

FAT-SOLUBLE VITAMINS & ZINC¹

CFF SPECIFIC VITAMINS (NP = No Equivalent Product)				GUIDELINES FOR VITAMIN D MANAGEMENT ³				
				STEP 1			STEP 2	
MVW Complete Formulation® Drops Chewables ⁵ ADEK Gummies Softgels ⁶ / Softgel Minis	GenADEK® Drops Chewables ⁵ (2023)	MVW Modulator Formulation™ Drops (Q1 2023) Softgels ⁶	DEKAs Plus Drops Chewables ⁵	MVW Complete Formulation® D3000 Chewables ⁵ D3000 Softgels ⁶	GenADEK® STEP 1 Softgels ⁶	DEKAs Plus Softgels ⁶	MVW Complete Formulation® D5000 Chewables ⁵ D5000 Softgels ⁶	GenADEK® STEP 2 Softgels ⁶
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	5,768 IU / 1,730 mcg RAE / 1 ml 87% as beta carotene	3,566 IU / 2,000 mcg RAE / 3 ml 93% as beta carotene	5,751 IU / 1,725 mcg RAE / 1 ml 87% as beta carotene	NP	NP	NP	NP	NP
9,254 IU / 2,777 mcg RAE / 1 ml 75% as beta carotene	11,536 IU / 3,460 mcg RAE / 1 ml 87% as beta carotene	7,132 IU / 4,000mcg RAE / 6 ml 93% as beta carotene	11,502 IU / 3,451 mcg RAE / 2 ml 87% as beta carotene	NP	NP	NP	NP	NP
16,000 IU / 4,800 mcg RAE / 1 chewable 88% as beta carotene	18,167 IU / 5,450 mcg RAE / 1 chewable 92% as beta carotene	NP	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	NP	16,000 IU / 4,800 mcg RAE / 1 chewable 88% as beta carotene	NP
16,000 IU / 4,800 mcg RAE / 2 gummies (88% as beta carotene)	NP	NP	NP	NP	NP	NP	NP	NP
32,000 IU / 9,600 mcg RAE / 2 softgels or 4 minis 88% as beta carotene	NP	20,698 IU / 12,000 mcg RAE / 2 softgels 96.5% as beta carotene	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	18,167 IU / 5450 mcg RAE / 1 softgel 92% as beta carotene	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
Vitamin D IU / mcg								
750 IU / 19 mcg / 0.5 ml	750 IU / 19 mcg / 1 ml	750 IU / 19 mcg / 3 ml	750 IU / 19 mcg / 1 ml	NP	NP	NP	NP	NP
1,500 IU / 38 mcg / 1 ml	1,500 IU / 38 mcg / 2 ml	1,500 IU / 38 mcg / 6 ml	1,500 IU / 38 mcg / 2 ml	NP	NP	NP	NP	NP
1,500 IU / 37.5 mcg / 1 chewable	2,000 IU / 50 mcg / 1 chewable	NP	2,000 IU / 50 mcg / 1 chewable	3,000 IU / 75 mcg / 1 chewable	NP	NP	5,000 IU / 125 mcg / 1 chewable	NP
1,500 IU / 37.5 mcg / 2 gummies	NP	NP	NP	NP	NP	NP	NP	NP
3,000 IU / 75 mcg / 2 softgels or 4 minis	NP	3,000 IU / 75 mcg / 2 softgels	NP	6,000 IU / 150 mcg / 2 softgels	6,000 IU / 150 mcg / 2 softgels	3,000 IU / 75 mcg / 1 softgel	10,000 IU / 250 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 ²	37 IU / 25 mg / 3 ml ²	50 IU / 34 mg / 1 ml ²	NP	NP	NP	NP	NP
100 IU / 67mg / 1 ml	100 IU / 67 mg / 2 ml ²	76 IU / 50 mg / 6 ml ²	100 IU / 67 mg / 2 ml ²	NP	NP	NP	NP	NP
200 IU / 134 mg / 1 chewable	100 IU / 67 mg / 1 chewable ²	NP	100 IU / 67 mg / 1 chewable ²	200 IU / 134 mcg / 1 chewable	NP	NP	200 IU / 134 mg / 1 chewable	NP
200IU / 134 mg / 2 gummies	NP	NP	NP	NP	NP	NP	NP	NP
400 IU / 268 mg / 2 softgels or 4 minis	NP	238 IU / 160 mg / 2 softgels ²	NP	400 IU / 268 mcg / 2 softgels	300 IU / 201 mg / 2 softgels ²	150 IU / 101 mg / 1 softgel ²	400 IU / 268 mg / 2 softgels	300 IU / 201 mg / 2 softgels
Vitamin K mcg								
500 / 0.5 ml	500 / 1 ml	500 / 3 ml	500 / 3 ml	NP	NP	NP	NP	NP
1,000 / 1 ml	1,000 / 2 ml	1,000 / 6 ml	1,000 / 6 ml	NP	NP	NP	NP	NP
1,000 / 1 chewable	1,000 / 1 chewable	NP	NP	1,000 / 1 chewable	NP	NP	1,000 / 1 chewable	NP
800 / 2 gummies	NP	NP	NP	NP	NP	NP	NP	NP
1,600 / 2 softgels 2,000 / 4 minis	NP	1,600 / 2 softgels	NP	1,600 / 2 softgels	2,000 / 2 softgels	1,000 / 1 softgel	1,600 / 2 softgels	2,000 / 2 softgels
Zinc mg								
5 / 0.5 ml	5 / 1 ml	5 / 3 ml	5 / 1 ml	NP	NP	NP	NP	NP
10 / 1 ml	10 / 2 ml	10 / 6 ml	10 / 2 ml	NP	NP	NP	NP	NP
15 / 1 chewable	10 / 1 chewables	NP	10 / 1 chewables	15 / 1 chewable	NP	NP	15 / 1 chewable	NP
10 / 2 gummies	NP	NP	NP	NP	NP	NP	NP	NP
20 / 2 softgels or 4 minis	NP	20 / 2 softgels	NP	20 / 2 softgels	20 / 2 softgels	10 / 1 softgel	20 / 2 softgels	20 / 2 softgels

