

Third National Health and Nutrition Examination Survey
(NHANES III), 1988-94

NHANES III VITAMIN AND MINERAL SUPPLEMENTS DATA FILE DOCUMENTATION

Series 11, No. 2A

April 1998

*Special Note:

(Response to vitamin & mineral supplement questions)

This file contains the responses to the vitamin/mineral supplement questions for supplement users only; listed as one record per supplement taken. In addition to the information listed in "Adultx" and "Youthk", this file also contains the dietary supplement product codes and the dosage reported. Data for both youth and adults are combined in this file. This file can be linked to "Adultx" and "Youthk" through the SEQN number; however, the rest of the variables in this file, which also appear in "Adultx" or "Youthk", have been given new variable names. This file can be linked to the dietary supplements concentration database files through the dietary supplement product code (HQVMCODE). This file contains an overview discussion about the vitamin and mineral supplement section of the questionnaire as well as specific notes on selected variables.

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Introduction

The National Center for Health Statistics (NCHS) of the Centers for Disease Control and Prevention (CDC) collects, analyzes, and disseminates data on the health status of U.S. residents. The results of surveys, analyses, and studies are made known through a number of data release mechanisms including publications, mainframe computer data files, CD-ROMs (Search and Retrieval Software, Statistical Export and Tabulation System (SETS)), and the Internet.

The National Health and Nutrition Examination Survey (NHANES) is a periodic survey conducted by NCHS. The third National Health and Nutrition Examination Survey (NHANES III), conducted from 1988 through 1994, was the seventh in a series of these surveys based on a complex, multi-stage sample plan. It was designed to provide national estimates of the health and nutritional status of the United States' civilian, noninstitutionalized population aged two months and older.

The following table summarizes the NHANES III data which are currently available on CD-ROM, including this release.

Table 1. Available NHANES III CD-ROMs

CD-ROM Name	Release Date	Size in Megabytes	Data Files / Description
NHANES III, 1988-94, Series 11, No. 2A, ASCII Version (this release)	April 1998	407	Dietary recall (replacement), electrocardiography, laboratory (additional analytes), and vitamins/medicines data files and documentation
NHANES III, 1988-94, Series 11, No. 1, Revised SETS Version 1.22a	October 1997	285	Adult and youth household questionnaire, examination, and laboratory data files and documentation, plan and operation, analytic and reporting guidelines, weighting and estimation methodology, field operations, non-response bias
NHANES III, 1988-94, Series 11, No. 1A, ASCII Version	July 1997	454	Adult and youth household questionnaire, dietary recall, examination, and laboratory data files and documentation
NHANES III, 1988-94, Series 11, No. 1, SETS Version 1.22a *	July 1997	285	Adult and youth household questionnaire, examination, and laboratory data files and documentation
NHANES III Reference Manuals and Reports October 1996	October 1996	152	Plan and operation, analytic and reporting guidelines, weighting and estimation methodology, field operations, non-response bias

* Do not use this CD-ROM It had technical problems and has been superseded by the revised SETS version 1.22a, Series 11, No. 1, released in October 1997.

This release, Series 11, No. 2A, contains previously unreleased data and corrections. Corrections were made to the vitamin/minerals portion of the adult and youth questionnaire data files as well as the dietary recall portion of the examination data file. For the laboratory component, some previously release variables have been augmented with NHANES III Phase 2 data. In addition several new laboratory variables have been added.

The following table shows which public use files contain information from the interview and examination components.

Table 2. Location of the interview and examination components in the NHANES III public use data files

Data File

Topic	HA	HY	EXAM	LAB	DIET	VMS	ECG
Sample weights	X	X	X	X	.	.	X
Age/race/sex	X	X	X	X	.	.	X
Ethnic background	X	X
Household composition	X	X
Individual characteristics	X	X
Health insurance	X	X
Family background	X	X
Occupation of family head	X	X
Housing characteristics	X	X
Family characteristics	X	X
Orientation	X	X
Health services	X	X
Selected health conditions	X	X	X
Diabetes questions	X
High blood pressure and cholesterol questions	X
Cardiovascular disease questions	X
Musculoskeletal conditions	X
Physical functioning questions	X
Gallbladder disease questions	X

Table 2. (continued) Location of the interview and examination components in the NHANES III public use data files

	Data File							
Topic	HA	HY	EXAM	LAB	DIET	VMS	ECG	
Kidney conditions	X
Respiratory and allergy questions	X	X
Diet questions	X
Food frequency	X	.	X
Vision questions	X	X
Hearing questions	X	X
Dental care and status	X	X
Tobacco	X	.	X
Occupation	X
Language usage	X	X
Exercise	X
Social support/residence	X
Vitamin/mineral/medicine usage	X	X	X
Blood pressure measurement	X	.	X
Birth	.	X	X
Infant feeding practices/diet	.	X
Motor and social development	.	X
Functional impairment	X	X
School attendance	.	X
Cognitive function	.	X	X

Table 2. (continued) Location of the interview and examination components in the NHANES III public use data files

Data File

Topic	HA	HY	EXAM	LAB	DIET	VMS	ECG
Alcohol and drug use	.	.	X
Reproductive health	.	.	X
Diagnostic interview schedule	.	.	X
Activity	.	.	X
Physician's examination	.	.	X
Height and weight	.	.	X
Body measurements	.	.	X
Dental examination	.	.	X
Allergy skin test	.	.	X
Audiometry	.	.	X
Tympanometry	.	.	X
WISC and WRAT	.	.	X
Spirometry	.	.	X
Bone densitometry	.	.	X
Gallbladder ultrasonography	.	.	X
Central nervous system function evaluation	.	.	X
Fundus photography	.	.	X
Physical function evaluation	.	.	X
Fasting questions	.	.	.	X	.	.	.

Table 2. (continued) Location of the interview and examination components in the NHANES III public use data files

Data File

Topic	HA	HY	EXAM	LAB	DIET	VMS	ECG
Laboratory tests on blood and urine	.	.	.	X	.	.	.
Total nutrient intakes	.	.	X
Individual foods	X	.	.
Combination foods	X	.	.
Ingredients	X	.	.
Prescription Medicines	X	X	.	.	.	X	.
Vitamins and Minerals	X	X	.	.	.	X	.
Electrocardiography	X

Data File Definitions

HA - Household Adult Data File
HY - Household Youth Data File
EXAM - Examination Data File
LAB - Laboratory Data File and Second Laboratory Data File
DIET - Dietary Recall Data Files
VMS - Vitamin Mineral Supplement Data File
ECG - Electrocardiography Data File

This document includes the documentation for the NHANES III Vitamin and Mineral Supplements Data File and also contains a general overview of the survey and the use of the data files. The general overview includes five sections. The first section, entitled "Guidelines for Data Users," contains important information about the use of the data files. The second section, "Survey Description," is a brief overview of the survey plan and operation. The third section, "Sample Design and Analysis Guidelines," describes some technical aspects of the sampling plan and discusses some analytic issues particularly related to the use of data from complex sample surveys. The "Data Preparation and Processing Procedures" section describes the editing conventions and the codes used to represent the data. The last and fifth section, "General References," includes a reference list for the survey overview sections of the document.

Public Use Data Files for the third National Health and Nutrition Examination Survey will also be available from the National Technical Information Service (NTIS). A list of NCHS public use data tapes available for purchase from NTIS may be obtained from the Data Dissemination Branch at NCHS. Information regarding a bibliography (on disk) of journal articles citing data from all the NHANES and the availability of NHANES III data in CD-ROM/SETS software format can be obtained from the Data Dissemination Branch at:

Data Dissemination Branch
National Center for Health Statistics
Room 1018
6525 Belcrest Road
Hyattsville, Maryland 20782

Phone: (301)436-8500

URL:<http://www.cdc.gov/nchswww>

NTIS can be contacted at:

NTIS - Computer Products Office
5285 Port Royal Road
Springfield, Virginia 22161
(703) 487-4807

Copies of all NHANES III questionnaires and data collection forms are included in the Plan and Operation of the Third National Health and Nutrition Examination Survey, 1988-94 (NCHS, 1994; U.S. DHHS, 1996). This publication, along with detailed information on NHANES procedures, interviewing, data collection, quality control techniques, survey design,

nonresponse, and sample weighting can be found on the NHANES III Reference Manuals and Reports CD-ROM (U.S. DHHS, 1996). Information on how to order this CD-ROM is also available from the Data Dissemination Branch at NCHS at the address and telephone number given above.

GUIDELINES FOR DATA USERS

Please refer to the following important information before analyzing data.

NHANES III Background Documents

- o The Plan and Operation of the Third National Health and Nutrition Examination Survey, 1988-94, (NCHS, 1994; U.S. DHHS, 1996) provides an overview of the survey and includes copies of the survey forms.
- o The sample design, nonresponse, and analytic guidelines documents on the NHANES III Reference Manuals and Reports CD-ROM (U.S. DHHS, 1996) discuss the reasons that sample weights and the complex survey design should be taken into account when conducting any analysis.
- o Instruction manuals, laboratory procedures, and other NHANES III reference manuals on the NHANES III Reference Manuals and Reports CD-ROM (U.S. DHHS, 1996) are also available for further information on the details of the survey.

Analytic Data Set Preparation

- o Most NHANES III survey design and demographic variables are found only on the Adult and Youth Household Data Files available on the first release. In preparing a data set for analysis, other data files must be merged with either or both of these files to obtain many important analytic variables.
- o All of the NHANES III public use data files are linked with the common survey participant identification number (SEQN). Merging information from multiple NHANES III data files using this variable ensures that the appropriate information for each survey participant is linked correctly.
- o NHANES III public use data files do not have the same number of records on each file. The Household Questionnaire Files (divided into two files, Adult and Youth) contain more records than the Examination Data File because not everyone who was interviewed completed the examination. The Laboratory Data File contains data only for persons aged one year and older. The Individual Foods Data File based on the dietary recall has multiple records for each person rather than the one record per sample person contained in the other data files.
- o For each data file, SAS program code with standard variable names and labels is provided as separate text files on the CD-ROM that contains the data files. This SAS program code can be used to create a SAS data set from the data file.
- o Modifications were made to items in the questionnaires, laboratory, and examination components over the course of the survey; as a result, data may not be available for certain variables for the full six years. In addition, variables may differ by phase since some changes were implemented between phases. Users are encouraged to read the Notes

sections of this document carefully for information about changes.

