5 / 1 chewable
3 / 2 softgels or 4 mini's	NP	NP	2 / 2 softgels	3 / 2 softgels	3 / 2 softgels	3 / 2 softgels
<b>Riboflavin B2 (mg)</b>						
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	1.7 / 1 chewable
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
<b>Niacin (mg)</b>						
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	10 / 1 chewable
40 / 2 softgels or 4 mini's	NP	NP	36 / 2 softgels	40 / 2 softgels	20 / 2 softgels	40 / 2 softgels
<b>Pyridoxine B6 (mg)</b>						
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	1.9 / 1 chewable
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
<b>B12 (mcg)</b>						
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	6 / 1 chewable
12 / 2 softgels or 4 mini's	NP	NP	10 / 2 softgels	12 / 2 softgels	24 / 2 softgels	12 / 2 softgels
<b>Biotin (mcg)</b>						
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	100 / 1 chewable
200 / 2 softgels or 4 mini's	NP	NP	160 / 2 softgels	200 / 2 softgels	200 / 2 softgels	200 / 2 softgels
<b>Folic Acid (mcg)</b>						
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	200 / 1 chewable
400 / 2 softgels or 4 mini's	NP	NP	360 / 2 softgels	400 / 2 softgels	400 / 2 softgels	400 / 2 softgels
<b>Ascorbic Acid C (mg)</b>						
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	100 / 1 chewable
200 / 2 softgels or 4 mini's	NP	NP	60 / 2 softgels	200 / 2 softgels	150 / 2 softgels	200 / 2 softgels
<b>Pantothenic Acid (mg)</b>						
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	12 / 1 chewable
24 / 2 softgels or 4 mini's	NP	NP	16 / 2 softgels	24 / 2 softgels	24 / 2 softgels	24 / 2 softgels
<b>Zinc (mg)</b>						
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	15 / 1 chewable
20 / 2 softgels or 4 mini's	NP	NP	30 / 2 softgels	20 / 2 softgels	20 / 2 softgels	20 / 2 softgels