WATER-SOLUBLE VITAMINS & ANTIOXIDANTS

CFF SPECIFIC VITAMINS				STEP 1			STEP 2	
MVW Complete Formulation® Drops, Chewables, Softgels / Softgel Minis	GenADEK® Drops, Chewables (2023)	MVW Modulator Formulation Drops (Q1 2023), Softgels	DEKAs Plus Drops, Chewables	MVW Complete Formulation® D3000 Chewables & Softgels	GenADEK® STEP 1 Softgels	DEKAs Plus Softgels	MVW Complete Formulation® D5000 Chewables & Softgels	GenADEK® STEP 2 Softgels
Thiamin B1 mg								
0.5 / 0.5 ml	0.6 / 1 ml	-	0.6 / 1 ml	NP	NP	NP	NP	NP
1 / 1 ml	1.2 / 2 ml	-	1.2 / 2 ml	NP	NP	NP	NP	NP
1.5 / 1 chewable	1.5 / 1 chewable	NP	1.5 / 1 chewable	1.5 / chewable	NP	NP	1.5 / 1 chewable	NP
3 / 2 softgels or 4 minis	NP	-	NP	3 / 2 softgels	3 / 2 softgels	1.5 / 1 softgel	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	NP
1.2 / 1 ml	1.2 / 2 ml	-	1.2 / 2 ml	NP	NP	NP	NP	NP
1.7 / 1 chewable	1.7 / 1 chewable	NP	1.7 / 1 chewable	1.7 / 1 chewable	NP	NP	1.7 / 1 chewable	NP
3.4 / 2 softgels or 4 minis	NP	-	NP	3.4 / softgels	3.4 / 2 softgels	1.7 / 1 softgel	3.4 / 2 softgels	3.4 / 2 softgels
mg Niacin Equivalents (NE)								
6 / 0.5 ml	6 / 1 ml	-	6 / 1 ml	NP	NP	NP	NP	NP
12 / 1 ml	12 / 2 ml	-	12 / 2 ml	NP	NP	NP	NP	NP
10 / 1 chewable	10 / 1 chewable	NP	10 / 1 chewable	10 / 1 chewable	NP	NP	10 / 1 chewable	NP
40 / 2 softgels / 4 minis	NP	-	NP	40 / 2 softgels	20 / 2 softgels	10 / 1 softgel	40 / 2 softgels	20 / 2 softgels
Pyridoxine B6 mg								
0.6 / 0.5 ml	0.6 / 1 ml	-	0.6 / 1 ml	NP	NP	NP	NP	NP
1.2 / 1 ml	1.2 / 2 ml	-	1.2 / 2 ml	NP	NP	NP	NP	NP
1.9 / 1 chewable	1.9 / 1 chewable	NP	1.9 / 1 chewable	1.9 / 1 chewable	NP	NP	1.9 / 1 chewable	NP
3.8 / 2 softgels / 4 minis	NP	-	NP	3.8 / 2 softgels	3.8 / 2 softgels	1.9 / 1 softgel	3.8 / 2 softgels	3.8 / 2 softgels
B12 mcg – Liquid Formulations Do Not Contain B12								
6 / 1 chewable	12 / 1 chewable	NP	12 / 1 chewable	6 / 1 chewable	NP	NP	6 / 1 chewable	NP
12 / 2 softgels or 4 minis	NP	NP	NP	12 / 2 softgels	24 / 2 softgels	12 / 1 softgel	12 / 2 softgels	24 / 2 softgels
Biotin mcg								
15 / 0.5 ml	15 / 1 ml	-	15 / 1 ml	NP	NP	NP	NP	NP
30 / 1 ml	30 / 2 ml	-	30 / 2 ml	NP	NP	NP	NP	NP
100 / 1 chewable	100 / 1 chewable	NP	100 / 1 chewable	100 / 1 chewable	NP	NP	100 / 1 chewable	NP