- o Extremely high and low values have been verified whenever possible, and numerous consistency checks have been performed. Nonetheless, users should examine the range and frequency of values before analyzing data.
- o Some data were not ready for release at the time of this publication due to continued processing of the data or analysis of laboratory specimens. A listing of those data are available in the general information section of each data file.
- o Confidential and administrative data are not being released to the public. Additionally, some variables have been recoded to help protect the confidentiality of the survey participants. For example, all age-related variables were recoded to 90+ years for persons who were 90 years of age and older.
- o Some variable names may differ from those used in the Phase 1 NHANES III Provisional Data Release and some variables included in the Phase 1 provisional release may not appear on these files.
- o Although the data files have been edited carefully, errors may be detected. Please notify NCHS staff (301-436-8500) of any errors in the data file or the documentation.

Analytic Considerations

- o NHANES III (1988-94) was designed so that the survey's first three years, 1988-91, its last three years, 1991-94, and the entire six years were national probability samples. Analysts are encouraged to use all six years of survey results.
- o Sample weights are available for analyzing NHANES III data. One of the following three sample weights will be appropriate for nearly all analyses: interviewed sample final weight (WTPFQX6), examined sample final weight (WTPFEX6), and mobile examination center (MEC)- and home-examined sample final weight (WTPFHX6). Choosing which of these sample weights to use in any analysis depends on the variables being used. A good rule of thumb is to use "the least common denominator" approach. In this approach, the user checks the variables of interest. The variable that was collected on the smallest number of persons is the "least common denominator," and the sample weight that applies to that variable is the appropriate one to use for that analysis. For more detailed information, see the Analytic and Reporting Guidelines for NHANES III (U.S. DHHS, 1996).

Referencing or Citing NHANES III Data

- o In publications, please acknowledge NCHS as the original data source. For instance, the reference for the NHANES III Laboratory Data File On this CD-ROM is:

U.S. Department of Health and Human Services (DHHS). National Center

for Health Statistics. Third National Health and Nutrition Examination Survey, 1988-1994, NHANES III Second Laboratory Data File (CD-ROM, Series 11, No. 2A). Hyattsville, MD.: Centers for Disease Control and Prevention, 1998.

- o Please place the acronym "NHANES III" in the titles or abstracts of journal articles and other publications in order to facilitate the retrieval of such materials in bibliographic searches.

SURVEY DESCRIPTION

The third National Health and Nutrition Examination Survey (NHANES III) was the seventh in a series of large health examination surveys conducted in the United States beginning in 1960. Three of these surveys, the National Health Examination Surveys (NHES), were conducted in the 1960's (NCHS, 1965; NCHS, 1967; NCHS, 1969). In 1970, an expanded nutrition component was added to provide data with which to assess nutritional status and dietary practices, and the name was changed to the National Health and Nutrition Examination Survey (Miller, 1973; Engel, 1978; McDowell, 1981). A special survey of Hispanic populations in the United States was conducted during 1982-1984 (NCHS, 1985).

The general structure of the NHANES III sample design was similar to that of the previous NHANES. All of the surveys used complex, multi-stage, stratified, clustered samples of civilian, noninstitutionalized populations. NHANES III was the first NHANES without an upper age limit; in fact, the age range for the survey was two months and older. A home examination option was employed for the first time in order to obtain examination data for very young children and for elderly persons who were unable to visit the mobile examination center (MEC). The home examination included only a subset of the components used in the full MEC examination since it would have been difficult to collect some types of data in a home setting. A detailed description of design specifications and copies of the data collection forms can be found in the Plan and Operation of the Third National Health and Nutrition Examination Survey, 1988-1994 (NCHS, 1994; U.S. DHHS, 1996).

NHANES III was conducted from October 1988 through October 1994 in two phases, each of which comprised a national probability sample. The first phase was conducted from October 18, 1988, through October 24, 1991, at 44 locations. The second phase was conducted from September 20, 1991, through October 15, 1994, at 45 different locations. In NHANES III, 39,695 persons were selected over the six years; of those, 33,994 (86%) were interviewed in their homes. All interviewed persons were invited to the MEC for a medical examination. Seventy-eight percent (30,818) of the selected persons were examined in the MEC, and an additional 493 persons were given a special, limited examination in their homes.

Data collection began with a household interview. Several questionnaires were administered in the household: Household Screener Questionnaire, Family Questionnaire, Household Adult Questionnaire, and Household Youth Questionnaire.

At the MEC, an examination was performed, and five automated questionnaires or interviews were administered: MEC Adult Questionnaire, MEC Youth Questionnaire, MEC Proxy Questionnaire, 24-Hour Dietary Recall, and Dietary Food Frequency (ages 12-16 years). The health examination component included a variety of tests and procedures. The examinee's age at the time of the interview and other factors determined which procedures were administered. Blood and urine specimens were obtained, and a number of tests and measurements were performed including body measurements, spirometry, fundus photography, x-rays, electrocardiography, allergy and glucose tolerance tests, and ultrasonography. Measurements were taken of bone density, hearing, and physical, cognitive, and central nervous system

functions. A physician performed a limited standardized medical examination and a dentist performed a standardized dental examination. While some of the blood and urine analyses were performed in the MEC laboratory, most analyses were conducted elsewhere by contract laboratories.

A home examination was conducted for those sample persons aged 2-11 months and aged 20 years or older who were unable to visit the mobile examination center. The home examination consisted of an abbreviated version of the tests and interviews performed in the MEC. Depending on age of the sample person, the components included body measurements, blood pressure, spirometry, venipuncture, physical function evaluation, and a questionnaire to inquire about infant feeding, selected health conditions, cognitive function, tobacco use, and reproductive history.

SAMPLE DESIGN AND ANALYSIS GUIDELINES

Sample Design

The general structure of the NHANES III sample design is the same as that of the previous NHANES. Each of these surveys used a stratified, multi-stage probability design. The major design parameters of the two previous NHANES and the special Hispanic HANES, as well as NHANES III, have been previously summarized (Miller, 1973; McDowell, 1981; NCHS, 1985; NCHS, 1994). The NHANES III sample was designed to be self-weighting within a primary sampling unit (PSU) for subdomains (age, sex, and race-ethnic groups). While the sample was fairly close to self-weighting nationally for each of these subdomain groups, it was not representative of the total population, which includes institutionalized, non-civilian persons that were outside the scope of the survey.

The NHANES III sample represented the total civilian, noninstitutionalized population, two months of age or over, in the 50 states and the District of Columbia of the United States. The first stage of the design consisted of selecting a sample of 81 PSU's that were mostly individual counties. In a few cases, adjacent counties were combined to keep PSU's above a minimum population size. The PSU's were stratified and selected with probability proportional to size (PPS). Thirteen large counties (strata) were chosen with certainty (probability of one). For operational reasons, these 13 certainty PSU's were divided into 21 survey locations. After the 13 certainty strata were designated, the remaining PSU's in the United States were grouped into 34 strata, and two PSU's were selected per stratum (68 survey locations). The selection was done with PPS and without replacement. The NHANES III sample therefore consists of 81 PSU's or 89 locations.

The 89 locations were randomly divided into two groups, one for each phase. The first group consisted of 44 and the other of 45 locations. One set of PSU's was allocated to the first three-year survey period (1988-91) and the other set to the second three-year period (1991-94). Therefore, unbiased estimates (from the point of view of sample selection) of health and nutrition characteristics can be independently produced for both Phase 1 and Phase 2 as well as for both phases combined.

For most of the sample, the second stage of the design consisted of area segments composed of city or suburban blocks, combinations of blocks, or other area segments in places where block statistics were not produced in the 1980 Census. In the first phase of NHANES III, the area segments were used only for a sample of persons who lived in housing units built before 1980. For units built in 1980 and later, the second stage consisted of sets of addresses selected from building permits issued in 1980 or later. These are referred to as "new construction segments." In the second phase, 1990 Census data and maps were used to define the area segments. Because the second phase followed within a few years of the 1990 Census, new construction did not account for a significant part of the sample, and the entire sample came from the area segments.

The third stage of sample selection consisted of households and certain types of group quarters, such as dormitories. All households and eligible

group quarters in the sample segments were listed, and a subsample was designated for screening to identify potential sample persons. The subsampling rates enabled production of a national, approximately equal-probability sample of households in most of the United States with higher rates for the geographic strata with high Mexican-American populations. Within each geographic stratum, there was a nearly equal-probability sample of households across all 89 stands.

Persons within the sample of households or group quarters were the fourth stage of sample selection. All eligible members within a household were listed, and a subsample of individuals was selected based on sex, age, and race or ethnicity. The definitions of the sex, age, race or ethnic classes, subsampling rates, and designation of potential sample persons within screened households were developed to provide approximately self-weighting samples for each subdomain within geographic strata and at the same time to maximize the average number of sample persons per sample household. Previous NHANES indicated that this increased the overall participation rate. Although the exact sample sizes were not known until data collection was completed, estimates were made. Below is a summary of the sample sizes for the full six-year NHANES III at each stage of selection:

Number of PSU's	81
Number of stands (survey locations)	89
Number of segments	2,144
Number of households screened	93,653
Number of households with sample persons	19,528
Number of designated sample persons	39,695
Number of interviewed sample persons	33,994
Number of MEC-examined sample persons	30,818
Number of home-examined sample persons	493

More detailed information on the sample design and weighting and estimation procedures for NHANES III can be found in the Plan and Operation of the Third National Health and Nutrition Examination Survey, 1988-94 (NCHS, 1994; U.S. DHHS, 1996) and in the Analytic and Reporting Guidelines: Third National Health and Nutrition Examination Survey (NHANES III), 1988-94 (U.S. DHHS, 1996).

Analysis Guidelines

Because of the complex survey design used in NHANES III, traditional methods of statistical analysis based on the assumption of a simple random sample are not applicable. Detailed descriptions of this issue and possible analytic methods for analyzing NHANES data have been described earlier (NCHS, 1985; Yetley, 1987; Landis, 1982; Delgado, 1990). Recent analytic and reporting guidelines that should be used for most NHANES III analyses and publications are contained in Analytic and Reporting Guidelines (U.S. DHHS, 1996). These recommendations differ slightly from those used by analysts for previous NHANES surveys. These suggested guidelines provide a framework to users for producing estimates that conform to the analytic design of the survey. All users are strongly urged to review these analytic and reporting guidelines before beginning any analyses of NHANES III data.

