



**Michael Cheikin MD**  
**Holistic Medicine & Psychiatry**  
 832 Germantown Pike, Suite 3  
 Plymouth Meeting, PA 19462  
 610-239-9901 cohlife.org

**Vitamins D, A E and K**  
**Product Comparison**  
 2/9/2021  
 Vitamins DAEK\_Product\_Comparison.docx

	Unit	Note	Adult RDA	Optml	Vit D Complex (prior)	ADK Eval	Vits D & K with Sea Iodine	K2 liquid	Low Dose K2 MK-7	Super K Elite	Ultimate E	Vitamin E 400	Gamma E Mixed Tocopherols and trienols	Gamma E Tocopherol w Sesame Lignans
Brand					DFH	DFH	LEF	Thorne	LEF	LEF	Thorne	IT	LEF	LEF
Note						DAEK2	SI			SKE		VIE2	GEMT	
venue					cap	softgel	cap	liquid	Softgel	softgel	Gelcap	Softgel	softgel	
Size						60	60	1 oz	90	30	60	60	60	
Retail Price						\$32.75	\$18.00	\$69.00	\$13.50	\$18.00	\$50.00	\$18.50	\$40.00	
Wellevate						D06102		T70013			T43017	VIE2	L07061	
Serving Size*						1	1	15 drops	1	1	1	1	1	
Servings/Jar						60	60	80	90	30	60	60	60	
Cost/Day*		c/d				\$0.50	\$0.30	\$0.86	\$0.15	\$0.60	\$0.83	\$0.31	\$0.66	
Vit A retinyl palmitate	IU (mcg)	VA	3000			5000 (1515)								
Beta Carotene	mcg	VA												
Alpha Carotene	mcg													
Mixed Caroten	IU													
Vitamin D-3	IU (mcg)	VD		2000+		5000 (125)	5000 (125)							
Vitamin E d-alpha tocopherol	IU (mg)	VE								---	500 (335)	400 (268)	(30.15)	
Mixed Tocopherols	mg											50	145	359
beta	mg										~10			
gamma	mg										~425			
delta	mg						50 delta + gamma				~165			
Tocotrienols	mg												360	--
Trans-GeranylGeraniol	mg	GG					5							
Sesame Lignans	mg													20
K1 phytonadione	mcg	K1				1000								
K2 (MK-4)	mcg	MK4	120			50	1000	15		2000				
K2 (MK-6)	mg	MK6					1000			1500				
K2 (MK-7) menaquinone-7	mcg	MK7					100		45	11				
K2 (MK-9)	mg	M9								181				
Iodine	mcg		150	1000+			1000			43				

Notes: c/d: based on 4000 IU Vit D (100 mg) per day

VA: RAE (Retinol Activity Equivalents) 5000 IU = 1.5 mg; VB3: NE (Niacin Equivalents) VD: 2000 IU = 50 mg

VE:

VK:

ARG: Tocotrienols as DeltaGOLD™, has fish gelatin

DAEK2: has bovine gelatin

GEMT: has gelatin

GG: GG-Gold™

MK4: Menatetrenone

SI: Sea-Iodine™ Complex Blend from organic kelp, bladderwrack extract and potassium iodide); contains maltodextrin

VDS: Also comes in 30 and 120

VIE2: has gelatin