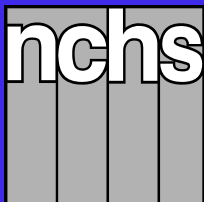


Dietary Supplement Use in the US: The National Health and Nutrition Examination Survey (NHANES) and Dietary Supplement Database

K Radimer, B Bindewald,
MF Picciano¹, J Dwyer¹, P Coates¹
¹Office of Dietary Supplements

National Center for Health Statistics



OVERVIEW

- NHANES
- NHANES supplement use data collection (household interview)
- Supplement label acquisition
- Creation of default supplements
- NHANES supplement label database
- NHANES 99-00 supplement label data
- Issues for supplement label-based data

Objective of NHANES

- To assess the health and nutritional status of adults and children in the United States.

Some NHANES Goals

- Estimate the population prevalence and distribution of health conditions and related risk factors
- Monitor trends in health over time
- Study the relationship of diet, nutritional status, and health over time

Study Details for NHANES 99-04

- Nationally representative sample of non-institutionalized U.S. civilians
- Continuous survey of about 5,000 people per year from 15 communities
- Data publicly released each 2 years

Ask about supplement use

- Taken any vitamins, minerals, or other dietary supplements in the past month? Include prescription and non-prescription supplements.
- Ask about antacids (for calcium content)
- Ask to see containers (not seen 1/3 of time)

Record supplement label information

- Name of product and some ingredient strength information
- If container not seen, may get only a generic name (e.g. vitamin C, multivitamin)
- Ask details of use: how long, how often, how much?

Obtain supplement label data

- Contact manufacturers and distributors
- Company websites
- Other internet sources
- Physicians Desk Reference

DHES Unified Mineral and Product Supplement Database (DUMPS)

Search by Product Name

Search By Product Code:

Search

Product Code	Product Name
1-000-2379-00	100% NATURAL FRUIT CHEW C 500 MG BLUEBERRY, RASPBERRY AND BOYSENE
1-000-2380-00	100% NATURAL FRUIT CHEW C 500MG TANGY ORANGE FLAVOR NATURAL FACTO
1-000-3840-00	21ST CENTURY NORWEGIAN COD LIVER OIL RICH IN NATURAL VITAMINS A & D
1-000-3843-00	21ST CENTURY ONE DAILY ADULTS 50+
1-000-3842-00	21ST CENTURY SELENOMAX SELENIUM 200 MCG
1-000-3749-00	21ST CENTURY STANDARDIZED EXTRACT PYCNOGENOL
1-000-2279-00	A & D NATURAL CAPSULES
1-000-2392-01	A.C. GRACE COMPANY UNIQUE E NATURAL VITAMIN E COMPLEX 400 IU D-ALPHA T
1-000-4581-00	AAFES STRESS FORMULA
1-000-3004-00	AARP NIACIN 500 MG
1-000-1495-00	AARP PHARMACY SERVICE FORMULA 174 VITAMIN C 1000 MG

Browse

Add

Delete

Ingredients

Exit

Total No Of Products:

5308

Update Supplement Composition

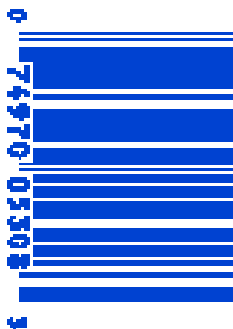
- Create new entries as supplement composition changes
- Use reformulated version 3 months after it comes onto the market (manufacturer advice)

Example of reformulation

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Oil- and Water-soluble Vitamins with Minerals Tablets USP.

†FloraGLC is a registered trademark of Remint.



YourLife

Call us 1-800-533-VITA

Multivitamin

NOW WITH LUTEIN

Central-Vite®

Multivitamin/Multimineral Supplement
Complete with Antioxidant Nutrients
USP



130 Tablets

Made to U.S. Pharmacopeia (USP) quality, purity and potency standards. Laboratory tested to dissolve within 60 minutes.