It is important to remember that this set of statistical guidelines is not absolute. When conducting analyses, the analyst needs to use his/her

subject matter knowledge (including methodological issues) as well as information about the survey design. The more one deviates from the original analytic categories defined in the sample design, the more important it is to evaluate the results carefully and to interpret the findings cautiously.

In NHANES III, 89 survey locations were randomly divided into two sets or phases, the first consisting of 44 and the other of 45 locations. One set of PSU's was allocated to the first three-year survey period (1988-91) and the other set to the second three-year period (1991-94). Therefore, unbiased national estimates of health and nutrition characteristics can be independently produced for each phase as well as for both phases combined. Computation of national estimates from both phases combined (i.e., total NHANES III) is the preferred option; individual phase estimates may be highly variable. In addition, individual phase estimates are not statistically independent. It is also difficult to evaluate whether differences in individual phase estimates are real or due to methodological differences. That is, differences may be due to changes in sampling methods or data collection methodology over time. At this time, there is no valid statistical test for examining differences between Phase 1 and Phase 2. Therefore, although point estimates can be produced separately for each phase, no test is available to test whether those estimates are significantly different from each other.

NHANES III is based on a complex, multi-stage probability sample design. Several aspects of the NHANES design must be taken into account in data analysis, including the sample weights and the complex survey design. Appropriate sample weights are needed to estimate prevalence, means, medians, and other statistics. Sample weights are used to produce correct population estimates because each sample person does not have the same probability of selection. The sample weights incorporate the differential probabilities of selection and include adjustments for noncoverage and nonresponse. A detailed discussion of nonresponse adjustments and issues related to survey coverage have been published (U.S. DHHS, 1996). With the large oversampling of young children, older persons, black persons, and Mexican-Americans in NHANES III, it is essential that the sample weights be used in all analyses. Otherwise, a misinterpretation of results is highly likely. Other aspects of the design that must be taken into account in data analyses are the strata and PSU pairings from the sample design. These pairings should be used to estimate variances and test for statistical significance. For weighted analyses, analysts can use special computer software packages that use an appropriate method for estimating variances for complex samples such as SUDAAN (Shah, 1995) and WesVarPC (Westat, 1996).

Although initial exploratory analyses may be performed on unweighted data using standard statistical packages and assuming simple random sampling, final analyses should be done on weighted data using appropriate sample weights. A summary of the weighting methodology and the type of sample weights developed for NHANES III is included in Weighting and Estimation Methodology (U.S. DHHS, 1996).

The purpose of weighting the sample data is to permit analysts to produce estimates of statistics that would have been obtained if the entire sampling frame (the United States) had been surveyed. Sample weights can be considered as measures of the number of persons the particular sample

observation represents. Weighting takes into account several features of

the survey: the specific probabilities of selection for the individual domains that were oversampled as well as nonresponse and differences between the sample and the total U.S. population. Differences between the sample and

the population may arise due to sampling variability, differential undercoverage in the survey among demographic groups, and possibly other types of response errors, such as differential response rates or misclassification errors. Sample weighting in NHANES III was used to:

1. Compensate for differential probabilities of selection among subgroups (i.e., age-sex-race-ethnicity subdomains where persons living in different geographic strata were sampled at different rates);
2. Reduce biases arising from the fact that nonrespondents may be different from those who participate;
3. Bring sample data up to the dimensions of the target population totals;
4. Compensate, to the extent possible, for inadequacies in the sampling frame (resulting from omissions of some housing units in the listing of area segments, omissions of persons with no fixed address, etc.); and
5. To reduce variances in the estimation procedure by using auxiliary information that is known with a high degree of accuracy.

In NHANES III, the sample weighting was carried out in three stages. The first stage involved the computation of weights to compensate for unequal probabilities of selection (objective 1, above). The second stage adjusted for nonresponse (objective 2). The third stage used poststratification of the sample weights to Census Bureau estimates of the U.S. population to accomplish the third, fourth, and fifth objectives simultaneously. In NHANES III, several types of sample weights (see the sample weights table that follows) were computed for the interviewed and examined sample and are included in the NHANES III data file. Also, sample weights were computed separately for Phase 1 (1988-91), Phase 2 (1991-94), and total NHANES III (1988-94) to facilitate analysis of items collected only in Phase 1, only in Phase 2, and over six years of the survey. Three sets of pseudo strata and PSU pairings are provided to use with SUDAAN in variance estimation. Since NHANES III is based on a complex, multi-stage sample design, appropriate sample weights should be used in analyses to produce national estimates of prevalence and associated variances while accounting for unequal probability of selection of sample persons. For example, the final interview weight, WTPFQX6, should be used for analysis of the items or questions from the family or household questionnaires, and the final MEC examination weight, WTPFEX6, should be used for analysis of the questionnaires and measurements administered in the MEC. Furthermore, for a combined analysis of measurements from the MEC examinations and associated medical history questions from the household interview, the final MEC examination weight, WTPFEX6, should be used. We recommend using SUDAAN (Shah, 1995) to estimate statistics of interest and the associated variance. However, one can also use other published methods for variance estimation. Application of SUDAAN and alternative methods, such as the average design effect approach, balance repeated replication (BRR) methods, or jackknife methods for variance estimation, are discussed in Weighting and Estimation Methodology (U.S. DHHS, 1996).

Appropriate Uses of the NHANES III Sample Weights

Final interview weight, WTPFQX6

Use only in conjunction with the sample interviewed at home and with items collected during the household interview.

Final examination (MEC only) weight, WTPFEX6

Use only in conjunction with the MEC-examined sample and with interview and examination items collected at the MEC.

Final MEC+home examination weight, WTPFHX6

Use only in conjunction with the MEC+home-examined sample and with items collected at both the MEC and home.

Final allergy weight, WTPFALG6

Use only in conjunction with the allergy subsample and with items collected as part of the allergy component of the exam.

Final CNS weight, WTPFCNS6

Use only in conjunction with the CNS subsample and with items collected as part of the CNS component of the exam.

Final morning examination (MEC only) subsample weight, WTPFSD6

Use only in conjunction with the MEC-examined persons assigned to the morning subsample and only with items collected in the MEC exam.

Final afternoon/evening examination (MEC only) subsample weight, WTPFMD6

Use only in conjunction with the MEC-examined persons assigned to the afternoon/evening subsample and only with items collected in the MEC exam.

Final morning examination (MEC+home) subsample weight, WTPFHSD6

Use only in conjunction with the MEC- and home-examined persons assigned to the morning subsample and with items collected during the MEC and home examinations.

Final afternoon/evening examination (MEC+home) weight, WTPFHMD6

Use only in conjunction with the MEC- and home-examined persons assigned to the afternoon/evening subsample and with items collected during the MEC and home examinations.

DATA PREPARATION AND PROCESSING PROCEDURES

Automated data collection procedures for the survey were introduced in NHANES III. In the mobile examination centers, data for the interview and examination components were recorded directly onto a computerized data collection form. With the exception of a few independently automated systems, the system was centrally integrated. This operation allowed for ongoing monitoring of much of the data. Before the introduction of the computer-assisted personal interview (CAPI), the household questionnaire data were reviewed manually by field editors and interviewers. CAPI (1992-1994 only) questionnaires featured built-in edits to prevent entering inconsistencies and out-of-range responses. The multi-level data collection and quality control systems are discussed in detail in the Plan and Operation of the Third National Health and Nutrition Examination Survey, 1988-1994 (NCHS, 1994; U.S. DHHS, 1996). All interview, laboratory, and examination data were sent to NCHS for final processing.

Guidelines were developed that provided standards for naming variables, filling missing values and coding conventional responses, handling missing records, and standardizing two-part quantity/unit questionnaire variables. NCHS staff, assisted by contract staff, developed data editing specifications that checked data sets for valid codes, ranges, and skip pattern consistencies and examined the consistency of values between interrelated variables. Comments, collected in both interviews and examination components, were reviewed and recoded when possible. Responses to "Other" and "Specify" were recoded either to existing code categories or to new categories. The documentation for each data set includes notes for those variables that have been recoded and standardized and for those variables that differ significantly from what appears in the original data collection instrument. While the data have undergone many quality control and editing procedures, there still may be values that appear extreme or illogical. Values that varied considerably from what was expected were examined by analysts who checked for comments or other responses that might help to clarify unusual values. Generally, values were retained unless they could not possibly be true, in which case they were changed to "Blank but applicable." Therefore, the user must review each data set for extreme or inconsistent values and determine the status of each value for analysis.

Several editing conventions were used in the creation of final analytic data sets:

1. Standardized variables were created to replace all two-part quantity/unit questions using standard conversion factors. Standardized variables have the same name as the variable of the two-part question with an "S" suffix. For instance, MAPF18S (Months received WIC benefits) in the MEC Adult Questionnaire was created from the two-part response option to question F18, "How long did you receive benefits from the WIC program?," using the conversion factor 12 months per year.
2. Recoded variables were created by combining responses from two or more like variables, or by collapsing responses to create a summary variable for the purpose of confidentiality. Recoded variables have the original variable name with an R suffix. For example, place of birth

variable (HFA6X) in the Family Questionnaire was collapsed to a three level response category (U.S., Mexico, Other) and renamed HFA6XR. Generally, only the recoded variable has been included in the data file.

3. Fill values, a series of one or more digits, were used to represent certain specific conditions or responses. Below is a list of the fill values that were employed. Some of the fill values pertain only to questionnaire data, although 8-fill and blank-fill values are found in all data sets. Other fill values, not included in this list, are used to represent component-specific conditions.

6-fills = Varies/varied. (Questionnaires only)

7-fills = Fewer than the smallest number that could be reported within the question structure (e.g., fewer than one cigarette per day). (Questionnaires only)

8-fills = Blank but applicable/cannot be determined. This means that a respondent was eligible to receive the question, test, or component but did not because of refusal, lack of time, lack of staff, loss of data, broken vial, language barrier, unreliability, or other similar reasons.

