

FAT-SOLUBLE VITAMINS & ZINC

CFF SPECIFIC VITAMINS <i>(NP = No Equivalent Product)</i>			GUIDELINES FOR VITAMIN D MANAGEMENT ¹		
			STEP 1		STEP 2
MVW Complete Formulation® Drops ⁴ Chewables ⁵ ADEK Gummies ⁶ Softgels ⁸ / Softgel Minis ⁷	MVW Modulator Formulation® Drops ⁴ Chewables ⁵ (Available Q3 2024) Softgel Minis ⁷	DEKAs Plus Drops ⁴ Chewables ⁵	MVW Complete Formulation® Hi-D Drops ⁴ D3000 Chewables ⁵ D3000 Softgels ⁸	DEKAs Plus Softgels ⁸	MVW Complete Formulation® D5000 Chewables ⁵ ADEK Hi-D Gummies ⁶ D5000 Softgels ⁸
Total Vitamin A IU / mcg Retinol Activity Equivalents (RAE) (Retinol and Beta Carotene)					
4,627 IU / 1,388 mcg RAE / 0.5 ml <i>(75% as beta carotene)</i>	3,566 IU / 2,000 mcg RAE / 3 ml <i>(93% as beta carotene)</i>	5,751 IU / 1,725 mcg RAE / 1 ml <i>(87% as beta carotene)</i>	4,627 IU / 1,388 mcg RAE / 0.5 ml <i>(75% as beta carotene)</i>	<i>NP</i>	<i>NP</i>
9,254 IU / 2,777 mcg RAE / 1 ml <i>(75% as beta carotene)</i>	7,132 IU / 4,000mcg RAE / 6 ml <i>(93% as beta carotene)</i>	11,502 IU / 3,454 mcg RAE / 2 ml <i>(87% as beta carotene)</i>	9,254 IU / 2,777 mcg RAE / 1 ml <i>(75% as beta carotene)</i>	<i>NP</i>	<i>NP</i>
16,000 IU / 4,800 mcg RAE / 1 chewable <i>(88% as beta carotene)</i>	11,730 IU / 6,800 mcg RAE / 2 chewables <i>(96.5% as beta carotene)</i>	18,167 IU / 5,450 mcg RAE / 1 chewable <i>(92% as beta carotene)</i>	16,000 IU / 4,800 mcg RAE / 1 chewable <i>(88% as beta carotene)</i>	<i>NP</i>	16,000 IU / 4,800 mcg RAE / 1 chewable <i>(88% as beta carotene)</i>
16,000 IU / 4,800 mcg RAE / 2 gummies <i>(88% as beta carotene)</i>	<i>NP</i>	<i>NP</i>	<i>NP</i>	<i>NP</i>	16,000 IU / 4,800 mcg RAE / 2 gummies <i>(88% as beta carotene)</i>
32,000 IU / 9,600 mcg RAE / 2 softgels or 4 minis <i>(88% as beta carotene)</i>	40,000 IU / 12,000 mcg RAE / 4 softgel minis <i>(96.5% as beta carotene)</i>	<i>NP</i>	32,000 IU / 9,600 mcg RAE / 2 softgels <i>(88% as beta carotene)</i>	18,167 IU / 5450 mcg RAE / 1 softgel <i>(92% as beta carotene)</i>	32,000 IU / 9,600 mcg RAE / 2 softgels <i>(88% as beta carotene)</i>
Vitamin D IU / mcg					
750 IU / 19 mcg / 0.5 ml	750 IU / 19 mcg / 3 ml	750 IU / 18.8 mcg / 1 ml	1,500 IU / 38 mcg / 0.5 ml	<i>NP</i>	<i>NP</i>
1,500 IU / 38 mcg / 1 ml	1,500 IU / 38 mcg / 6 ml	1,500 IU / 37.5 mcg / 2 ml	3,000 IU / 76 mcg / 1 ml	<i>NP</i>	<i>NP</i>
1,500 IU / 37.5 mcg / 1 chewable	1,516 IU / 37.9 mcg / 2 chewables	2,000 IU / 50 mcg / 1 chewable	3,000 IU / 75 mcg / 1 chewable	<i>NP</i>	5,000 IU / 125 mcg / 1 chewable
