

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	DEKAs Drops Chewables	MVW Complete Formulation® D3000 Chewables D3000 Softgels	DEKAs Softgels	MVW Complete Formulation® D5000 Chewables D5000 Softgels
Total Vitamin A IU / mcg Retinol Activity Equivalents (RAE) (Retinol and Beta Carotene)					
4,627 IU / 1,388 mcg RAE / 0.5 ml 75% as beta carotene	5,751 IU / 1,725 mcg RAE / 1 ml 87% as beta carotene	5,751 IU / 1,725 mcg RAE / 1 ml 87% as beta carotene	NP	NP	NP
9,254 IU / 2,777 mcg RAE / 1 ml 75% as beta carotene	11,502 IU / 3,451 mcg RAE / 2 ml 87% as beta carotene	11,502 IU / 3,451 mcg RAE / 2 ml 87% as beta carotene	NP	NP	NP
16,000 IU / 4,800 mcg RAE / 1 chewable 88% as beta carotene	18,167 IU / 5,450 mcg RAE / 2 chewables 92% as beta carotene	18,167 IU / 5,450 mcg RAE / 1 chewable 92% as beta carotene	16,000 IU / 4,800 mcg RAE / 1 chewable 88% as beta carotene	NP	16,000 IU / 4,800 mcg RAE / 1 chewable 88% as beta carotene
32,000 IU / 9,600 mcg RAE / 2 softgels or 4 mini's 88% as beta carotene	NP	NP	32,000 IU / 9,600 mcg RAE / 2 softgels 88% as beta carotene	36,334 IU / 10,900 mcg RAE / 2 softgels 92% as beta carotene	32,000 IU / 9,600 mcg RAE / 2 softgels 88% as beta carotene
Vitamin D IU / mcg					
750 IU / 19 mcg / 0.5 ml	600 IU / 15 mcg / 1 ml	750 IU / 19 mcg / 1 ml	NP	NP	NP
1,500 IU / 38 mcg / 1 ml	1,200 IU / 30 mcg / 2 ml	1,500 IU / 38 mcg / 2 ml	NP	NP	NP
1,500 IU / 37.5 mcg / 1 chewable	1,200 IU / 30 mcg / 2 chewables	2,000 IU / 50 mcg / 1 chewable	3,000 IU / 75 mcg / 1 chewable	NP	5,000 IU / 125 mcg / 1 chewable
3,000 IU / 75 mcg / 2 softgels or 4 mini's	NP	NP	6,000 IU / 150 mcg / 2 softgels	6,000 IU / 150 mcg / 2 softgels	10,000 IU / 250 mcg / 2 softgels
Vitamin E IU / mg					
50 IU / 34 mg / 0.5 ml	50 IU / 34 mg / 1 ml ^{3,7}	50 IU / 34 mg / 1 ml ^{3,7}	NP	NP	NP
100 IU / 67mg / 1 ml	100 IU / 67 mg / 2 ml ^{3,7}	100 IU / 67 mg / 2 ml ^{3,7}	NP	NP	NP
200 IU / 134 mg / 1 chewable	100 IU / 67 mg / 2 chewables ^{3,7}	100 IU / 67 mg / 1 chewable ^{3,7}	200 IU / 134 mg / 1 chewable	NP	200 IU / 134 mg / 1 chewable
400 IU / 268 mg / 2 softgels or 4 mini's	NP	NP	400 IU / 268 mg / 2 softgels	300 IU / 201 mg / 2 softgels ^{3,7}	400 IU / 268 mg / 2 softgels
Vitamin K mcg					
500 / 0.5 ml	400 / 1 ml	500 / 1 ml	NP	NP	NP
1,000 / 1 ml	800 / 2 ml	1,000 / 2 ml	NP	NP	NP
1,000 / 1 chewable	700 / 2 chewables	1,000 / 1 chewable	1,000 / 1 chewable	NP	1,000 / 1 chewable
1,600 / 2 softgels 2,000 / 4 mini's	NP	NP	1,600 / 2 softgels	2,000 / 2 softgels	1,600 / 2 softgels

- The content of this table was confirmed as of August 2019
- Created by Suzanne H. Michel, MPH, RD, LDN © 2019MVWNutritionals, Inc. All rights reserved 8-26-19
- 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.
- Form of Vitamin E not confirmed. Calculation for conversion for Vitamin E from IU to mg based on the natural form of Vitamin E.