9-fills = Don't know. This fill was used only when a respondent did not know the response to a question and said, "I don't know." (Questionnaires only)

Blank fills = Inapplicable. If a respondent was not eligible for a questionnaire, test, or component because of age, gender, or specific reason, the variable was blank-filled. In the questionnaire, if a respondent was not asked a question because of a skip-pattern, variables corresponding to the question were blank-filled. For examination or laboratory components, if a person was excluded by a defined protocol (e.g., screening exclusion questions) and these criteria are included in the data set, then the corresponding variables were blank-filled for that person. For home examinees, variables for examination components and blood tests not performed as part of the home examination protocol were blank-filled.

4. For variables describing discrete data, codes of zero (0) were used to mean "none," "never," or the equivalent. Value labels for which "0" is used include: "has not had," "never regularly," "still taking," or "never stopped using." Unless otherwise labeled, for variables containing continuous data, "zero" means "zero."
5. Where there are logical skip patterns in the flow of the questionnaire or examination component, the skip was indicated by placing the variable label of the skip destination in parentheses as part of the value label of the response generating the skip. For example, in the Physical Function Evaluation, the variable PFPWC (in wheelchair) has a value label, "2 No (PFPSCOOT)" that means that the next item for persons not in a wheelchair would be represented by the variable, PFPSCOOT.

Variable Nomenclature

A unique name was assigned to every NHANES III variable using a standard convention. By following this naming convention, the origin of each variable is clear, and there is no chance of overlaying similar variables across multiple components. Variables range in length from three to eight characters. The first two variable characters represent the topic (e.g., analyte, questionnaire instrument, examination component) and are listed below alphabetically by topic. For questionnaires administered in the household, the remainder of the variable name following the first two characters indicates the question section and number. For example, data for the response to the Household Adult Questionnaire question B1 are contained in the variable HAB1. For most laboratory and examination variables, as well as some other variables, a "P" in the third position refers to "primary" and the remainder of the variable name is a brief description of the item. For instance, in the Laboratory Data File, information on the length of time the person fasted before the first blood draw is contained in the variable PHPFAST. The variable PHPFAST was derived as follows: characters 1-2 (PH) refer to "phlebotomy," character 3 (P) refers to "primary," characters 4-8 (FAST) refer to an abbreviation for "fasting."

CODE	TOPIC
AT	Alanine aminotransferase (from biochemistry profile)
AM	Albumin (from biochemistry profile)
AP	Alkaline phosphatase (from biochemistry profile)
AL	Allergy skin test
AC	Alpha carotene
AN	Anisocytosis
TM	Antimicrosomal antibodies
TA	Antithyroglobulin antibodies
AA	Apolipoprotein (AI)
AB	Apolipoprotein (B)
AS	Aspartate aminotransferase (from biochemistry profile)
LA	Atypical lymphocyte
AU	Audiometry
BA	Band
BO	Basophil
BS	Basophilic stippling
BC	Beta carotene
BX	Beta cryptoxanthin
BL	Blast
BU	Blood urea nitrogen (BUN) (from biochemistry profile)
BM	Body measurements
BD	Bone densitometry
C1	C-peptide (first venipuncture)
C2	C-peptide (second venipuncture)
CR	C-reactive protein
UD	Cadmium
CN	Central nervous system function evaluation
CL	Chloride (from biochemistry profile)
CO	Cotinine
CE	Creatinine (serum)(from biochemistry profile)
UR	Creatinine (urine)

CODE	TOPIC
DM	Demographic
DE	Dental examination
MQ	Diagnostic interview schedule
DR	Dietary recall (total nutrient intakes)
EO	Eosinophil
EP	Erythrocyte protoporphyrin
FR	Ferritin
FB	Fibrinogen
RB	Folate (RBC)
FO	Folate (serum)
FH	Follicle stimulating hormone (FSH)
FP	Fundus photography
GG	Gamma glutamyl transferase (GGT) (from biochemistry profile)
GU	Gallbladder ultrasonography
GB	Globulin (from biochemistry profile)
G1	Glucose (first venipuncture)
G2	Glucose (second venipuncture)
SG	Glucose (from biochemistry profile)
GH	Glycated hemoglobin
GR	Granulocyte
C3	HCO ₃ (Bicarbonate)(from biochemistry profile)
HD	HDL cholesterol
HP	Helicobacter pylori antibody
HT	Hematocrit
HG	Hemoglobin
AH	Hepatitis A antibody (HAV)
HB	Hepatitis B core antibody (anti-HBc)
SS	Hepatitis B surface antibody (anti-HBs)
SA	Hepatitis B surface antigen (HBsAg)
HC	Hepatitis C antibody (HCV)
DH	Hepatitis D antibody (HDV)
H1	Herpes 1 antibody
H2	Herpes 2 antibody
HX	Home examination (general)
HO	Homocysteine
HF	Household family questionnaire
HA	Household adult questionnaire
HQ	Household questionnaire variables (composite)
HS	Household screener questionnaire
HY	Household youth questionnaire
HZ	Hypochromia
I1	Insulin (first venipuncture)
I2	Insulin (second venipuncture)
UI	Iodine (urine)
FE	Iron
SF	Iron (from biochemistry profile)
LD	Lactate dehydrogenase (from biochemistry profile)
L1	Latex antibody
LC	LDL cholesterol (calculated)
PB	Lead
LP	Lipoprotein (a)
LH	Luteinizing hormone

CODE	TOPIC
LU	Lutein/zeaxanthin
LY	Lycopene
LM	Lymphocyte
MR	Macrocyte
MC	Mean cell hemoglobin (MCH)
MH	Mean cell hemoglobin concentration (MCHC)
MV	Mean cell volume (MCV)
PV	Mean platelet volume
MA	MEC adult questionnaire
MX	MEC examination (general)
FF	Dietary food frequency (ages 12-16 years)
MP	MEC proxy questionnaire
MY	MEC youth questionnaire
ME	Metamyelocyte
MI	Microcyte
MO	Monocyte
MN	Mononuclear cell
ML	Myelocyte
IC	Normalized calcium (derived from ionized calcium)
OS	Osmolality (from biochemistry profile)
PH	Phlebotomy data collected in MEC (e.g., questions)
PS	Phosphorus (from biochemistry profile)
PF	Physical function evaluation
PE	Physician's examination
PL	Platelet
DW	Platelet distribution width
PK	Poikilocytosis
PO	Polychromatophilia
SK	Potassium (from biochemistry profile)
PR	Promyelocyte
RC	Red blood cell count (RBC)
RW	Red cell distribution width (RDW)
RE	Retinyl esters
RF	Rheumatoid factor antibody
RU	Rubella antibody
WT	Sample weights
SE	Selenium
SI	Sickle cell
NA	Sodium (from biochemistry profile)
SH	Spherocyte
SP	Spirometry
SD	Survey design
TT	Target cell
TE	Tetanus
TH	Thyroid Stimulating Hormone (TSH)
T4	Thyroxine
TB	Total bilirubin (from biochemistry profile)
CA	Total calcium
SC	Total calcium (from biochemistry profile)
TC	Total cholesterol
CH	Total cholesterol (from biochemistry profile)
TI	Total iron binding capacity (TIBC)
TP	Total protein (from biochemistry profile)
TX	Toxic granulation

CODE	TOPIC
TO	Toxoplasmosis antibody
PX	Transferrin saturation
TG	Triglycerides
TR	Triglycerides (from biochemistry profile)
TY	Tympanometry
UA	Uric acid (from biochemistry profile)
UB	Urinary albumin
VU	Vacuolated cells
VR	Varicella antibody
VA	Vitamin A
VB	Vitamin B12
VC	Vitamin C
VD	Vitamin D
VE	Vitamin E
WC	White blood cell count (WBC)
WW	WISC/WRAT cognitive test

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Household Questionnaire: Vitamins and Mineral Supplements

General Information

During the household interview respondents were asked a series of questions about vitamin or mineral supplements used during the past month. A proxy, usually a child's parent or guardian, provided this information for children 2 months to 16 years of age. If respondents or proxy respondents reported taking a supplement, they were asked to indicate the number of supplements they took. For each supplement reported, the interviewer asked to see the supplement container in order to record the name of the product and the manufacturer or distributor. If the container was not available, the interviewer probed for this information. Respondents or proxies were also asked how often they took each supplement in the past month, the dosage, and the duration of use of the supplement. Analysts should be aware, however, that there were respondents or proxies who reported taking dietary supplements, but did not answer some or all of the remaining questions about the supplements. In other cases respondents or proxies indicated they took a supplement and answered all the subsequent questions, but did not know the name of the supplement or NCHS staff could not identify the name of the product. In both cases, the missing fields are coded as either "blank but applicable" (8-fill) or "don't know" (9-fill), whichever was applicable. Due to the limited amount of time during the household interview, interviewers did not collect nutrient content information from the label of each supplement container. However, in constructing the nutrient/ingredient database for dietary supplements, NCHS staff researched the products reported and assigned nutrient values to them. These data can be found in two look-up files. The first look-up file, called "Supliden", contains some descriptive information about each product, and the second file, called "Suplconc", contains the nutrient/ingredient concentration data.

Although the question on the survey specifically asked about vitamin/mineral supplement use, respondents or proxies often reported taking other types of dietary supplements. Examples of some of these other dietary supplements include formula diets, sports drinks, botanicals and similar products, amino acids, bee pollen, lipotropics, fish oils, and enzymes. Information about the use of these types of supplements was retained along with the information about the use of vitamin/mineral supplements. However, since respondents or proxies were not specifically asked about their use of all types of dietary supplements, the frequency with which these products were reported should not be considered to be nationally representative.