1,500 IU / 37.5 mcg / 2 gummies	<i>NP</i>	<i>NP</i>	<i>NP</i>	<i>NP</i>	5,000 IU / 125 mcg / 2 gummies
3,000 IU / 75 mcg / 2 softgels or 4 minis	3,000 IU / 75 mcg / 4 softgel minis	<i>NP</i>	6,000 IU / 150 mcg / 2 softgels	3,000 IU / 75 mcg / 1 softgel	10,000 IU / 250 mcg / 2 softgels
Vitamin E IU / mg (MVW Softgel Minis, Modulator Formulation and DEKAs Also Contain Mixed Tocopherols)					
50 IU / 34 mg / 0.5 ml	37 IU / 25 mg / 3 ml	50 IU / 33.6 mg / 1 ml	50 IU / 34 mg / 0.5 ml	<i>NP</i>	<i>NP</i>
100 IU / 67 mg / 1 ml	76 IU / 50 mg / 6 ml	100 IU / 67.1 mg / 2 ml	100 IU / 67 mg / 1 ml	<i>NP</i>	<i>NP</i>
200 IU / 134 mg / 1 chewable	119.4 IU / 80 mg / 2 chewables	100 IU / 67 mg / 1 chewable	200 IU / 134 mg / 1 chewable	<i>NP</i>	200 IU / 134 mg / 1 chewable
200 IU / 134 mg / 2 gummies	<i>NP</i>	<i>NP</i>	<i>NP</i>	<i>NP</i>	200 IU / 134 mg / 2 gummies
400 IU / 268 mg / 2 softgels or 4 minis	238 IU / 160 mg / 4 softgel minis	<i>NP</i>	400 IU / 268 mg / 2 softgels	150 IU / 100.6 mg / 1 softgel	400 IU / 268 mg / 2 softgels
Vitamin K mcg					
500 mcg / 0.5 ml	500 mcg / 3 ml	500 mcg / 3 ml	500 mcg / 0.5 ml	<i>NP</i>	<i>NP</i>
1,000 mcg / 1 ml	1,000 mcg / 6 ml	1,000 mcg / 6 ml	1,000 mcg / 1 ml	<i>NP</i>	<i>NP</i>
1,000 mcg / 1 chewable	800 mcg / 2 chewables	1,000 mcg / 1 chewable	1,000 mcg / 1 chewable	<i>NP</i>	1,000 mcg / 1 chewable
800 mcg / 2 gummies	<i>NP</i>	<i>NP</i>	<i>NP</i>	<i>NP</i>	800 mcg / 2 gummies
1,600 mcg / 2 softgels 2,000 mcg / 4 minis	1,600 mcg / 4 softgel minis	<i>NP</i>	1,600 mcg / 2 softgels	1,000 mcg / 1 softgel	1,600 mcg / 2 softgels
Zinc mg					
5 mg / 0.5 ml	5 mg / 3 ml	5 mg / 1 ml	5 mg / 0.5 ml	<i>NP</i>	<i>NP</i>
10 mg / 1 ml	10 mg / 6 ml	10 mg / 2 ml	10 mg / 1 ml	<i>NP</i>	<i>NP</i>
15 mg / 1 chewable	10 mg / 2 chewables	10 mg / 1 chewable	15 mg / 1 chewable	<i>NP</i>	15 mg / 1 chewable
10 mg / 2 gummies	<i>NP</i>	<i>NP</i>	<i>NP</i>	<i>NP</i>	10 mg / 2 gummies
20 mg / 2 softgels or 4 minis	20 mg / 4 softgel minis	<i>NP</i>	20 mg / 2 softgels	10 mg / 1 softgel	20 mg / 2 softgels

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WATER-SOLUBLE VITAMINS & ANTIOXIDANTS

CFF SPECIFIC VITAMINS			STEP 1		STEP 2
MVW Complete Formulation® Drops, Chewables, Softgels / Softgel Minis	MVW Modulator Formulation® Drops, Chewables, Softgel Minis	DEKAs Plus Drops, Chewables	MVW Complete Formulation® Hi-D Drops, D3000 Chewables & Softgels	DEKAs Plus Softgels	MVW Complete Formulation® D5000 Chewables & Softgels
Thiamin Vitamin B-1 mg					
0.5 mg / 0.5 ml	-	0.6 mg / 1 ml	0.5 mg / 0.5 ml	NP	NP