Supplement Facts

Serving Size 1 Tablet

Each Tablet Contains	% DV	Each Tablet Contains	% DV
Vitamin A 5000 I.U. 20% as Beta Carotene	100%	Magnesium 100 mg	25%
Vitamin C 60 mg	100%	Zinc 15 mg	100%
Vitamin D-400 I.U.	100%	Selenium 20 mcg	25%
Vitamin E 30 I.U.	100%	Copper 2 mg	100%
Vitamin K 25 mcg	31%	Manganese 2 mg	100%
Vitamin B1 1.5 mg	100%	Chromium 120 mcg	100%
Vitamin B2 1.7 mg	100%	Molybdenum 75 mcg	100%
Niacin 20 mg	100%	Chloride 17 mg	2%
Vitamin B6 2 mg	100%	Potassium 80 mg	2%
Folate 400 mcg	100%	Sodium 150 mcg	*
Vitamin B12 6 mcg	100%	Nickel 5 mcg	*
Biotin 30 mcg	10%	Silicon 2 mg	*
Pantoic Acid 10 mg	100%	Tin 10 mcg	*
Calcium 162 mg	16%	Vanadium 10 mcg	*
Iron 18 mg	100%	Turbin (Cakre/Sakal/Ganals)	*
Phosphorus 109 mg	11%	(oral parts) 250 mcg	*
Iodine 150 mcg	100%	*Daily Value (DV) not established.	

INGREDIENTS: Dicalcium Phosphate, Cellulose, Magnesium Oxide, Potassium Chloride, Ascorbic Acid, Ferrus Fumarate, Calcium Carbonate, Gelatin, dl-Alpha Tocopheryl Acetate, Nicotinic Acid, Zinc Oxide, Croscarmellose Sodium, d-Calcium Pantothinate, Croscopolone, Magnesium Stearate, Dextrin, Titanium Diox-

ide, Hydroxypropyl Methylcellulose, Silicon Dioxide, Mannanase Sulfate, Starch, Maltodextrin, Polyethylene Glycol, Mannitol, Pyridoxine Hydrochloride, Cupric Oxide, Riboflavin, Vegetable Oil and Oleoresins, Vitamin A Acetate, Sodium Borate, Lecithin, Thiamine Mononitrate, Chromium Chloride, Ferri, Beta Carotene, Sucrose, Mallow/Lake, Folic Acid, Lutein, Potassium Iodide, Sodium Molybdate, Ascorbyl Palmitate, Natural Vitamin E, Sodium Selenate, Sodium Molybdate, Biotin (USP Method 2), Sodium Metavanadate, Phytosterols, Nickelous Sulfate, Salinus Chloride, Ergocalciferol, Cyanocobalamin.

©YourLife, a registered trademark of Lorain Health Products Inc. Carson, California 90046 U.S.A.

Suggested Use: Take one tablet daily with a full glass of water, preferably after a meal.

Keep out of the reach of children.
Keep in a cool dry place, tightly closed.

FRESHNESS & AND POTENCY GUARANTEED THROUGH: VC-5308K006

Addition of lutein to multivitamins: reformulation occurred during data collection. 2 versions of each product (pre-lutein and post-lutein) are needed in the database.

Capturing Reformulations in the Database

DUMPS

File Reports Utility Window Help

DHES Unified Mineral and Product Supplement Database

DHES Unified Mineral and Product Supplement Database (DUMPS)

Search by Product Name

Search By Product Code: Search

Product Code	Product Name	
1-000-0413-01	ONE A DAY MAXIMUM HIGH POTENCY MULTIVITAMIN / MULTIMINERAL	BAYER CI
1-000-0413-00	ONE A DAY MAXIMUM MULTIVITAMIN / MULTIMINERAL	BAYER CI
1-000-0135-01	ONE A DAY MEMORY & CONCENTRATION FORMULA A UNIQUE BLEND WITH NATURAL	BAYER CI
1-000-0135-00	ONE A DAY MEMORY AND CONCENTRATION WITH NATURAL GINKGO AND B-VITAMINS	BAYER CI
1-000-0138-00	ONE A DAY MENOPAUSE HEALTH FORMULA A UNIQUE BLEND WITH BLACK COHOSH	BAYER CI
1-000-0132-02	ONE A DAY MEN'S HEALTH FORMULA	BAYER CI
1-000-0132-00	ONE A DAY MEN'S HIGH POTENCY MULTIVITAMIN / MULTIMINERAL	BAYER CI
1-000-0132-01	ONE A DAY MEN'S HIGH POTENCY MULTIVITAMIN/MULTIMINERAL	BAYER CI
1-000-0139-01	ONE A DAY PROSTATE HEALTH FORMULA A UNIQUE BLEND WITH NATURAL SAW PAL	BAYER CI
1-000-0139-00	ONE A DAY PROSTATE HEALTH WITH NATURAL SAW PALMETTO AND ZINC	BAYER CI
1-000-0134-00	ONE A DAY TENSION & MOOD FORMULA A UNIQUE BLEND WITH ST. JOHN'S WORT A	BAYER CI