There were additional products treated as dietary supplements. Some products originally reported in the prescription medicines section of the questionnaire were moved or copied to the vitamin/mineral supplements section of the questionnaire. Prescribed vitamin or mineral supplements originally reported as prescription medicines were moved to the vitamin/mineral section (e.g., prenatal vitamins & minerals, fluoride, iron, and folic acid). However, some products originally reported in the prescription medicines section could be considered both a medication or a supplement (e.g., calciferol, niacin, calcitriol, and potassium). Information about these products was included in both the prescription medicines section and the vitamin/mineral section. When potassium and calcitriol were listed only in the supplements section they were not copied or moved to the prescription medicines section since NCHS staff had no way of knowing whether or not these products were prescribed. Psyllium-containing laxatives were moved to the dietary supplements section regardless of the section in which they were originally reported, in order to

make it easier for analysts to determine how many people were consuming psyllium. Even so, analysts should be aware that many respondents were taking these products as a laxative and not as a dietary supplement. The household youth questionnaire did not contain a section asking about antacid use; therefore, calcium-containing antacids that were reported in the supplements section of the youth questionnaire were retained there since NCHS staff assumed they were taken as a source of calcium.

The spellings of the dietary supplement names were standardized. Using the names, manufacturers/distributors, and other information the respondents or proxies reported, the supplements were matched to the brand name or private label product they appeared to have taken. Misspelled or partially incomplete names were corrected or completed. Default supplements were created and used when the reported supplement name and other information was not sufficient to match to a specific brand name or private label product. NCHS staff developed several different types of default supplements. Some of the names that respondents reported were viewed as general types of supplements (e.g., "prenatal vitamins", "vitamins with minerals", or "children's vitamins"). In these cases, default supplements were created based on generic product-type names (e.g., prenatal multivitamins and minerals, multivitamins and minerals, or children's multivitamins) with default nutrient/ingredient values. The reported supplement was matched to the most appropriate generic product, and the generic name was used as the standardized name. Default products were also created for supplements that came in multiple strengths or different types of products, but the strength or type was not recorded during the interview (e.g., vitamin C; calcium; Tri Vit Drops w/Fluoride, strength not indicated; Aquasol, type not indicated). All of the default supplements just described have an asterisk after their names indicating they are not real products. The NCHS staff created other default supplements that do not have an asterisk after their names. These include generic substitutes for brand name supplements (e.g., Centrum generic substitute), or individual nutrients or combinations of nutrients assigned certain strengths (e.g., ferrous sulfate 300 mg, calcium 500 mg and vitamin D). If NCHS staff could not identify the name of the supplement and it could not be coded with one of the default supplements, or if the respondent did not know the name of the supplement, the standardized name was recoded to "blank but applicable" (8-fill) or "don't know" (9-fill), respectively.

In some cases respondents or proxies reported two or more supplement names that appeared to be identical to each other, but their dosage units were different from each other (e.g., cod liver oil, ferrous sulfate, or children' triple vitamins with fluoride come in both pills and liquid). In other cases they reported different brands of the same type of product (e.g., "One-a-day essential tablets" vs. "One-tablet-daily tablets"). There were other instances where it appeared as though the respondent reported the same supplement more than once with nearly identical information reported each time; however, the names were spelled slightly differently each time and a few of the answers were different from each other. In all of these examples it was not clear if these were duplicate listings or if two different products were taken during the month. Therefore, the duplicates were left in the file.

A six-digit dietary supplement product code was associated with each standardized dietary supplement name and can be used to link records to the nutrient/ingredient concentration database (look-up file called "Suplconc"). See the notes associated with this variable in the data file layout for a detailed discussion of this variable. A list of the standardized dietary

supplement names and their associated product codes can be found in Appendix 1.

A certainty index was developed to indicate how confident the NCHS staff were that they could identify the product reported and, therefore, could determine the nutrients/ingredients and amounts the respondent took. Certainty index 1 was used when the product name and other information respondents reported about the product enabled NCHS staff to match it exactly to a specific brand name or private label supplement. Certainty index 2 was used when the product name was partially incomplete or grossly misspelled, but still could be matched to a known product with a reasonable degree of confidence. Certainty index 3 was used for products where the nutrient(s)/ingredient(s) was known, but not the amount(s). For example, a single nutrient supplement, such as calcium, where the concentration was not reported. Single nutrient supplements that were originally reported in the prescription medicines section but were copied or moved to the supplements section did not have nutrient strengths recorded.

Certainty Index 4 was used when the product reported did not refer to a specific brand name supplement or nutrient, but rather the name referred to a general type of supplement (see earlier description). It was difficult to identify the specific brand name, nutrients, and amounts in these types of supplements. As described earlier, NCHS staff developed a number of default generic products to be used to code these types of products. Most of these default products were coded with a certainty index of 4. Certainty Index 5 was used for products that NCHS staff could not readily identify although staff believed they were dietary supplements, and Certainty Index 6 was used for unknown products that staff could not identify.

All of the dietary supplements that were reported in the survey were categorized into one of 7 broad product-type classes based on their nutrient/ingredient composition. The first 5 classes were reserved for vitamin and/or mineral supplements. The remaining two classes (6 and 7) were assigned to other dietary supplements including formula diets, amino acids, fish oils, lipotropics, bee pollen, botanicals, fiber, and other similar types of products. Class 6 was assigned to other dietary supplements that contained a significant amount of at least one of the nutrients listed in the National Research Council's Recommended Dietary Allowances (RDAs) or Estimated Safe and Adequate Daily Dietary Intake (ESADDI) list. An example would be ginseng and bee pollen with vitamin E. In general, "significant amount" was defined as two percent or more of the RDA or ESADDI amount. Class 7 was assigned to other dietary supplements that either did not contain any of the RDA or ESADDI nutrients, or they were present in amounts less than 2 percent of the recommended levels. There were two exceptions to the rules about classifying other dietary supplements. When the primary ingredient in the supplement was a vitamin or mineral but the supplement also contained a botanical or other nonvitamin or nonmineral, it was assigned to one of the first 5 classes, whichever one was appropriate (e.g., vitamin C with rose hips). The other exception was for the supplements cod liver oil, dolomite, bone meal, and liver. While these products could be characterized as other dietary supplements, they were all listed in medication reference books or product catalogs (e.g., the Physician's Desk Reference) with the vitamin and mineral supplements. Therefore, these products were also assigned to one of the first 5 classes, whichever one was appropriate. While care was taken in assigning product classes to the supplements reported, it is possible that some supplements have been misclassified based on the guidelines given here.

A final note about the combination of supplement names, certainty indices, and

product class codes. Some respondents just reported "vitamin(s)" or "mineral(s)" for the supplement name and did not provide enough information to indicate which one they took. These products were given standardized names like "vitamins -- unidentified type*" or "minerals -- unidentified type*", and were coded with a certainty index of 5 and product class codes of 2 or 4. In other cases the supplement names appeared to be the name of a dietary supplement or line of supplements, or the manufacturer/distributor's name, or the name could not be identified. In all of these cases, the standardized name was coded as "blank but applicable" (8-fill). When the product reported appeared to be the name of a dietary supplement or line of supplements, but there was no information about which one (e.g., "Hulk Hogan", "Formula One", "Geri Hi", or "Omni Trim"), or when the name reported was the name of a company which only produces dietary supplements (e.g., "Kal Natural Source", "Nature's Sunshine", or "Lifeline"), the certainty index was coded as 5 and the product class code was coded as "blank but applicable" (8-fill). Otherwise, they were coded with a certainty index of 6 and a product class code of "blank but applicable" (8-fill). Also, when the respondent did not know the name of the supplement (9-fills), the certainty index was coded as 6 and the product class code was "blank but applicable" (8-fill).

For each dietary supplement reported, respondents were also asked how often they took each supplement in the past month, their dosage, and the duration of use of the supplement. See the notes associated with each of these variables in the data file layout for a detailed discussion of each variable. When vitamin and mineral supplements that were originally reported as prescription medicines were moved or copied to the supplements section during the editing process, some of the fields could not be directly transferred. The prescription medicine section did not ask questions about the manufacturer's name and address, frequency of use, and dosage of the medicines taken. In addition, the categories in the duration of use question did not match the categories for the corresponding question in the supplements section; therefore, the manufacturer's information, frequency of use, and dosage of the medicines (K5-K7/X5-X7) were coded as "blank but applicable" (8-fill). The categories for "duration of taking drugs" (K12/X12) did not match those listed for the corresponding question under dietary supplements (K8/X8). Durations reported in weeks in the prescription medicines section were rounded to the nearest month in the supplements section unless the duration was under a month, in which case it was recoded to "less than one month". Durations reported in months and years were transferred directly.

As mentioned earlier, after the survey was completed NCHS staff researched information about the vitamin, mineral, and other dietary supplements that were reported, and constructed a nutrient/ingredient concentration database based on these products. This database consists of the nutrients and/or ingredients, and their amounts, that were listed on the product labels. The values used were from products on the market in mid-1996. Default values were assigned to the default products (described earlier). The rules used for estimating default values are discussed in more detail in documentation that accompanies the supplement product description file (look-up file called "Supliden"). When the values for a nutrient(s) or ingredient(s) known to be present in the supplement could not be found, those particular fields were coded as "blank but applicable" (8-fill). Products with either "blank but applicable" (8-fill) or "don't know" (9-fills) for the product name and code, do not contain any nutrient/ingredient values.

There were 55 products where the names respondents reported were: too vague or

represented too broad a category to specifically identify the supplement (e.g., "vitamin B", "minerals - unidentified type", or "other dietary supplements"); or where the name was identifiable but the manufacturer did not provide NCHS with any nutrient/ingredient information, nor could the staff find this information listed anywhere else. Since the staff could not determine which nutrients/ingredients were in these products, yet they appeared to be dietary supplements, all the nutrient/ingredient fields were coded as "blank but applicable" (8-fill). The analyst is cautioned about an apparent coding inconsistency. Although these products do not contain actual nutrient/ingredient values in the concentration database, when these products are reported on the household questionnaire they have been coded with a certainty index ranging from 1 to 5 and a product class code reflecting one of the supplement classes. Certainty indices of one or two were given to products that the staff knew were real products on the market, but were unable to get nutrient/ingredient composition information on them. See Appendix 2 for a listing of these 55 products and their product codes. A more detailed discussion of the creation and contents of the supplements concentration database files can be found in the documentation accompanying the supplements concentration database files.

