

# List of Vitamins, Essential Fats, Antioxidants, Amino Acids, and Organic Nutrients

## Vitamin A

1. Beta-Carotene
2. Carotenoid
3. Retinoic acid
4. Retinyl acetate
5. Retinyl ester
6. Retinyl palmitate

## Vitamin B-1 (Thiamin)

7. Benfotiamine
8. Thiamin mononitrate

## Vitamin B-2 (Riboflavin)

9. Riboflavin
10. Riboflavin reduced
11. Riboflavin 5'-monophosphate

## Vitamin B-3 (Niacin)

12. Niacin HCl
13. Nicotinic acid

## Vitamin B-4

14. Adenine

## Vitamin B-5

15. Calpanate
16. D-Pantothenic acid

## Vitamin B-6

17. Pyridoxine aspartate
18. Pyridoxine HCl
19. Pyridoxine methyl phosphate
20. Pyradoxal 5'-phosphate[P5P]

## Vitamin B-7

21. Biotin

## Vitamin B-8

22. Adenosine monophosphate,5'-AMP

## Vitamin B-9

23. Folic acid
24. Folinic acid
25. Methylfolate
26. Calcium methyltetrahydrofolate
27. Tetrahydrofolic acid

## Vitamin B-10

28. Para-aminobenzoic acid

## Vitamin B-11

29. Pteryl-hepta-glutamic acid

## Vitamin B-12

30. Adenosylcobalamine
31. Hydroxocobalamine
32. Methylcobalamine

33. Intrinsic factor

## Vitamin B-13

34. Orotic acid

## Vitamin C

35. Ascorbyl palmitate
36. Ascorbate calcium
37. Ascorbate magnesium
38. Ascorbate manganese
39. Ascorbate potassium
40. Ascorbate sodium
41. Ascorbate zinc
42. Calcium ascorbate dihydrate
43. L-Ascorbic acid
44. Citrus bioflavonoid complex (*Flavanol, Hesperidin, Nobiletin, Tangeritin*)
45. Flavanol
46. Hesperidin
47. Nobiletin
48. Tangeritin

## Vitamin D<sup>3</sup>

49. Cholecalciferol

## Vitamin E

50. tocopherol
51. d-alpha tocopheryl succinate
52. beta-tocopherol
53. delta-tocopherol
54. gamma-tocopherol
55. dl-alpha tocopherol acetate

## Vitamin K

56. Menaquinone-7
57. Phytonadione

## FATS

58. alpha-linolenic acid
59. arachidic acid
60. arachidonic acid
61. dehydroepiandrosterone:DHEA
62. dehydroepiandrosterone sulfate:DHEAS
63. docosahexaenoic acid
64. docosapentaenoic acid
65. eicosapentaenoic acid
66. gamma-linolenic acid
67. linoleic acid
68. oleanolic acid
69. oleic acid
70. palmitic acid
71. palmitoleic acid
72. phytosterol (*stigmaterol, sitostanol*)
73. stearic acid
74. carnitine
75. Fenugreek[seed] (*sotolone, 4-hydroxyisoleucine, beta-sitosteryl glucoside, stigmasteryl glucoside, vicine*)

## ANTIOXIDANTS

76. Ellagic acid
77. Epigallocatechin Gallate
78. Glutathione
79. Lipoic Acid
80. Lutein
81. N-Acetylcysteine
82. Oxaloacetic acid
83. Quercetin
84. Resveratrol (Resveratrolside)
85. Turmerol

## AMINO ACIDS

86. Alanine
87. Arginine
88. Asparagine
89. Aspartic Acid
90. Citrulline
91. Cysteine
92. Glutamic Acid
93. Glutamine
94. Glycine
95. **Histidine**
96. **Isoleucine**
97. **Leucine**
98. **Lysine**
99. **Methionine**
100. Ornithine
101. **Phenylalanine**
102. Proline
103. Serine
104. **Threonine**
105. **Tryptophan**
106. Tyrosine
107. **Valine**

## MISC Nutrients

108. Alpha-Ketoglutaric acid

109. Alpha-Lipoic Acid
110. Amygdalin (*laetrile*)
111. Carnosine
112. Catechin
113. Chlorogenic acid
114. Choline
115. Chondroitin sulfate
116. Chrysin
117. Clarantin
118. Coenzyme Q<sub>10</sub>
119. Creatine
120. Glucosamine sulfate
121. Glucuronic Acid
122. Hyaluronic Acid
123. Hydroxytryptophan
124. Indole-3-Carbinol
125. Inositol
126. Inositol hexaphosphate
127. Ipriflavone
128. Isoflavones (*Genistein, Daidzein, Capsidiol, Glycitein, Danielone*)
129. Limonene
130. Lycopene
131. Malic acid
132. Mannitol
133. Mannose
134. Methylsulfonylmethane
135. Reduced.Iso-alpha.Acids
136. Ribose
137. Rutin
138. Sitosterol
139. Tetrahydro-Iso-Alpha acids (*α-bitteracid, Cohumulone, Adhumulone, 5-hydroxy-indole-3-acetic acid*)
140. Tetrahydro-Iso-Beta acids (*Lupulone, Colupulone, Adlupulone*)
141. Viniferin
142. Zeaxanthin