



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

Vitamins D, A E and K
Product Comparison
 1/4/2022
 Vitamins DAEK_Product_Comparison.docx

	Unit	Note	Adult RDA	Opt ml	Vit D Compl ex (prior)	ADK Eval	Vit D3 Complet e 500	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	Vitamin A	Vitamin A	Gamma E Tocopherol w Sesame Lignans
Brand					DFH	DFH	ARG	LEF	Thorne	LEF	LEF	Thorne	IT	LEF	DL	PLB	LEF
Note						DAEK2		SI			SKE		VIE2	GEMT			
venue					cap	softgel	softgel	cap	liquid	Softgel	softgel	Gelcap	Softgel	softgel	softgel	softgel	
Size						60	60	60	1 oz	90	30	60	60	60	100	100	
Retail Price						\$32.75	\$35.89	\$18.00	\$69.00	\$13.50	\$24.00	\$50.00	\$18.50	\$40.00	14.00	8.00	
Wellvate						D06102	A7260		T7001		L33534	T4301	VIE2	L07061	AVI	P0340	
Serving Size*						1	1	1	15 drops	1	1	1	1	1	1	1	
Servings/Jar						60	60	60	80	90	30	60	60	60	100	100	
Cost/Day*		c/d				\$0.55	\$0.60	\$0.30	\$0.86	\$0.15	\$0.80	\$0.83	\$0.31	\$0.66	0.14	0.08	
Vit A retinyl palmitate	IU (mcg)	VA	3000			5000 (1515)	3000								10,000	25,000	
Beta Carotene	mcg	VA															
Alpha Carotene	mcg																
Mixed Caroten	IU																
Vitamin D-3	IU (mcg)	VD		2000 +		5000 (125)	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					50 delta + gamma						~425					
delta	mg											~165					
Tocotrienols	mg						5							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	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