NHANES III Vitamin And Mineral Supplements Data File Index

Description	Variable Name	Positions
Respondent identification number	SEQN	1-5
Dietary supplement product code	HQVMCODE	6-12
Taken vitamins/minerals in past month	HQKX1A	13
How many vitamins/minerals taken	HQKX2A	14-15
Certainty index code	HQKX3C	16-17
Product class	HQKX3D	18-19
How often did -- take in past month	HQKX6S	20-23
How much did -- take ea time (quan)	HQKX7A	24-28
How much did -- take ea time (unit)	HQKX7A1	29-30
How long been taking (month)	HQKX8S	31-34

NHANES III Vitamin and Mineral Supplements Data File

HOUSEHOLD QUESTIONNAIRE

DIETARY SUPPLEMENTS

Positions SAS name	Counts	Item description and code	Notes
16-17 HQKX3C		Certainty index code	See note
	8295	01 Match with high degree of certainty	
	1625	02 Match with reasonable degree of certainty	
	4684	03 Match to product ingredients only (not amounts)	
	2222	04 Match to product type only (not exact amounts)	
	310	05 No match - unidentified supplement	
	248	06 No match - too vague to identify as a supplement	
	916	88 Blank but applicable	
18-19 HQKX3D		Product class	See note
	3474	01 Vitamin supplement - single nutrient	
	4358	02 Vitamin supplement - multiple nutrient	
	2443	03 Mineral supplement - single nutrient	
	215	04 Mineral supplement - multiple nutrient	
	5281	05 Vitamin - mineral combination	
	224	06 Other dietary supplement with vitamin(s)/mineral(s)	
	935	07 Other dietary supplement	
	1370	88 Blank but applicable	
20-23 HQKX6S		How often did you take/use (PRODUCT) in the past month?	See note
	16400	0001-0760	
	1878	8888 Blank but applicable	
	22	9999 Don't know	

NHANES III Vitamin and Mineral Supplements Data File

 HOUSEHOLD QUESTIONNAIRE

 DIETARY SUPPLEMENTS

Positions SAS name	Counts	Item description and code	Notes
24-28 HQKX7A		How much (PRODUCT) did you take/use each time you took it? (quantity)	See note
	15728	000.3-00088	
	15	66666 Variable amounts	
	39	77777 Less than one	
	2491	88888 Blank but applicable	
	27	99999 Don't know	
29-30 HQKX7A1		How much (PRODUCT) did you take/use each time you took it? (unit)	See note
	14516	01 Capsule, tablet or pill	
	230	02 Teaspoon	
	110	03 Tablespoon	
	32	04 Fluid ounces or ounces	
	18	05 Drops or droppers	
	69	06 Packs, packets or packages	
	777	07 Milliliters	
	8	08 Wafers	
	18	09 Shots or injections	
	3	10 Other, specify	
	15	66 Variable units	
	2477	88 Blank but applicable	
	27	99 Don't know	
31-34 HQKX8S		For how long have you been taking/using this type of product? (months)	See note
	16052	0001-1164	
	1072	7777 Less than one month	
	1004	8888 Blank but applicable	
	172	9999 Don't know	

Notes:

HQKX1A: Have you taken any vitamins or minerals in the past month?

This variable was the lead-in question for a series of questions on vitamin and mineral supplement use. The variable was redefined as dietary supplements, and now includes vitamin and/or mineral supplements, other types of dietary supplements, supplements moved or copied from the prescription drug section, psyllium-containing laxatives and, on the household youth questionnaire, calcium-containing antacids.

HQKX2A: Number of vitamins or mineral supplements reported

This variable represents the total number of different supplements reported by the respondent or proxy. The count includes vitamin or mineral supplements, other types of dietary supplements, supplements moved or copied from the prescription drug section, psyllium-containing laxatives and, on the household youth questionnaire, calcium-containing antacids.

HQVMCODE: Dietary supplement product code

This variable is a 6-digit product code associated with each of the standardized dietary supplement names that were created from the supplement name that the respondent or proxy reported, or the default supplements that NCHS staff created. This product code can be used to link records to the nutrient/ingredient database (look-up file "Suplconc"). The codes are both product- and manufacturer/distributor-specific. The first 3 digits of each code represent the product's manufacturer or distributor, and the last three digits of the code represent a specific product in the manufacturer's/distributor's line of products. In general, default supplements begin with three 8s since the manufacturer or distributor is unknown. When the manufacturer or distributor was known the default products say "strength not indicated" or "type not indicated" in the supplement name, and the code for these products begins with the 3 digits associated with that manufacturer or distributor. (See the lead-in documentation for the vitamin and mineral supplements section on the household questionnaire for a detailed discussion of default supplements.) Also, for supplement names that were coded as "blank but applicable" (8-fill) or "don't know" (9-fill), the six digits were 8s or 9s, respectively. A list of the standardized dietary supplement names and their associated product codes can be found in Appendix 1.

HQKX3C: Certainty index codes

A certainty index was developed as a measure to indicate how confident the NCHS staff was that they could identify the product that the respondent reported taking and, therefore, could determine the nutrients/ingredients and amounts the respondent took. Certainty index 1 was used when the supplement name reported could be matched exactly to a specific brand name or private label supplement. Certainty index 2 was used when the supplement name was partially incomplete or grossly misspelled, but still could be matched to a known supplement with a reasonable degree of certainty. Certainty index 3 was used for supplements where the nutrient(s)/ingredient(s) was known, but not the amount(s). Certainty Index 4 was used when the supplement name reported referred to a general type of supplement (e.g., multiple vitamins or children's

vitamins) but not to a specific brand name supplement or nutrient. Certainty Index 5 was used for supplements that NCHS staff could not readily identify although they believed they were dietary supplements, and Certainty Index 6 was used for unknown products that staff could not identify.

HQKX3D: Product class

This variable was created based on the supplement name that the respondent or proxy reported. All of the dietary supplements that were reported in the survey were classified into one of 7 broad product-type classes based on their general nutrient/ingredient composition. The first 5 classes were reserved for vitamin and/or mineral supplements as well as cod liver oil, dolomite, bone meal, liver, and supplements where the primary ingredient was a vitamin or mineral but the product also contained a botanical or other nonvitamin or nonmineral (e.g., vitamin C with rose hips). The last two classes were assigned to other dietary supplements which included botanicals, fiber, amino acids, lipotropics, formula diets, and so forth. Class 6 was assigned to other dietary supplements that also contained 2 percent or more of any of the nutrients listed in the National Research Council's Recommended Dietary Allowances (RDAs) or Estimated Safe and Adequate Daily Dietary Intake (ESADDI) list. Class 7 was assigned to other dietary supplements that either did not contain any of the RDA or ESADDI nutrients, or they were present in amounts less than 2 percent of the recommended levels.

HQKX6S: How often did you take the supplement in the past month?

This variable was created for each dietary supplement reported from the two-part (number and unit) question K6/X6, and it indicates how frequently each supplement was taken in the past month. All responses were recoded on the basis of a month. The conversion factors used for responses originally expressed in terms of a day or week were 30.4 or 4.3 times per month, respectively. If the frequency reported could not be measured (e.g., "occasionally") this variable was coded as "blank but applicable" (8-fill). Because of the way this variable was created, analysts are cautioned there were respondents whose duration of use of a supplement (K8S/X8S) was less than their frequency of use (K6S/X6S).

HQKX7A: How much supplement did you take each time you took it? (quantity)

This variable is the first part of a two-part question (K7/X7) on the dosage taken of each supplement reported. It lists the numeric amount taken. Fractions less than one were recoded to a response of "less than one" (77777).

HQKX7A1: How much supplement did you take each time you took it? (unit)

This variable is the second part of a two-part question (K7/X7) on the dosage taken of each supplement reported. It lists the unit connected with the amount taken. More precisely, it reflects the dosage form. On the youth questionnaire there were two responses coded as "other". These amounts were "1 steele gram" and "25 milligrams". On the adult questionnaire there were four responses coded as "other". These amounts were "4 - 12,000 milligrams", "1 scoop", "2 scoops", and "2 capfuls".

HQKX8S: How long have you been taking this supplement? (months)

This variable was created from the two-part (number and unit) question K8/X8, and it indicates the long-term duration of use for each dietary supplement reported. All responses were recoded to months. The conversion factor used for responses originally expressed in terms of a year was 12 months per year. Analysts are cautioned that there were respondents whose duration of use of a supplement (K8S/X8S) was less than their frequency of use (K6S/X6S).

Appendix 1

LIST OF PRODUCTS SORTED BY PRODUCT CODE
FOR VITAMIN AND MINERAL DOCUMENTATION

PRODUCT CODE	STANDARDIZED PRODUCT NAME
001001	CHILDREN'S CHEWABLE VITAMINS
002001	ALBEE C-800
002002	ALBEE C-800 PLUS IRON
002003	ALLBEE C
002004	MICRO-K 10 EXTENCAPS 10 MEQ
002005	MICRO-K EXTENCAPS 8 MEQ
002006	Z-BEC
003002	CHOLINE + INOSITOL
003003	NATURAL COD LIVER OIL SOFTGELS
003004	FORMULA 101 HI-POTENCY MULTIPLE VITAMINS WITH MINERALS
003005	FORMULA 103 B-COMPLEX PLUS C
003006	FORMULA 105 MATURITY FORMULA MULTIVITAMINS & MINERALS
003007	FORMULA 115 DAILY VITAMINS TABLETS
003008	FORMULA 118 DAILY VITAMIN W/CALCIUM, IRON AND ZINC
003009	FORMULA 131 MULTI-VITAMINS WITH MINERALS
003010	FORMULA 150 HIGH B-COMPLEX 50
003011	FORMULA 160 HIGH B-COMPLEX 100
003012	FORMULA 162 FOLIC ACID
003013	FORMULA 169 VITAMIN C 250 MG
003014	FORMULA 171 VITAMIN C 500 MG
003015	FORMULA 191 NATURAL BREWER'S YEAST
003016	FORMULA 199 MEGAVITAMIN
003017	FORMULA 222 VITAMINSURANCE
003018	FORMULA 312 OYSTER CALCIUM 500 MG
003019	FORMULA 314 CALCIUM 600 MG
003020	FORMULA 358 ALPHABET VITAMINS TABLETS
003021	FORMULA 360 STRESS FORMULA WITH BIOTIN AND FOLIC ACID
003022	FORMULA 375 CALCIUM, CHROMIUM, MAGNESIUM, VITAMIN D TABLETS
003023	FORMULA 376 BETA CAROTENE 25,000 IU
003024	FORMULA 390 PLENTIFUL VITAMINS AND MINERALS
003025	FORMULA 407 AARPADEC VITAMIN/MINERAL
003026	FORMULA 419 ECONO-E VITAMIN E 400 IU
003027	FORMULA 502 SENIORS VITAMINS AND MINERALS
003028	FORMULA 524 ZINC 30 MG
003029	FORMULA 564 CALCIUM 600 MG WITH VITAMIN D 125 IU
004001	CECON-A ASCORBIC ACID ORAL SOLUTION
004002	CECON-A ASCORBIC ACID, CHEWABLE
004003	CEFOL
004004	DICAL-D TABLETS
004005	FERO FOLIC 500
004006	FERO-GRAD-500
004007	IBERET FILMTABS
004008	IBERET LIQUID
004009	IBERET-500 FILMTABS
004010	IBERET-500 LIQUID
004011	IBERET-FOLIC-500
004012	K-LOR, STRENGTH NOT INDICATED*
004013	K-TAB