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	DEKAs Drops, Chewables	MVW Complete Formulation® D3000 Chewables & Softgels	DEKAs Softgels	MVW Complete Formulation® D5000 Chewables & Softgels
Thiamin B1 mg					
0.5 / 0.5 ml	0.6 / 1 ml	0.6 / 1 ml	NP	NP	NP
1 / 1 ml	1.2 / 2 ml	1.2 / 2 ml	NP	NP	NP
1.5 / 1 chewable	1.5 / 2 chewables	1.5 / 1 chewable	1.5 / 1 chewable	NP	1.5 / 1 chewable
3 / 2 softgels OR 4 mini's	NP	NP	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
1.2 / 1 ml	1.2 / 2 ml	1.2 / 2 ml	NP	NP	NP
1.7 / 1 chewable	1.7 / 2 chewables	1.7 / 1 chewable	1.7 / 1 chewable	NP	1.7 / 1 chewable
3.4 / 2 softgels OR 4 mini's	NP	NP	3.4 / 2 softgels	3.4 / 2 softgels	3.4 / 2 softgels
Niacin mg / mg Niacin Equivalents (NE)					
6 mg / 6 mg NE / 0.5 ml	6 mg / 6 mg NE / 1 ml	6 mg / 6 mg NE / 1 ml	NP	NP	NP
12 mg / 12 mg NE / 1 ml	12 mg / 12 mg NE / 2 ml	12 mg / 12 mg NE / 2 ml	NP	NP	NP
10 mg / 10 mg NE / 1 chewable	10 mg / 10 mg NE / 2 chewables	10 mg / 10 mg NE / 1 chewable	10 / 1 chewable	NP	10 / 1 chewable
40 mg / 40 mg NE / 2 softgels OR 4 mini's	NP	NP	40 mg / 40 mg NE / 2 softgels	20 mg / 20 mg NE / 2 softgels	40 mg / 40 mg NE / 2 softgels
Pyridoxine B6 mg					
0.6 / 0.5 ml	0.6 / 1 ml	0.6 / 1 ml	NP	NP	NP
1.2 / 1 ml	1.2 / 2 ml	1.2 / 2 ml	NP	NP	NP
1.9 / 1 chewable	1.9 / 2 chewables	1.9 / 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
B12 mcg – Liquid Formulations Do Not Contain B12					
6 / 1 chewable	12 / 2 chewables	12 / 1 chewable	6 / 1 chewable	NP	6 / 1 chewable
12 / 2 softgels OR 4 mini's	NP	NP	12 / 2 softgels	24 / 2 softgels	12 / 2 softgels
Biotin mcg					
15 / 0.5 ml	15 / 1 ml	15 / 1 ml	NP	NP	NP
30 / 1 ml	30 / 2 ml	30 / 2 ml	NP	NP	NP
100 / 1 chewable	100 / 2 chewables	100 / 1 chewable	100 / 1 chewable	NP	100 / 1 chewable
200 / 2 softgels OR 4 mini's	NP	NP	200 / 2 softgels	200 / 2 softgels	200 / 2 softgels
Folic Acid mcg / mcg Dietary Folate Equivalents (DFE) – Liquid Formulations Do Not Contain Folic Acid					
200 mcg / 333 mcg DFE / 1 chewable	200 mcg / 333 mcg DFE / 2 chewables	200 mcg / 333 mcg DFE / 1 chewable	200 mcg / 333 mcg DFE / 1 chewable	NP	200 mcg / 333 mcg DFE / 1 chewable
400 mcg / 667 mcg DFE / 2 softgels OR 4 mini's	NP	NP	400 mcg / 667 mcg DFE / 2 softgels	400 mcg / 667 mcg DFE / 2 softgels	400 mcg / 667 mcg DFE / 2 softgels
Ascorbic Acid C mg					
45 / 0.5 ml	45 / 1 ml	45 / 1 ml	NP	NP	NP
90 / 1 ml	90 / 2 ml	90 / 2 ml	NP	NP	NP
100 / 1 chewable	70 / 2 chewables	70 / 1 chewable	100 / 1 chewable	NP	100 / 1 chewable
200 / 2 softgels OR 4 mini's	NP	NP	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
6 / 1 ml	6 / 2 ml	6 / 2 ml	NP	NP	NP
12 / 1 chewable	12 / 2 chewables	12 / 1 chewable	12 / 1 chewable	NP	12 / 1 chewable
24 / 2 softgels OR 4 mini's	NP	NP	24 / 2 softgels	24 / 2 softgels	24 / 2 softgels
Zinc mg					
5 / 0.5 ml	5 / 1 ml	5 / 1 ml	NP	NP	NP
10 / 1 ml	10 / 2 ml	10 / 2 ml	NP	NP	NP
15 / 1 chewable	10 / 2 chewables	10 / 1 chewable	15 / 1 chewable	NP	15 / 1 chewable
20 / 2 softgels OR 4 mini's	NP	NP	20 / 2 softgels	20 / 2 softgels	20 / 2 softgels