Total No Of Products: 4333

Browse Add Delete Ingredients Exit

Ready

Reformulations are indicated by the last 2 digits of the Product Code:
00 –original, 01 –first reformulation, 02 – second reformulation, etc.

Creation of default products

- For use in surveys where exact supplement or strength unknown
- NHANES nationally representative, thus broadly applicable
- Defaults based upon:
 - Most frequently reported in a two year NHANES cycle
 - Manufacturer sales information

Examples of Recommended Defaults

- Vitamin E: 400 IU
- Vitamin C: 500 mg
- Calcium: 500 mg
- Iron: 65 mg
- Women's Multivitamin: One A Day Women's High Potency Multivit/Multimin
- Multivitamin: Centrum Multivit/ Multimin
- Multivitamin: One-A-Day Essential
- See handout for more

NHANES 99-00 supplement label data

- Currently available in SAS
 - http://www.cdc.gov/nchs/about/major/nhanes/NHANES99_00.htm
 - Or: Go to NHANES homepage; scroll to “Data Sets...”; select NHANES 1999-2000
- Upcoming release in Excel format
 - Easier access, sorting, exporting into other databases, SAS not required

Supplement Information Worksheet

Microsoft Excel - DSQ_4_Web [Read-Only]

File Edit View Insert Format Tools Data Window Help

Type a question for help

Tahoma 8 B I U

D2 'standard formulation

	A	B	C	D	E	F	G	H	I	J	K	L	M	N
	Supplement ID	Supplement Name	Supplement Information Source	Formulation Type	Serving Size Quantity	Serving Size Units	Alternative serving Size	Count of Vitamins in the Supplement	Count of Minerals in the Supplement	Count of Amino Acids in the Supplement	Count of Botanicals in the Supplement	Count of Other Ingredients in the Supplement		
1														
2	1000011700	IBERET-FOLIC-500 FILMTAB TABLETS	Physician s Desk Reference (PDR)	standard formulation	1	Tablets		8	1	0	0	0		
3	1000011701	FERO-FOLIC-500 FILMTAB TABLETS	Physician s Desk Reference (PDR)	standard formulation	1	Tablets		2	1	0	0	0		
4	1000011800	EMERGEN-C	Internet Listing	standard formulation	1	Packets	1 PACKET = 6 GRAMS	7	5	0	0	3		
5	1000012200	NUTRILITE DOUBLE X MULTIVITAMIN MULTIMINERAL	Supplement label or carton	standard formulation	1	Packets	1 PACKET = 2 PILLS	12	11	0	0	3		
6	1000012300	NUTRILITE DAILY MULTIVITAMIN AND MULTIMINERAL	Supplement label or carton	standard formulation	1	Tablets		11	7	0	0	0		
7	1000012600	OCUVITE NUTRITIONAL SUPPORT WITH KEY ANTIOXIDANTS AND ZINC	Supplement label or carton	standard formulation	1	Tablets		3	3	0	0	1		
8	1000012700	ONE A DAY CALCIUM PLUS CALCIUM WITH VITAMIN D AND MAGNESIUM FRUIT FLAVORED CHEWABLE TABLETS	Supplement label or carton	standard formulation	1	Tablets		1	2	0	0	0		
9	1000012900	ONE A DAY GARLIC	Supplement label or carton	standard formulation	1	Softgels		0	0	0	1	0		
10	1000013100	ONE A DAY 50 PLUS HIGH POTENCY MULTIVITAMIN / MULTIMINERAL	Supplement label or carton	mature formulation	1	Tablets		11	3	0	0	1		
	1000013200	ONE A DAY MEN'S HIGH POTENCY	Supplement label	standard	1	Tablets		11	8	0	0	2		