004014 OPTILETS-500
004015 OPTILETS-M-500
004016 PRAMILET FA
004017 SURBEX
004018 SURBEX-750 WITH ZINC
004019 SURBEX-C
004020 SURBEX-T
005001 AMINO 1000
005002 AMINO 2000
005004 ATHLETE'S PAK
005006 SLENDER ALL
005007 STEROL COMPLEX 30
007001 AKOLINE CB CAPLETS
007002 AKOLINE CB CAPSULES
008001 EMERGEN-C
008002 SUPER GRAM II
008003 SUPER GRAM III
009001 B-50 B-COMPLEX
009003 CHEWABLE MULTIPLE VITAMINS WITH IRON
009004 CHILDREN'S CHEWABLE MULTIPLE VITAMINS
009005 DAILY MULTIPLE VITAMINS
009006 DAILY MULTIPLE VITAMINS WITH IRON
010001 ESTEROL WITH ESTER-C
011003 SKAGGS ALPHA BETA HIGH POTENCY THERAPEUTIC M
011004 SKAGGS ALPHA BETA HIGH POTENCY VITAMINS A THRU Z
011005 SKAGGS ALPHA BETA STRESS FORMULA WITH IRON
011006 THERAPEUTIC M HIGH POTENCY MULTIVITAMINS WITH MINERALS
011008 VITAMIN C 100 MG
012001 MULTIPLE VITAMINS WITH IRON
013001 AMINATAL PLUS ONE IMPROVED
013002 MOR-B-PLEX
013003 MULTIVITAMIN WITH FLUORIDE
013004 TRIPLE VITAMIN WITH FLUORIDE
014005 NUTRILITE A + ZINC
014006 NUTRILITE BIO-C PLUS
014007 NUTRILITE C-500
014008 NUTRILITE CALCIUM-MAGNESIUM
014009 NUTRILITE DAILY MULTI-VITAMIN AND MULTI-MINERAL TABLETS
014010 NUTRILITE DOUBLE X PACKETTES
014011 NUTRILITE GARLIC & LICORICE
014012 NUTRILITE LEADING EDGE
014013 NUTRILITE LECITHIN-E
014014 NUTRILITE MULTI FIBER TABLETS
014015 NUTRILITE NATURAL B COMPLEX
014016 NUTRILITE NUTRIEDGE
014017 NUTRILITE PARSELENIUM-E
014018 NUTRILITE PROFESSOR ALPHA'S CHEWABLE C
014019 NUTRILITE PROFESSOR ALPHA'S CHEWABLES MULTI VITMIN WITH IRON
014020 NUTRILITE SALMON OMEGA-3
014021 NUTRILITE SPINACH-IRON
015001 ANABOLIC VASOTATE
015002 AQUA A
015003 AVED GEST
015005 THERAIDS BIOMAX-C
015006 THERAIDS ZINC AMINO ACID CHELATE
015007 THYMUNASE
015008 TRI-B-PLEX

017001 K-LYTE
017002 KLOTRIX
019001 CALCIUM MAGNESIUM WITH ZINC
019003 MULTIPLE VITAMINS
019004 MULTIPLE VITAMINS PLUS IRON
020001 HI-PLEX HIGH POTENCY DAILY VITAMINS
021001 GARLIC TIME DAILY CONCENTRATED TIME RELEASE GARLIC
022001 AAFES B-50 BALANCED COMPLEX
022002 AAFES CALCIUM 600
022003 AAFES CHILDREN'S CHEWABLE MULTIPLE VITAMINS
022004 AAFES MULTIPLE VITAMINS
022005 AAFES MULTIPLE VITAMINS WITH CALCIUM AND IRON
022006 AAFES NATURAL LECITHIN
022007 AAFES THERAPEUTIC M
022008 AAFES VITAMIN C 500 MG
023001 AQUASOL A CAPSULES
023002 AQUASOL A DROPS
023003 AQUASOL E CAPSULES
023004 AQUASOL E DROPS
023005 AQUASOL, TYPE NOT INDICATED*
024001 KID ESSENTIALS
024002 MAN CARE
024003 WOMAN CARE I
025001 NEUTRA-PHOS PACKETS
026002 FERROUS SULFATE DROPS
026003 FERROUS SULFATE ELIXIR
026005 MULTI VIT DROPS WITH IRON
026006 MULTIVITE DROPS
026007 POTASSIUM CHLORIDE ORAL SOLUTION, STRENGTH NOT INDICATED*
026008 TRI VIT DROPS W/FLUORIDE, STRENGTH NOT INDICATED*
027001 SELENIUM
027002 VITAMIN C 500 MG
028001 GINERGY GINSENG EXTRACT 150 MG
029002 DAILY VITAMINS WITH CALCIUM AND IRON
029004 SUPER B-50 B-COMPLEX
029005 THERABASIC M
029006 VITAMIN B-1 100 MG
030001 BUGS BUNNY CHILDREN'S CHEWABLE VITAMINS PLUS IRON
030002 BUGS BUNNY COMPLETE CHILDREN'S CHEWABLE VITAMINS + MINERALS
030003 BUGS BUNNY WITH EXTRA C CHILDREN'S CHEWABLE VITAMINS
030007 FERGON IRON SUPPLEMENT ELIXIR
030008 FERGON IRON SUPPLEMENT TABLETS
030009 FLINTSTONES CHILDREN'S CHEWABLE VITAMINS
030010 FLINTSTONES CHILDREN'S CHEWABLE VITAMINS PLUS CALCIUM
030011 FLINTSTONES CHILDREN'S CHEWABLE VITAMINS PLUS EXTRA C
030012 FLINTSTONES CHILDREN'S CHEWABLE VITAMINS PLUS IRON
030013 FLINTSTONES COMPLETE CHILDREN'S CHEWABLE VITAMINS WITH MINERALS
030017 ONE-A-DAY ESSENTIAL VITAMINS
030018 ONE-A-DAY EXTRAS VITAMIN C
030019 ONE-A-DAY MAXIMUM MULTIVITAMIN/MULTIMINERAL SUPPLEMENT FOR ADULTS
030020 ONE-A-DAY PLUS IRON
030021 ONE-A-DAY STRESSGUARD
030022 ONE-A-DAY WOMEN'S MULTIVITAMIN/MINERAL SUPPLEMENT
030024 WITHIN
031001 BRITE LIFE CALCIUM MAGNESIUM WITH ZINC
031002 BRITE LIFE PRENATAL TABLETS
031003 BRITE LIFE STRESS FORMULA WITH IRON

031004 CENTRAL VITE HIGH POTENCY MULTIVITAMINS WITH MINERALS
031005 GOOD NEIGHBOR PHARMACY CALCIUM 600 MG
031006 GOOD NEIGHBOR PHARMACY VITAMIN C 500 MG
031007 GOOD NEIGHBOR PHARMACY VITAMIN E 400 IU
031008 VITAMIN C 500 MG, TIME RELEASE
032003 COD LIVER OIL CAPSULES
032005 KELP, LECITHIN AND VITAMIN B-6
032007 RICE BRAN SYRUP
034001 CALCIUM 500 MG
034002 FERROUS SULFATE 5 GRAINS
037001 MENSTRUSAN PMS FORMULA HOMEOPATHIC COMBINATION, LIQUID
037002 SINUSAN SINUS FORMULA HOMEOPATHIC COMBINATION, LIQUID
038001 MEGAFOOD ONE-DAILY
039001 MULTIVITAMINS WITH IRON
040001 HEMASPAN
040002 PRENATE 90 TABLETS
041001 CHILDREN'S CHEWABLE VITAMINS
041002 NIACIN 100 MG
042001 BORON CAL-MAG CHELATE
042002 VITAMIN E 400 IU
043001 RECOVER/AMINO SUPREME
044001 COD LIVER OIL
044003 NATALINS
044004 NATALINS RX
044005 NIACIN 100 MG
044007 RUBRANOVA GRAGEA VITAMIN B-12 CAPSULES
044008 THERAGRAN ANTIOXIDANT
044009 THERAGRAN HEMATINIC
044010 THERAGRAN HIGH POTENCY MULTIVITAMIN FORMULA
044011 THERAGRAN STRESS FORMULA
044012 THERAGRAN-M HIGH POTENCY MULTIVITAMIN FORMULA WITH MINERALS
044013 THERAGRAN LIQUID
045001 B-COMPLEX WITH CHOLINE, INOSITOL AND PABA
045002 CALCIUM MAGNESIUM
045003 CALCIUM, MAGNESIUM, VITAMIN D
045004 GTC FORMULA
045005 INSURANCE FORMULA
045006 L-LYSINE
045007 MATURE FORMULA
045009 SOCIABLE GARLIC
045010 SUPER B
045011 THERAPEUTIC FORMULA
045012 VITAMIN B-12 1000 MG
045013 VITAMIN C 150 MG
045016 VITAMIN E 200 IU
045017 VITAMIN E 300 IU
045018 VITAMIN E 400 IU
045019 VITAMIN E 800 IU
045021 VITAMIN & MINERAL FORMULA
045022 ZINC 15 MG
046004 ONE DAILY MULTIPLE VITAMINS MAXIMUM FORMULA
046005 ONE DAILY MULTIPLE VITAMINS PLUS IRON
046006 ONE DAILY MULTIPLE VITAMINS WITH CALCIUM, IRON AND ZINC
047001 VITAMIN A PLUS/VITAMIN A AND BETA CAROTENE
048001 NATURAL HIGH POTENCY MULTIVITAMIN AND MINERAL SUPPLEMENT
048002 THERA PLUS
048003 VITAMIN C 500 MG

