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## What is Really in your Supplements?

To Help You Avoid Chemicals And Synthetic Vitamins,  
This Chart Should Be Printed And Saved as a Reference to Help Us Read Our Supplement Labels.  
Learn the code words for the chemicals that are passed off as nutrition!

| Item                     | Source Labeled As   | Type of Vitamin                 |   |
|--------------------------|---|---------------------------------|---|
| <b>VITAMIN A COMPLEX</b> |   |                                 |   |
| VITAMIN A                | CARROT JUICE, CEREAL GRASSES, WHEAT GRASS BARLEY, ETC. DUNALIELLA SALINA. | NATURAL                         |    |
| VITAMIN A                | FISH OILS   | NATURAL                         |    |
| VITAMIN A                | ACETATE   | SYNTHETIC                       |    |
| VITAMIN A                | PALMITATE   | SYNTHETIC                       |    |
| <b>VITAMIN B COMPLEX</b> |   |                                 |   |
| VITAMIN B1               | YEAST, CEREAL GRASSES, WHEAT GRASS BARLEY, ETC.                           | NATURAL                         |    |
| VITAMIN B1               | THIAMINE MONONITRATE  | SYNTHETIC FROM COAL TAR         |   |
| VITAMIN B1               | THIAMINE HYDROCHLORIDE  | SYNTHETIC FROM COAL TAR         |  |
| VITAMIN B2               | YEAST, CEREAL GRASSES, WHEAT GRASS BARLEY, ETC.                           | NATURAL                         |  |
| VITAMIN B2               | RIBOFLAVIN  | SYNTHETIC                       |  |
| VITAMIN B6               | YEAST, CEREAL GRASSES, WHEAT GRASS BARLEY, ETC.                           | NATURAL                         |  |
| VITAMIN B6               | PYRIDOXINE HYDROCHLORIDE  | SYNTHETIC USUALLY FROM COAL TAR |  |
| VITAMIN B12              | YEAST, CEREAL GRASSES, WHEAT GRASS BARLEY, ETC.                           | NATURAL                         |  |
| VITAMIN B12              | STREPTOMYCIN FERMENTATION   | CRYSTALLINE                     |  |
| VITAMIN B12              | CYANOCOBALAMIN USP  | SYNTHETIC USUALLY FROM COAL TAR |  |
| FOLIC ACID               | YEAST, LIVER, CEREAL GRASSES, WHEAT GRASS BARLEY, ETC.                    | NATURAL                         |  |
| FOLIC ACID               | PTEROYLGLUTAMIC ACID  | SYNTHETIC                       |  |
| PANTOTHENIC ACID         | YEAST, LIVER, CEREAL GRASSES, WHEAT GRASS BARLEY, ETC.                    | NATURAL                         |  |
| PANTOTHENIC ACID         | CALCIUM PANTOTHENATE  | SYNTHETIC                       |  |
| CHOLINE                  | SOY BEAN, CEREAL GRASSES, WHEAT GRASS BARLEY, ETC.                        | NATURAL                         |  |

|                          |  |  |   |
|--------------------------|--|--|---|
| CHOLINE                  | CHOLINE BITARTRATE, OR IF MENTIONED NOT AS ABOVE IT IS SYNTHETIC               | SYNTHETIC  |     |
| INOSITOL                 | SOY BEAN, CEREAL GRASSES, WHEAT GRASS BARLEY, ETC.                             | NATURAL  |    |
| INOSITOL                 | ALL THAT IS COMMERCIALY USED IS...   | CRYSTALLINE (NOT YET SYNTHESIZED)  |    |
| BIOTIN                   | LIVER, CEREAL GRASSES, WHEAT GRASS BARLEY, ETC.                                | NATURAL  |    |
| BIOTIN (VITAMIN H?)      | D- BIOTIN  | SYNTHETIC  |    |
| NICOTINIC ACID           | YEAST, CEREAL GRASSES, WHEAT GRASS BARLEY, ETC.                                | NATURAL  |    |
| NICOTINIC ACID           | NIACIN (high doses will give a toxic response as a niacin flush)               | SYNTHETIC  |    |
| PARA-AMINO BENZOIC ACID  | YEAST, CEREAL GRASSES, WHEAT GRASS BARLEY, ETC.                                | GRASS BARLEY, ETC. NATURAL   |    |
| PARA-AMINO BENZOIC ACID  | ANY SOURCE NOT LISTED AS ABOVE   | SYNTHETIC  |    |
| <b>VITAMIN C COMPLEX</b> |  |  |   |
| VITAMIN C                | AMLA FRUIT, CITRUS FRUIT, CEREAL GRASSES, ACEROLA CHERRY, ROSE HIPS, CAMU CAMU | NATURAL  |    |
| VITAMIN C                | ASCORBIC ACID  | FROM FERMENTED CORN SYRUP<br>CHEMICALLY ALTERED<br>Most supplements that say "with rose hips" are misleading, as they have minimal amounts of rose hips mixed with good ol' synthetic vitamin C. |    |
| VITAMIN C                | CALCIUM ASCORBATE  | SYNTHETIC  |  |
| VITAMIN C                | ESTER C  | SYNTHETIC, IS A COMBO OF ASCORBYL PALMITATE AND ASCORBIC ACID  |  |
| <b>VITAMIN D COMPLEX</b> |  |  |   |
| VITAMIN D                | FISH OILS, SHITAKE MUSHROOM  | NATURAL  |  |
| VITAMIN D                | IRRADIATED ERGOSTEROL  | SYNTHETIC  |  |
| <b>VITAMIN E COMPLEX</b> |  |  |   |
| VITAMIN E                | WHEAT GERM OIL, WHEAT GERM, AND CEREAL GRASSES                                 | NATURAL  |  |
| VITAMIN E                | ALPHA TOCOPHEROL, BETA TOCOPHEROL, OR MIXED TOCOPHEROL                         | CRYSTALLINE AND SYNTHETIC  |  |
| VITAMIN E                | D-ALPHA-TOCOPHERYL SUCCINATE   | SYNTHETIC  |  |
| VITAMIN E                | D-ALPHA-TOCOPHERYL ACETATE   | SYNTHETIC  |  |
| VITAMIN E                | DI-ALPHA-TOCOPHERYL ACETATE  | SYNTHETIC  |  |
| <b>VITAMIN K COMPLEX</b> |  |  |   |
| VITAMIN K                | ALFALFA, AND CEREAL GRASSES  | NATURAL  |  |
| VITAMIN K                | MENADIONE  | SYNTHETIC<br>(CRYSTALLINE COST 60 TIMES MORE THAN SYNTHETIC)   |  |