200 / 2 softgels or 4 minis	NP	-	NP	200 / 2 softgels	200 / 2 softgels	100 / 1 softgel	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 / 1 chewable	NP	200 mcg / 340 mcg DFE / 1 chewable	200 mcg / 333 mcg DFE / 1 chewable	NP	NP	200 mcg / 333 mcg DFE / 1 chewable	NP
400 mcg / 667 mcg DFE / 2 softgels or 4 minis	NP	-	NP	400 mcg / 667 mcg DFE / 2 softgels	400 mcg / 667 mcg DFE / 2 softgels	200 mcg / 340 mcg DFE / 1 softgel	400 mcg / 667 mcg DFE / 2 softgels	400 mcg / 667 mcg DFE / 2 softgels
Ascorbic Acid C mg								
45 / 0.5 ml	45 / 0.5 ml	125 / 3 ml	45 / 1 ml	NP	NP	NP	NP	NP
90 / 1 ml	90 / 1 ml	250 / 6 ml	90 / 2 ml	NP	NP	NP	NP	NP
100 / 1 chewable	70 / 1 chewable	NP	70 / 1 chewable	100 / 1 chewable	NP	NP	100 / 1 chewable	NP
200 / 2 softgels or 4 minis	NP	800 / 2 softgels	NP	200 / 2 softgels	150 / 2 softgels	75 / 1 softgel	200 / 2 softgels	150 / 2 softgels
Pantothenic Acid mg								
3 / 0.5 ml	3 / 1 ml	-	3 / 1 ml	NP	NP	NP	NP	NP
6 / 1 ml	6 / 2 ml	-	6 / 2 ml	NP	NP	NP	NP	NP
12 / 1 chewable	12 / 1 chewable	NP	12 / 1 chewable	12 / 1 chewable	NP	NP	12 / 1 chewable	NP
24 / 2 softgels or 4 minis	NP	-	NP	24 / 2 softgels	24 / 2 softgels	12 / 1 softgel	24 / 2 softgels	24 / 2 softgels
Selenium mcg								
-	10 / 1 ml	-	10 / 1 ml	-	NP	NP	NP	NP
-	20 / 2 ml	-	20 / 2 ml	-	NP	NP	NP	NP
-	75 / 1 chewable	NP	75 / 1 chewable	-	NP	NP	-	NP
-	NP	-	NP	-	150 / 2 softgels	75 / 1 softgel	-	150 / 2 softgels
CoQ10 mg								
-	2 / 1ml	-	2 / 1ml	-	NP	NP	NP	NP
-	4 / 2 ml	-	4 / 2 ml	-	NP	NP	NP	NP
-	10 / 1 chewable	NP	10 / 1 chewable	-	NP	NP	-	NP
-	NP	-	NP	-	20 / 2 softgels	10 / 1 softgel	-	20 / 2 softgels

1. Created by Suzanne H. Michel, MPH, RD, LDN © 2021MVWNutritionals, Inc. All rights reserved 12-19-22
 2. Also contains mixed tocopherols
 3. 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.
 4. DEKAs are manufactured by Callion Pharma. MVW Complete Formulation is a registered trademark of MVW Nutritionals, Inc., GenADEK is a registered trademark of Generix Development Group, Inc.
 5. **MANUFACTURER'S RECOMMENDED CHEWABLES DOSAGES:** DEKAs Chewables – 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 Chewables – 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.
 6. **MANUFACTURER'S RECOMMENDED SOFTGEL DOSAGES:** DEKAs Softgels – Adults: 1 Softgel daily or as directed by a physician, Children ≥ 10 years old: As directed by a physician. MVW & GenADEK Softgels – 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.