

	Synthetic Source	Where it's from	Natural Sources
Vitamin A	Vitamin A Palmitate, Retinyl Acetate or Vitamin A Acetate	Methanol, Benzene & Petroleum Esters.	Fish oils, Carrots, Lemon Grass, D. Salina Algae, Spinach
Beta Carotene	Unless a wholefood source is listed all beta carotene is synthetic	Benzene (crude oil) extracted from Acetylene gas.	Carrots, Sweet Potatoes, Spinach and D. Salina Algae
Vitamin B1	Thiamin Mononitrate, Thiamin Hydrochloride or Thamin Chloride	Coal tar derivatives and Ammonia	Rice Bran, Barley Grass, Peas, Nuts, Avocados, Brewer's Yeast, Legumes
Vitamin B2	Riboflavin	Extracted from waste corn and 2N Acetic Acid and Methanol	Rice Bran, Barley Grass, Molasses, Mushrooms
Vitamin B3	Nicin or Nicainamide	Coal Tar derivatives, Ammonia, Formaldehyde	Broccoli, Rice Bran, Brewer's Yeast, Musrooms
Pantothenic Acid (B-5)	Calcium Pantothenate or Panthanol	Propene with Formaldehyde	Broccoli, Rice Bran, Molasses, Fermented Soy Complex
Vitamin B6	Pyridoxine Hydrochloride (HCL)	Petroleum Ester & Hydrochloric Acid with Formaldehyde	Rice Bran, Beets, Molasses, Brewer's Yeast
Biotin (B-7)	D-Biotin, unless stated is all synthetic	Furmaric acid (decaying plant matter) extracted using Benzene	Liver, Swiss Chard, Peanuts
Folic Acid (B-9)	Unless stated its all synthetic	Petroleum derivatives, solvents and Acetylene	Spinach, Rice Bran, Broccoli, Brewers Yeast
Vitamin B12	Cobalamin or Cyanocobalamin	Activated Charcoal reacted with Cyanide	Rice Bran, Liver, Molasses Brewer's Yeast
Vitamin C	Ascorbic Acid	Fermented corn, Hydrochloric Acid and Acetone	Acerola, Rose Hips, Citrus Fruits, Blackberries
Vitamin D	Cholecalciferol	Irradiated sheep's wool (lanolin)	Fish oil, Omega-3's, Mushrooms
Vitamin E	d-Alpha Tocopherol Acetate, Tocopheryl Acetate, Alphatocopherol	Coal tar derivative produced with heavy metals and solvents	Barley Grass, Natto, Spinach, Broccoli