| MINERALS                 |                                      |  |   |
|--------------------------|--------------------------------------|--|---|
| CORAL CALCIUM            | CORAL CALCIUM IS CALCIUM CARBONATE   | NOT CHELATED YOU MIGHT AS WELL EAT DIRT OR MUNCH ON AN OYSTER SHELL. IS ALSO THE HIGHEST IN LEAD CONTENT |    |
| CALCIUM                  | CALCIUM CARBONATE                    | NOT CHELATED, IS ONE OF THE LEAST ABSORBED (AKA DRYWALL CHALK)   |    |
| CALCIUM HYDROXYAPATITE   | CALCIUM HYDROXYAPATITE               | NOT CHELATED, IS THE LEAST ABSORBED OF ALL CALCIUM   |    |
| CALCIUM                  | CALCIUM BITARTRATE                   | SYNTHETIC, NOT CHELATED  |    |
| CALCIUM                  | CALCIUM LACTATE                      | NOT CHELATED<br>Unless when consumed as whole food dairy products  |    |
| CALCIUM                  | CALCIUM GLUCONATE                    | SYNTHETIC, NOT CHELATED  |    |
| COPPER                   | COPPER GLUCONATE                     | SYNTHETIC, NOT CHELATED  |    |
| IRON                     | IRON FUMARATE                        | SYNTHETIC, NOT CHELATED  |    |
| IRON                     | IRON GLUCONATE                       | SYNTHETIC, NOT CHELATED  |    |
| IRON                     | FERRIS SULFATE                       | SYNTHETIC, NOT CHELATED  |    |
| IODINE                   | KELP                                 | NATURAL  |    |
| IODINE                   | POTASSIUM IODINE                     | SYNTHETIC, NOT CHELATED  |   |
| MAGNESIUM                | MAGNESIUM GLUCONATE                  | SYNTHETIC, NOT CHELATED  |  |
| MAGNESIUM                | MAGNESIUM OXIDE                      | SYNTHETIC, NOT CHELATED  |  |
| POTASSIUM                | POTASSIUM GLUCONATE                  | SYNTHETIC, NOT CHELATED  |  |
| POTASSIUM                | POTASSIUM CHLORIDE                   | SYNTHETIC, NOT CHELATED  |  |
| TRACE MINERALS           | COLLOIDAL MINERALS OR IONIC MINERALS | EXTRACTED FROM OIL SHALE, NOT CHELATED, IT IS JUST SMALL PARTICLES OF DIRT                               |  |
| COMPLETE MINERAL COMPLEX | FROM LIVING FRUITS AND VEGETABLES    | NATURAL  |  |
| TRACE MINERALS           | KELP                                 | NATURAL  |  |

**NOTE:** Mineral aspartates and mineral orotates all are artificial chemicals. Ionic minerals are not chelated and are just another way of saying colloidal minerals. Again you might as well just eat some garden soil and try to get your minerals that way. Ionic or colloidal minerals can enrich garden soil to make plants grow, but they are not suitable for human nutrition. They contain lead, mercury, silver, and other toxic heavy metals. Plants will ignore these toxic heavy metals and only draw up into their roots and chelate only the ones needed for human nutrition. If humans consume ionic or colloidal minerals, they would be poisoned with these heavy metals and suffer the consequences.

**NOTE:** The synthetics are so much cheaper, that commercially they have actually replaced most crystalline vitamins. Only a few crystalline vitamins are still commercially used, such as b12, Alpha tocopherol (partially replaced) and inositol. But crystalline vitamins **are not natural, not whole food, and are not suitable for human nutrition.**

**NOTE:** Legally crystalline can be called natural because it was isolated from a natural product. But it is NOT natural as it applies to human nutrition.