



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
 1/4/2022
 Vitamins DAEK_Product_Comparison.docx

	Unit	Note	Adult RDA	Optml	Vit D Complex (prior)	ADK Evail	Vit D3 Complete 500	Vits D & K w Sea Iodine	K2 liquid	Low Dose K2 MK-7	Super K Elite	Ultimate E	Vitamin E 400	Gamma E Mixed Tocopherls and trienols
Brand					DFH	DFH	ARG	LEF	Thorne	LEF	LEF	Thorne	IT	LEF
Note						DAEK2		SI			SKE		VIE2	GEMT
venue					cap	softgel	softgel	cap	liquid	Softgel	softgel	Gelcap	Softgel	softgel
Size						60	60	60	1 oz	90	30	60	60	60
Retail Price						\$32.75	\$35.89	\$18.00	\$69.00	\$13.50	\$18.00	\$50.00	\$18.50	\$40.00
Wellevate						D06102	A72601		T70013			T43017	VIE2	L07061
Serving Size*						1	1	1	15 drops	1	1	1	1	1
Servings/Jar						60	60	60	80	90	30	60	60	60
Cost/Day*		c/d				\$0.55	\$0.60	\$0.30	\$0.86	\$0.15	\$0.60	\$0.83	\$0.31	\$0.66
Vit A retinyl palmitate	IU (mcg)	VA	3000			5000 (1515)	3000							
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
beta	mg											~10		
gamma	mg											~425		
delta	mg					50 delta + gamma						~165		
Tocotrienols	mg						5							360
Trans-GeranylGeraniol	mg	GG				5								
Sesame Lignans	mg													
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