

VITAMIN CHART

Vitamin Name	Natural Name	Synthetic Name	Made From Source	Solubility	Signs of Deficiency	Signs of Toxicity	Dietary Source
Vitamin A	Beta-carotene	Vitamin A acetate, vitamin A palmitate, beta carotene, retinyl palmitate or retinyl acetate	Made by combining fish, palm or refined oils with beta-ionone. Beta-ionone is manufactured using citrus, acetone and calcium oxide	Fat soluble	Vision loss, blindness, skin disease and growth retardation	Symptoms include visual changes, bone pain, and skin changes. Chronic toxicity can lead to liver damage and increased pressure on the brain	Liver, salmon, mackerel, herring, eggs, carrots, kale, spinach, beet greens, swiss chard, sweet potato, pumpkin, squash, cantaloupe, romaine lettuce, sweet, red, green and yellow peppers, dairy
Vitamin B1	Thiamin	Thiamine monohydrate, thiamine mononitrate, or thiamine hydrochloride	Made from coal tar, ammonia, acetone and hydrochloric acid	Water soluble	Fatigue, irritability, poor memory, sleep disturbances, and abdominal discomfort. Long term deficiency may cause heart failure	Weakness and a headache. High levels can cause a rapid, irregular heart beat and low blood pressure.	Trout, tuna, mackerel, salmon, pork, venison, chicken liver, pork liver, pumpkin seeds, sunflower seeds, green peas, squash, asparagus
Vitamin B2	Riboflavin	Vitamin B2 or riboflavin	Made with acetic acid and nitrogen or using genetically modified bacteria and fermentation	Water soluble	Loss of appetite, weight loss, conjunctivitis, ocular lesions and flaky dermatitis with marked irritation on the hind legs, chest and abdomen.	None reported	Meat and organ meats, eggs, beans and legumes, seaweed and leafy green vegetables
Vitamin B3	Niacin	Niacin or niacinamide	Manufactured using coal tar, ammonia, acids, and formaldehyde.	Water soluble	Black Tongue or Sore Mouth Disease, inflamed gums, lips and inner cheeks, weight loss, bloody diarrhea, vomiting and if not treated, death.	Bloody diarrhea at 250x the recommended dosage, death from chronic exposure.	Beef, legumes, grains, yeast and fish

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Vitamin B5	Pantothenate	Pantothenic acid, calcium pantothenate or panthenol	It uses isobutyraldehyde and formaldehyde to form a calcium or sodium salt.	Water soluble	Fatigue, nausea, and headache	None reported	Trout, salmon, tuna, eggs, lean pork, beef, chicken, turkey, organ meat, pumpkin seeds, flaxseed, sunflower seeds, sweet potato, broccoli, cauliflower, dairy
Vitamin B6	Pyridoxine	Pyridoxine hydrochloride or pyridoxine HCL	Derived from petroleum ester, hydrochloric acid and formaldehyde.	Water soluble	Anorexia and weight loss in pups, convulsions, muscle twitching, anemia, itchy rashes, somnolence, depression, confusion, a weak immune system and neuropathy	In excess, impairment of motor skills and balance and muscle weakness	Organ meats, Salmon, herring, halibut, tuna, turkey, chicken, lean pork, lean beef, bananas, squash, spinach, sunflower seeds, pumpkin seeds, flaxseed
Vitamin B7	Biotin or d (+) biotin	Vitamin B7 or biotin	Produced using petroleum, hydrochloric acid and formaldehyde.	Water soluble	Fur and skin conditions, eye discharge, small litter size, sometimes diarrhea. If not treated can limb paralysis	None reported	Black eyed peas, pinto beans, black beans, kidney beans, spinach, asparagus, collard greens, romaine lettuce, broccoli, citrus fruits, flaxseed, sunflower seeds, cauliflower, carrots, squash
Vitamin B9	Folate	Folic acid	Made from petroleum derivatives, acids and acetylene	Water soluble	Glossitis, diarrhea, depression, confusion, anemia, and fetal neural tube defects and brain defects (during pregnancy)	None reported	Black eyed peas, pinto beans, black beans, kidney beans, spinach, asparagus, collard greens, romaine lettuce, broccoli, citrus fruits, flaxseed, sunflower seeds, cauliflower, carrots, squash

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Vitamin B12	Choline or phosphatidyl choline	Choline chloride or choline bitartrate	Made using ethylene, ammonia and hydrochloric acid or tartaric acid	Water soluble	Diarrhea, extreme weight loss, loss of appetite or eating more than usual. Lack of energy, weakness, excessive sleepiness, lack of muscle mass, altered mental state, seizures, death	None reported	Liver, heart, kidney, rabbit, chicken, turkey, pork, lamb, goat, ostrich, buffalo, egg, beef, salmon, halibut, haddock, mackerel, sardine, dairy
Vitamin C	Ascorbate or dehydroascorbate.	Ascorbic acid or any type of ascorbate	Isolated from genetically modified corn sugar that's hydrogenated and processed with acetone	Water soluble	Bad breath, bleeding, bone weakness, delayed wound healing, joint pain, muscle weakness, anemia, bleeding from the mouth, bloody urine, loose teeth, swollen gums	Diarrhea	Liver, kidney, heart, fish, spinach, kale, swiss chard, watercress, broccoli, cauliflower, red bell pepper, brussel sprouts, pineapple, kiwi, cantaloupe
Vitamin D	Vitamin D is actually a downstream metabolite of cholesterol - it's more of a hormone than a vitamin	Vitamin D1, D2, D3, D4, cholecalciferol or lumistero.	Produced from animal fat or cattle brains and is either irradiated or extracted with solvents	Fat soluble	Lameness and poor mineralization of bone, rickets, lethargic, lose muscle mass, renal failure, heart disease, cancer	Abnormally high levels of calcium and phosphorous in the blood, vomiting, weakness, depression, loss of appetite, increased thirst and urination, dark tarry feces containing blood, blood in vomit, seizures, muscle tremors, abdominal pain, excessive drooling, weight loss, constipation	Egg, sardine, liver, kidney, salmon, tuna, dairy,, turnip

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Vitamin E	RRR-alpha-tocopherol	Vitamin E acetate; Mixed tocopherols; all-rac-alpha-tocopherol; d-l-alpha-tocopherol; d-alpha-tocopherol (isolated); dl-alpha-tocopheryl acetate and any acetate.	Created using refined oils	Fat soluble	Muscle paralysis and muscle weakness in limbs, decreased muscle mass, increased sensitivity to pain, eye problems, impaired immune system, itchy skin, dandruff, dull thin coat, cell damage and death in skeletal muscle, heart, testes, liver, and nerves.	None reported	Ostrich, buffalo, egg, halibut, haddock, sardine, kidney, liver, brain, kelp, spinach, swiss chard, dandelion, red bell pepper, turnip
Vitamin K	Phylloquinone	Vitamin K3; menadione; phytonadione; naphthoquinone; dihydro-vitamin K1	Coal tar derivative	Fat soluble	Impairment of blood coagulation creating increased clotting time and hemorrhaging	None reported	Egg, halibut, haddock, sardine, liver, kelp