Supplement Information / Ingredient Information / Supplement Blend

Ready NUM

Ingredient Information Worksheet

Microsoft Excel - DSQ_4_Web [Read-Only]

File Edit View Insert Format Tools Data Window Help

Type a question for help

MS Sans Serif 8 B I U \$ % , +.00 -.00

G2 mcg

	A	B	C	D	E	F	G	H	I	J	K
1	Supplement ID	Supplement Name	Ingredient ID	Ingredient Name	Ingredient Operator	Ingredient Quantity	Ingredient Unit	Ingredient Category	Blend Flag		
2	1000011700	IBERET-FOLIC-500 FILMTAB TABLETS	10000139	FOLIC ACID / FOLATE	=	800	mcg	vitamin	Ingredient is not a blend		
3	1000011700	IBERET-FOLIC-500 FILMTAB TABLETS	10000268	NIACIN / NIACINAMIDE	=	30	mg	vitamin	Ingredient is not a blend		
4	1000011700	IBERET-FOLIC-500 FILMTAB TABLETS	10000382	VITAMIN B-12 (COBALAMIN)	=	25	mcg	vitamin	Ingredient is not a blend		
5	1000011700	IBERET-FOLIC-500 FILMTAB TABLETS	10000383	VITAMIN B-6 (PYRIDOXINE)	=	5	mg	vitamin	Ingredient is not a blend		
6	1000011700	IBERET-FOLIC-500 FILMTAB TABLETS	10000384	VITAMIN C (ASCORBIC ACID)	=	500	mg	vitamin	Ingredient is not a blend		
7	1000011700	IBERET-FOLIC-500 FILMTAB TABLETS	10000420	VITAMIN B-2 (RIBOFLAVIN)	=	6	mg	vitamin	Ingredient is not a blend		
8	1000011700	IBERET-FOLIC-500 FILMTAB TABLETS	10000434	VITAMIN B-1 (THIAMIN)	=	6	mg	vitamin	Ingredient is not a blend		
9	1000011700	IBERET-FOLIC-500 FILMTAB TABLETS	10000436	FERROUS SULFATE	=	525	mg	mineral	Ingredient is not a blend		
10	1000011700	IBERET-FOLIC-500 FILMTAB TABLETS	10000437	CALCIUM PANTOTHENATE	=	10	mg	vitamin	Ingredient is not a blend		
11	1000011701	FERO-FOLIC-500 FILMTAB TABLETS	10000139	FOLIC ACID / FOLATE	=	800	mcg	vitamin	Ingredient is not a blend		
12	1000011701	FERO-FOLIC-500 FILMTAB TABLETS	10000384	VITAMIN C (ASCORBIC ACID)	=	500	mg	vitamin	Ingredient is not a blend		
13	1000011701	FERO-FOLIC-500 FILMTAB TABLETS	10000436	FERROUS SULFATE	=	525	mg	mineral	Ingredient is not a blend		
14	1000011800	EMERGEN-C	10000070	CALCIUM	=	50	mg	mineral	Ingredient is not a blend		
15	1000011800	EMERGEN-C	10000093	CHROMIUM	=	10	mcg	mineral	Ingredient is not a blend		

Supplement Information Ingredient Information Supplement Blend

Ready NUM

Supplement Information Worksheet - Blends

Microsoft Excel - DSQ_4_Web [Read-Only]