1 mg / 1 ml	-	1.2 mg / 2 ml	1 mg / 1 ml	NP	NP
1.5 mg / 1 chewable	-	1.5 mg / 1 chewable	1.5 mg / 1 chewable	NP	1.5 mg / 1 chewable
3 mg / 2 softgels or 4 minis	-	NP	3 mg / 2 softgels	1.5 mg / 1 softgel	3 mg / 2 softgels
Riboflavin Vitamin-B2 mg					
0.6 mg / 0.5 ml	-	0.6 mg / 1 ml	0.6 mg / 0.5 ml	NP	NP
1.2 mg / 1 ml	-	1.2 mg / 2 ml	1.2 mg / 1 ml	NP	NP
1.7 mg / 1 chewable	-	1.7 mg / 1 chewable	1.7 mg / 1 chewable	NP	1.7 mg / 1 chewable
3.4 mg / 2 softgels or 4 minis	-	NP	3.4 mg / 2 softgels	1.7 mg / 1 softgel	3.4 mg / 2 softgels
Vitamin B-3 (as Niacinamide) mg Niacin Equivalents (NE)					
6 mg / 0.5 ml	-	6 mg / 1 ml	6 mg / 0.5 ml	NP	NP
12 mg / 1 ml	-	12 mg / 2 ml	12 mg / 1 ml	NP	NP
10 mg / 1 chewable	-	10 mg / 1 chewable	10 mg / 1 chewable	NP	10 mg / 1 chewable
40 mg / 2 softgels / 4 minis	-	NP	40 mg / 2 softgels	10 mg / 1 softgel	40 mg / 2 softgels
Pyridoxine HCL Vitamin-B6 mg					
0.6 mg / 0.5 ml	-	0.6 mg / 1 ml	0.6 mg / 0.5 ml	NP	NP
1.2 mg / 1 ml	-	1.2 mg / 2 ml	1.2 mg / 1 ml	NP	NP
1.9 mg / 1 chewable	-	1.9 mg / 1 chewable	1.9 mg / 1 chewable	NP	1.9 mg / 1 chewable
3.8 mg / 2 softgels / 4 minis	-	NP	3.8 mg / 2 softgels	1.9 mg / 1 softgel	3.8 mg / 2 softgels
Vitamin B-12 mcg – Liquid Formulations Do Not Contain B12					
6 mcg / 1 chewable	-	12 mcg / 1 chewable	6 mcg / 1 chewable	NP	6 mcg / 1 chewable
12 mcg / 2 softgels or 4 minis	-	NP	12 mcg / 2 softgels	12 mcg / 1 softgel	12 mcg / 2 softgels
Biotin mcg					
15 mcg / 0.5 ml	-	15 mcg / 1 ml	15 mcg / 0.5 ml	NP	NP
30 mcg / 1 ml	-	30 mcg / 2 ml	30 mcg / 1 ml	NP	NP
100 mcg / 1 chewable	-	100 mcg / 1 chewable	100 mcg / 1 chewable	NP	100 mcg / 1 chewable
200 mcg / 2 softgels or 4 minis	-	NP	200 mcg / 2 softgels	100 mcg / 1 softgel	200 mcg / 2 softgels
Folic Acid mcg / mcg Dietary Folate Equivalents (DFE) – Liquid Formulations Do Not Contain Folic Acid					
200 mcg / 340 mcg DFE / 1 chewable	-	200 mcg / 340 mcg DFE / 1 chewable	200 mcg / 340 mcg DFE / 1 chewable	NP	200 mcg / 340 mcg DFE / 1 chewable
400 mcg / 680 mcg DFE / 2 softgels or 4 minis	-	NP	400 mcg / 680 mcg DFE / 2 softgels	200 mcg / 340 mcg DFE / 1 softgel	400 mcg / 680 mcg DFE / 2 softgels
Vitamin C mg (as Sodium Ascorbate, Zinc Ascorbate or Ascorbic Acid) – Varies By Product					
45 mg / 0.5 ml	150 mg / 3 ml	45 mg / 1 ml	45 mg / 0.5 ml	NP	NP
90 mg / 1 ml	300 mg / 6 ml	90 mg / 2 ml	90 mg / 1 ml	NP	NP
100 mg / 1 chewable	400 mg / 2 chewables	70 mg / 1 chewable	100 mg / 1 chewable	NP	100 mg / 1 chewable
200 mg / 2 softgels or 4 minis	800 mg / 4 softgel minis	NP	200 mg / 2 softgels	75 mg / 1 softgel	200 mg / 2 softgels
