

Vegan Multivitamins

	1	2	3	4	5	6	7	8	9	10
Cost per year (taking one pill/day)	\$30	\$34	\$41	\$47	\$49	\$51	\$58	\$66	\$79	\$116
Vitamin A Palmitate (retinol) (IU)	5000		1667	2083			1667	625	5000	
Beta Carotene (IU)	5000	5000		2083	5000		2500	625		7500
Vitamin C (mg)	300	167	17	333	100	50	133	175	200	150
Vitamin D (IU as ergocalciferol)	400	67	67	133		200	33.3	100	400	100
Vitamin E (IU)	50	33	17	67	10	15	17	50	10	50
Vitamin K (mcg)						25	17	25		
Thiamin (mg)	30	7		17	10	1	17	10	25	25
Riboflavin (mg)	30	7	5	17	10	1	10	7.5	25	25
Niacin (mg)	100	19	17	33	10	10	25	50	25	25
Vitamin B6 (mg)	30	7	5	17	10	5	25	12.5	25	25
Folic acid (mcg)	400	133	67	267	400	200	134	100	400	400
Vitamin B12 (mcg)	30	33	17	33	100	5	17	75	100	125
Biotin (mcg)	30	100	3	100	50	100	34	75	100	250
Calcium (mg)	30	76	125	83	50	50	142	50	50	50
Iron (mg)		2.6	4				3.4			9
Iodine (mcg)	150	50	38	50	225	25	38	38	150	
Magnesium (mg)	15	33	58	33	50	50	109	50	25	25
Zinc (mg)	7.5	8	0.8	7.5	2	10	5	4	20	9
Selenium (mg)	35	67		33	25	15	27	25	100	50
Copper (mg)	0.2	0.3	0.17		0.2	1	0.3	0.5	1	0.25
Manganese (mg)	2	1.6	1.7	3	2	1	3.4	1.25	2	5
Chromium (mcg)		67	33	67	50	25	33.4	50	200	50
Molybdenum (mcg)		8		4	25	13	8	19	10	
Boron (mcg)					25		162	250		

Advantages

Has no Vitamin A Palmitate		✓			✓	✓				✓
Has 400IU of Vitamin D	✓								✓	
Has 100mcg of Vitamin B12					✓				✓	✓
Has no iron	✓			✓	✓	✓		✓	✓	
Has 150 mcg of iodine	✓				✓				✓	
Has all the trace minerals					✓		✓	✓		
Has at least 7.5mg of zinc	✓	✓		✓		✓			✓	✓

Key

1. Freeda Quintabs-m, iron-free	http://www.freedavitamins.com
2. Futurebiotics Vegetarian Super Multi	http://www.futurebiotics.com/multi.html
3. KAL Vegetarian Multiple	1-800-733-4525
4. Freeda Ultra, iron-free	http://www.freedavitamins.com
5. Nature's Life vegetarian Mega-Vita-Min iron free	http://www.natlife.com
6. Dr. Fuhrman's Gentle Care Formula	http://drfuhrman.com/
7. Pangea's VeganLife Multivitamin	http://www.pangeaveg.com
8. Prescription 2000 Daily MVM Vegetarian Formula	http://www.prescription2000.com/
9. Vegan One	http://www.nutraceutical.com
10. Country Life Daily Vegetarian Support	http://www.country-life.com