File Edit View Insert Format Tools Data Window Help

Type a question for help

A1 Supplement ID

	A	B	C	D	E	F	G	H	I	J	K
1	Supplement ID	Supplement Name	Ingredient ID	Ingredient Name	Ingredient Operator	Ingredient Quantity	Ingredient Unit	Ingredient Category	Blend Flag		
2	1000021400	VITALERT COMPLETE HIGH POTENCY FORMULA WITH ENERGIZING HERBS	10000604	VITALERT HERBAL BLEND	=	113.6	mg	.	Ingredient is a blend		
3	1000045700	SHAKLEE HERBAL FORMULAS OSTEOKINETICS	10000609	OSTEOKINETICS ENHANCED PROPRIETARY BLEND	=	450	mg	.	Ingredient is a blend		
4	1000045701	SHAKLEE OSTEOKINETICS GLUCOSAMINE, DEVIL'S CLAW, ALFALFA & MORE	10000609	OSTEOKINETICS ENHANCED PROPRIETARY BLEND	=	450	mg	.	Ingredient is a blend		
5	1000046500	METABOLIFE 356	10002165	METABOLIFE 356 PROPRIETARY BLEND	=	728	mg	.	Ingredient is a blend		
6	1000046600	METAFORM HYPERDRIVE 360 GRAPE FLAVOR	10001393	METAFORM HYPERDRIVE 360 PROPRIETARY PROTEIN BLEND	=	16	mg	.	Ingredient is a blend		
7	1000047400	NUTRILITE ECHINACEA WITH ASTRAGALUS	10000610	NUTRILITE ACEROLA CONCENTRATE #1	=	8.3	mg	.	Ingredient is a blend		
8	1000055000	NATIONAL HEALTH PRODUCTS UP YOUR GAS	10001639	UP YOUR GAS PROPRIETARY BLEND	=	1200	mg	.	Ingredient is a blend		
9	1000062300	NUTRILITE SIBERIAN GINSENG WITH GINKGO BILOBA	10000610	NUTRILITE ACEROLA CONCENTRATE #1	=	16.6	mg	.	Ingredient is a blend		
		NUTRILITE ACEROLA CONCENTRATE									

Supplement Information / Ingredient Information / Supplement Blend /

Ready NUM

Supplement Blend Worksheet

Microsoft Excel - DSQ_4_Web [Read-Only]

File Edit View Insert Format Tools Data Window Help

Type a question for help

MS Sans Serif 8

A1 Ingredients ID

	A	B	C	D	E	F	G
1	Ingredients ID	Ingredients Name	Blend Component ID	Blend Component Name	Blend Component Category		
2	10000604	VITALERT HERBAL BLEND	10000029	BEE POLLEN	other		
3	10000604	VITALERT HERBAL BLEND	10000151	GINGER ROOT	botanical		
4	10000604	VITALERT HERBAL BLEND	10000164	GOTU KOLA	botanical		
5	10000604	VITALERT HERBAL BLEND	10000233	LECITHIN	other		
6	10000604	VITALERT HERBAL BLEND	10000504	SOY PROTEIN CONCENTRATE	botanical		
7	10000604	VITALERT HERBAL BLEND	10000524	GINSENG (ROOT)	botanical		
8	10000604	VITALERT HERBAL BLEND	10000538	GUARANA EXTRACT	botanical		
9	10000604	VITALERT HERBAL BLEND	10000545	ROSE HIPS (FRUIT)	botanical		
10	10000604	VITALERT HERBAL BLEND	10000720	GINKGO BILOBA LEAF	botanical		
11	10000609	OSTEOKINETICS ENHANCED PROPRIETARY BLEND	10002892	ALFALFA CONCENTRATE (MEDICAGO SATIVA) (LEAF)	botanical		
12	10000609	OSTEOKINETICS ENHANCED PROPRIETARY BLEND	10002893	DEVIL'S CLAW EXTRACT (HARPAGOPHYTUM PROCUMBEN	botanical		
13	10000610	NUTRILITE ACEROLA CONCENTRATE #1	10001609	MALTODEXTRIN	other		
14	10000610	NUTRILITE ACEROLA CONCENTRATE #1	10001787	ACEROLA CHERRY EXTRACT (FRUIT)	botanical		
15	10000652	NUTRILITE ACEROLA CONCENTRATE #2	10001787	ACEROLA CHERRY EXTRACT (FRUIT)	botanical		
16	10000652	NUTRILITE ACEROLA CONCENTRATE #2	10001788	OTHER INGREDIENTS NOT SPECIFIED	other		
17	10000693	SUNDOWN GRAPESEED XTRA PREMIUM BLEND	10000039	BILBERRY	botanical		
18	10000693	SUNDOWN GRAPESEED XTRA PREMIUM BLEND	10000516	GREEN TEA LEAVES	botanical		
19	10000693	SUNDOWN GRAPESEED XTRA PREMIUM BLEND	10001618	SELENIUM AMINO ACID CHELATE	mineral		
20	10000705	HERBAL BLEND FOR MULTIVITAMIN WITH HERBS	10000098	CITRUS BIOFLAVONOIDS	botanical		
21	10000705	HERBAL BLEND FOR MULTIVITAMIN WITH HERBS	10000168	GRAPE SKIN EXTRACT	botanical		
22	10000705	HERBAL BLEND FOR MULTIVITAMIN WITH HERBS	10000180	HESPERIDIN COMPLEX	other		
23	10000705	HERBAL BLEND FOR MULTIVITAMIN WITH HERBS	10001476	ALOE VERA	botanical		
24	10000727	SCHIFF GLUCOSAMINE COMPLEX	10000157	GLUCOSAMINE SULFATE	other		
25	10000727	SCHIFF GLUCOSAMINE COMPLEX	10000453	GLUCOSAMINE HYDROCHLORIDE	other		
26	10000727	SCHIFF GLUCOSAMINE COMPLEX	10001599	N-ACETYL D-GLUCOSAMINE	other		
27	10000905	ULTRA PLAN SUPER FOODS BLEND	10000028	BARLEY LEAVES	botanical		
28	10000905	ULTRA PLAN SUPER FOODS BLEND	10000059	BROCCOLI	botanical		
29	10000905	ULTRA PLAN SUPER FOODS BLEND	10000352	SPIRULINA	botanical		
30	10000905	ULTRA PLAN SUPER FOODS BLEND	10000925	SPINACH LEAVES	botanical		
31	10000910	NUTRILITE TROPICAL FRUIT CONCENTRATE BLEND	10000658	GUAVA POWDER (FRUIT)	botanical		