Pantothenic Acid mg					
3 mg / 0.5 ml	-	3 mg / 1 ml	3 mg / 0.5 ml	NP	NP
6 mg / 1 ml	-	6 mg / 2 ml	6 mg / 1 ml	NP	NP
12 mg / 1 chewable	-	12 mg / 1 chewable	12 mg / 1 chewable	NP	12 mg / 1 chewable
24 mg / 2 softgels or 4 minis	-	NP	24 mg / 2 softgels	12 mg / 1 softgel	24 mg / 2 softgels
Selenium mcg					
-	-	10 mcg / 1 ml	-	NP	NP
-	-	20 mcg / 2 ml	-	NP	NP
-	-	75 mcg / 1 chewable	-	NP	-
-	-	NP	-	75 mcg / 1 softgel	-
CoQ10 mg					
-	-	2 mg / 1ml	-	NP	NP
-	-	4 mg / 2 ml	-	NP	NP
-	-	10 mg / 1 chewable	-	NP	-
-	-	NP	-	10 mg / 1 softgel	-

1. 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 CF Foundation. J Clin Endocrinol Metab. 2012;97(4):1082-93.
2. DEKAs are manufactured by Callion Pharma, MVW Complete Formulation and MVW Modulator Formulation are registered trademarks of MVW Nutritionals, Inc.
3. **MANUFACTURER'S RECOMMENDED LIQUID DOSAGES:** DEKAs – Age 0-12 months: 1 ml daily, Age 1-3 years: 2 ml daily or as directed by a physician. MVW – Age 0-12 months: 0.5 ml daily, Age 1-3 years: 1 ml daily or as directed by a physician. Modulator Formulation – Age 0-12 months: 3 ml daily, Age 1-3 years: 3ml twice daily or as directed by a physician.
4. **MANUFACTURER'S RECOMMENDED CHEWABLES DOSAGES:** DEKAs – Ages 4-10 years: As directed by a physician, Over age 10: 1 tablet daily or 1 tablet twice daily as directed by a physician. MVW – Age 4 to 9 years: 1 chewable daily or as directed by a physician. Over age 9 years: 1 chewable twice daily or as directed by a physician. Modulator Formulation – Age 4 to 9 years: 2 chewables daily or as directed by a physician, Over age 9 years: 2 chewables twice daily or as directed by a physician.
5. **MANUFACTURER'S RECOMMENDED GUMMIES DOSAGES:** MVW Gummies – Age 4-8 years: 2 gummies daily or as directed by a physician, Over age 9 years: 2 gummies twice daily or as directed by a physician.
6. **MANUFACTURER'S RECOMMENDED SOFTGEL MINIS DOSAGES:** MVW – Age 4-10 years: 2 softgels daily or as directed by a physician, Over age 10 years: 2 softgels twice daily or as directed by a physician. Modulator Formulation – Age 4-10 years: 2 softgels daily or as directed by a physician, Over age 10 years: 2 softgels twice daily or as directed by a physician.
7. **MANUFACTURER'S RECOMMENDED SOFTGEL DOSAGES:** DEKAs – Adults: 1 softgel daily or as directed by a physician, Children ≥ 10 years old: As directed by a physician. MVW – Age 4 to 10 years: 1 softgel daily or as directed by a physician, Over age 10 years: 1 softgel twice daily or as directed by a physician.