

# VITAMINS, THEIR SYNONYMS, & POSSIBLE INGREDIENT NAMES

: what alternative terms to look for when you're entering amounts from a COA, spec sheet or other source

Use this Cheat Sheet to make sure you are correctly populating your Ingredient nutrient data. This Cheat Sheet lists vitamin names and their units of measure (with unit definitions in some cases) according to what is required on the U.S. 2016 label. Alternate names and example ingredient names are shown for reference, as these are commonly seen on your certificates of analysis or other documentation.

Label Vitamin	Unit/Definition	Alternate Names	Ingredient Names
Vitamin C Vitamin C (Ascorbic Acid)*	mg	Ascorbic Acid	Ascorbic Acid Sodium Ascorbate
Thiamin Thiamin (Vitamin B1)*	mg	Vitamin B1	Thiamin mononitrate Thiamin hydrochloride
Riboflavin Riboflavin (Vitamin B2)*	mg	Vitamin B2	Riboflavin
Niacin	mg/Niacin Equivalents (NE)	Vitamin B3 Nicotinic Acid	Niacin Tryptophan
Pantothenic Acid	mg	Vitamin B5	Calcium Pantothenate
Vitamin B6	mg	Pyridoxine	Pyridoxine hydrochloride
Biotin	mcg	Vitamin B7	Biotin
Folate and Folic Acid**	mcg/Dietary Folate Equivalents (DFE)	Vitamin B9 Pteroylmonoglutamic acid	Folic Acid 5-MTHF (5-methyltetrahydrofo- late)
Vitamin B12	mcg	Cobalamin	Methylcobalamin Cyanocobalamin
Vitamin A	mcg/Retinol Activity Equivalents (RAE)	Retinol	Retinyl palmitate Retinyl acetate Beta-carotene
Vitamin D	mcg	Cholecalciferol (D3) Ergocalciferol (D2)	Cholecalciferol Ergocalciferol
Vitamin E	mg/Alpha-tocopherol	Alpha-tocopherol	Alpha-tocopherol acetate Alpha-tocopherol succinate
Vitamin K	mcg	Phylloquinone (K1) Menaquinone (K2)	Phylloquinone Menaquinone

\*Per the U.S. 2016 labeling regulations, these vitamins can be followed by one specific synonym in parenthesis, as shown in the examples.

\*\*When the amount of folate is declared in the labeling of a conventional food or a dietary supplement, the nutrient name "folate" shall be listed for products containing folate (natural folate, and/or synthetic folate as a component of dietary supplement, such as calcium salt of L-5-MTHF), folic acid, or a mixture of folate and folic acid. The name of the synthetic form of the nutrient "folic acid," when added or a claim is made about the nutrient, shall be included in parentheses after this declaration with the amount of folic acid.