Supplement Information Ingredient Information Supplement Blend

Ready NUM

What is a dietary supplement?

- Not represented for use as conventional food or as sole item of meal or diet
 - Report of the commission on dietary supplement labels
- sports oriented drinks / powders
 - Creatine/ protein/ whey powders
 - Post exercise recovery drinks
- teas made from herbal supplements
- garlic cloves, Total, All-bran

Name and label issues

- Important if trying to match a reported product to a product label name for ingredients
- Products with similar names may be different
- The name of the same product in different sizes may look different

Name and label issues, con't

- Labels may change but product doesn't
- Products may change but label doesn't
- Name of product may look different on the label than on the carton, the internet, or in the PDR.

Name and label issues, con't

- Labels for similar products may report different ingredients in the facts box:
 - Cod liver oil label may include:
 - Vitamins A & D only
 - Vitamins A & D, EPA, DHA

TIME RELEASE • TIME RELEASE • TIME RELEASE • TIME RELEASE • TIME RELEASE • TIME RELEASE

SPARKS ENERGY

ECKERD

NATURAL BALANCED

B-50
B-COMPLEX SUPPLEMENT

60 TABLETS



This time release product is specially formulated to release its nutrients over approximately 4 to 6 hours.

Item No. 540872

Mononitrate, Riboflavin, Stearic Acid, Cellulose, Magnesium Stearate, Silicon Dioxide, Resin, Gum Acacia, Hydroxypropyl Cellulose, Yeast, Rice Bran, Para-Aminobenzoic Acid, Folic Acid, Alfalfa, Watercress, Parsley, Lecithin, Cyanocobalamin, Biotin.

Distributed by:
Eckerd Drug Company
Clearwater, FL 33758

B-50 is a combination of B-vitamins which help convert food into energy and are necessary for normal functioning of the nervous system.

Suggested use: Take one tablet daily with a full glass of water, preferably after a meal.



EK3105QA06

Supplement Facts

Serving Size 1 Tablet

Each Tablet Contains	% DV
Thiamin (Vitamin B1) 50 mg	3333%
Riboflavin (Vitamin B2) 50 mg	2941%
Niacin 50 mg	250%
Vitamin B6 50 mg	2500%
Folate 400 mcg	100%
Vitamin B12 50 mcg	833%
Biotin 50 mcg	16%
Pantothenic Acid 50 mg	500%

INGREDIENTS: Dicalcium Phosphate, Hydrogenated Vegetable Oil, d-Calcium Pantothenate, Pyridoxine Hydrochloride, Niacinamide, Thiamine

DO NOT USE THIS PRODUCT IF PRINTED INNER SEAL UNDER CAP IS MISSING OR BROKEN.

SPARKS ENERGY

ECKERD

NATURAL BALANCED

B-50
B-COMPLEX SUPPLEMENT

50 TABLETS

USP



Made to U.S. Pharmacopeia (USP) quality, purity and potency standards. Laboratory tested to dissolve within 60 minutes.

Item No. 594978

Glycol 3350, Tricalcium Phosphate, Dicalcium Phosphate, Resin, Magnesium Stearate, Hydroxypropyl Cellulose, Gelatin, Rice Bran, Yeast, Alfalfa, Lecithin, Para-Aminobenzoic Acid, Parsley, Watercress, Folic Acid, Cyanocobalamin (USP Method 2), Biotin (USP Method 2).

Distributed by:
Eckerd Drug Company
Clearwater, FL 33758

B vitamins work together to help convert food into energy and to support a healthy nervous system.

Suggested use: Take one tablet daily with a full glass of water, preferably after a meal.



EK3655QA06

Supplement Facts

Serving Size 1 Tablet

Each Tablet Contains	% DV
Thiamin (Vit. B1) 50 mg	3333%
Riboflavin (Vit. B2) 50 mg	2941%
Niacin 50 mg	250%
Vitamin B6 50 mg	2500%
Folate 100 mcg	25%
Vitamin B12 50 mcg	833%
Biotin 50 mcg	16%
Pantothenic Acid 50 mg	500%

INGREDIENTS: Calcium Carbonate, Cellulose, d-Calcium Pantothenate, Pyridoxine Hydrochloride, Maltodextrin, Thiamine Mononitrate, Riboflavin, Niacinamide, Croscarmellose Sodium, Sodium Starch Glycolate, Silicon Dioxide, Polyethylene

SAFETYWAY SELECT
PREMIUM QUALITY

Children's Chewable
Multi Vitamins
Dietary Supplement

100 TABLETS




SAFETYWAY SELECT
PREMIUM QUALITY

Children's Chewable
Complete
Multi Vitamins
Multiple Vitamins Supplement

WITH ESSENTIAL MINERALS

60 TABLETS




SAFETYWAY SELECT
PREMIUM QUALITY

Children's Chewable
Multi Vitamins
Dietary Supplement

PLUS IRON

100 TABLETS




SAFETYWAY SELECT
PREMIUM QUALITY

Children's Chewable
Complete
Multi Vitamins
Dietary Supplement

WITH ESSENTIAL MINERALS

TRIAL SIZE 14 TABLETS



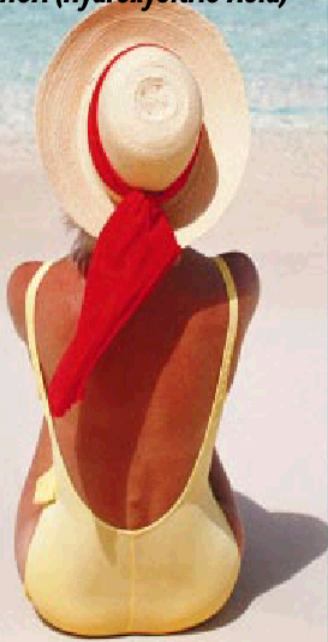

ECKERD

*Chromium
Picolinate*
Plus

LOSE FAT
Without Stimulants

Citri-MAXTM

Weight Loss System
With Chromium Picolinate
& HCA (Hydroxycitric Acid)*



60 TABLETS

*HCA from
CITRIMAX

Citrimax is a trademark
of InterHealth Company

carton

ECKERD

Citri-

MAXTM Plus



60 TABLETS

*Chromium
Picolinate* *Without
Stimulants*

Weight Loss System
With Chromium Picolinate
& HCA (Hydroxycitric Acid)*

*HCA from **CITRIMAX**

label

NHANES web site

<http://www.cdc.gov/nchs/nhanes.htm>

- Individual dietary supplement use data in SAS
- NHANES 99-00 dietary supplement data in SAS format