049001 NIFEREX ELIXIR
049002 NIFEREX FORTE ELIXIR
049003 NIFEREX TABLETS
049004 NIFEREX-150 CAPSULES
049005 NIFEREX-150 FORTE CAPSULES
049006 NIFEREX-PN
050001 SWEDISH SUPREME VITAMINS AND MINERALS
051002 STRESS FORMULA
052001 PRENATAL TABLETS
053001 PERDIEM FIBER
053002 SLOW FE SLOW RELEASE IRON TABLETS
053003 SUNKIST CHEWABLE VITAMIN C 250 MG
053004 SUNKIST CHILDREN'S CHEWABLE MULTIVITAMINS + EXTRA C
053005 SUNKIST CHILDREN'S CHEWABLE MULTIVITAMINS + IRON
053006 SUNKIST CHILDREN'S CHEWABLE MULTIVITAMINS REGULAR
053007 SUNKIST VITAMIN C 500 MG
053008 SUNKIST VITAMIN C, STRENGTH NOT INDICATED*
053009 VITRON-C TABLETS
054001 B-COMPLEX WITH C
054002 THERA M HIGH POTENCY MULTIPLE VITAMINS WITH MINERALS
054003 VITAMIN C 500 MG
055001 LURIDE CHEWABLE TABLETS 0.25 MG
055002 LURIDE CHEWABLE TABLETS 0.5 MG
055003 LURIDE CHEWABLE TABLETS, STRENGTH NOT INDICATED*
055004 LURIDE DROPS
055005 LURIDE S.F. (SUGAR FREE) CHEWABLE TABLETS 0.25 MG
056001 B-COMPLEX PLUS VITAMIN C
056002 BALANCED B-50
056003 CALCIUM 500 MG
056006 CHILDREN'S CHEWABLES
056007 CHILDREN'S CHEWABLES WITH EXTRA C
056008 CHILDREN'S CHEWABLES WITH IRON
056009 DAILY MULTIPLE
056010 DAILY MULTIPLE PLUS IRON, CALCIUM & ZINC FOR WOMEN
056011 DAILY MULTIPLE PLUS IRON
056012 G-FORMULA COMPLETE HIGH-IRON MULTI-VITAMIN/MINERAL
056013 GELATIN
056014 GELATIN WITH CALCIUM AND VITAMIN D
056015 IRON CAPLETS
056016 IRON TABLETS
056019 MULTIVITAMINS & MINERALS
056021 NATURAL COD LIVER OIL SOFT GEL CAPSULE
056024 POTASSIUM GLUCONATE 550 MG
056025 SPECTRAVITE HIGH POTENCY MULTIVITAMIN MULTIMINERAL SUPPLEMENT
056026 STRESS FORMULA
056027 STRESS FORMULA WITH ZINC
056028 THERA PLUS HIGH POTENCY MULTIVITAMIN MULTIMINERAL SUPPLEMENT
056030 VITAMIN B-12 1000 MCG NATURAL
056032 VITAMIN B-6 100 MG
056034 VITAMIN C 1000 MG
056035 VITAMIN C 250 MG
056036 VITAMIN C 500 MG
056038 VITAMIN E 200 IU
056039 VITAMIN E 400 MG
057002 CHEWABLE MULTIVITAMINS WITH FLUORIDE HALF STRENGTH (0.5 MG)
057003 CHEWABLE MULTIVITAMINS WITH FLUORIDE 1 MG
057005 PRENATAL 1 MG PLUS IRON

057006 PRENATAL RX
057007 PRENATAL Z
057009 TRIVITAMIN WITH FLUORIDE CHEWABLE TABLETS
058002 BASIC B CAPS
058003 BEEF LIVER
058004 CO-ENZYME Q10 30 MG
058005 COD LIVER OIL CAPSULES
058007 KELP
058010 MAXI-HAIR
058011 MAXI-MINS
058012 MAXINE
058013 MULTI-100
058015 VITAMIN C-COMPLEX 500 MG, CHEWABLE
058016 ZINC 50 MG
059001 B-COMPLEX WITH C
059004 ONE DAILY MULTIPLE VITAMINS WITH IRON
059005 ONE DAILY MULTIPLE VITAMINS WITH MINERALS
060001 CYBER GAIN
060002 FUSION MULTI VITAMIN & MINERAL FORMULA
060003 PHASE I BODY BUILDING PROGRAM - ANABOLIC ACTIVATOR
060004 PHASE I BODY BUILDING PROGRAM - BIOGENIC AGENT
060005 PHASE I BODY BUILDING PROGRAM - NEURO-STABILIZER
060006 PHASE I BODY BUILDING PROGRAM - OSMOTIC EQUILIZER
060007 PHASE I BODY BUILDING PROGRAM - PATHWAY ACTIVATOR
060009 VORTEX SUSTAINED RELEASE AMINO ACIDS
061001 FOLIC ACID 1 MG
062001 THERA PLUS
063001 CALCIUM/MAGNESIUM
063003 OYSTER SHELL CALCIUM 500 MG
063005 POTASSIUM GLUCONATE
063006 TARGET B-COMPLEX WITH C
063007 TARGET CALCIUM 600 MG
063008 TARGET CALCIUM AND MAGNESIUM
063009 TARGET CHILDREN'S CHEWABLE MULTIVITAMINS
063010 TARGET CHILDREN'S CHEWABLE MULTIVITAMINS WITH MINERALS
063011 TARGET HIGH POTENCY MULTIVITAMIN AND MINERAL
063012 TARGET NATURAL SOYA LECITHIN
063013 TARGET VITAMIN C 1000 MG
063014 TARGET VITAMIN C 500 MG
063015 TARGET VITAMIN C 500 MG, CHEWABLE
063016 TARGET VITAMIN E 400 IU
063019 VITAMIN E 200 IU
063020 VITAMIN E 400 IU
064001 6BG+
064002 FORMULA 303
064005 SUPERCAL 600
065001 BECOTIN
065002 BECOTIN WITH VITAMIN C
065003 MI-CEBRIN
065004 MI-CEBRIN T
066001 CIRCUS CHEWS CHILDREN'S CHEWABLE MULTIVITAMINS
066002 VITAMIN C 500 MG
068001 B-COMPLEX WITH IRON
068003 THERA GUILD M
069001 CALCIUM 600
069002 CALCIUM 600 WITH VITAMIN D LIQUID
069004 DAILY MULTIPLE VITAMINS

069005 DAILY MULTIPLE VITAMINS PLUS CALCIUM AND IRON
069006 IRON FROM FERROUS SULFATE 325 MG
069007 STRESS FORMULA
069008 VI-TRIM
069009 VITAMIN C 1000 MG
069011 VITAMIN E 400 IU
069013 VITAMINS FOR HAIR
070001 FEOCYTE FA
072001 B-50
072002 CALCIUM 250 MG WITH VITAMIN D
072003 CALCIUM 600 MG WITH VITAMIN D
072006 CENTRAL-VITE
072007 CHILDREN'S CHEWABLE MULTIPLE VITAMINS
072008 COD LIVER OIL
072010 FERROUS SULFATE 5 GRAINS
072011 IRON CAPLETS 50 MG
072015 NIACIN 250 MG, TIME RELEASE
072019 VITAMIN A 10,000 IU
072020 VITAMIN A AND D SOFTGELS
072022 VITAMIN B-12 1000 MCG
072025 VITAMIN C 1000 MG
072026 VITAMIN C 500 MG
072027 VITAMIN C 500 MG WITH ROSE HIPS
072030 VITAMIN E 1000 IU
072031 VITAMIN E 2000 IU
072032 VITAMIN E 400 IU
073001 CANDIDA-GUARD SYSTEMIC FORMULA (CAPRYSTATIN)
074001 CEVALIN ASCORBIC ACID TABLETS, STRENGTH NOT INDICATED*
074002 HOMICEBRIN
076001 B-COMPLEX 100
076006 VITAMIN C 500 MG
078001 ACID-A-CAL
078002 GS 500
078003 NUCLEOPRO-M
078005 THYROID & L-TYROSINE COMPLEX
079001 FOLTRIN
081001 ANIMAL SHAPES CHILDREN'S CHEWABLE MULTIPLE VITAMINS
081002 ANIMAL SHAPES CHILDREN'S CHEWABLE MULTIPLE VITAMINS WITH IRON
081003 BALANCED B-100 COMPLEX
081004 CALCIUM 600 MG
081005 CENTRAL-VITE
081007 KELP, LECITHIN AND VITAMIN B-6
081008 MAGNESIUM 250 MG
081009 ONE DAILY MULTIPLE VITAMINS
081012 VITAMIN A 10,000 IU
081014 VITAMIN C 250 MG
081016 VITAMIN E 200 IU
081017 VITAMIN E 400 IU
082001 B-COMPLEX WITH IRON AND VITAMIN C
082002 CALCIUM 600 MG
082003 COMPLETE HIGH POTENCY MULTIVITAMIN MULTIMINERAL FORMULA
082007 MULTIPLE VITAMINS PLUS IRON
082008 MULTIPLE VITAMINS WITH MINERALS
082010 POTASSIUM GLUCONATE
082011 THERA PLUS HIGH POTENCY MULTIVITAMINS AND MINERALS
082015 VITAMIN E 400 IU
083001 BIOFLAVONOIDS 500 MG

083002 COD LIVER OIL CAPSULES
083004 NATURAL BONE MEAL WITH VITAMIN D
083005 NATURAL GTF CHROMIUM 50 MG
083007 SUPER CAL-MAG
083008 NATURAL GARLIC OIL 1000
083009 SUPER SOYA LECITHIN
083010 VITAMIN C 1000 MG
083011 VITAMIN C 500 MG
083012 VITAMIN E 200 IU
084002 GARLIC OIL WITH PARSLEY
084008 VITAMIN B-12 250 MG
084009 VITAMIN B-12 500 MG
084012 VITAMIN C 1000 MG
084013 VITAMIN C 500 MG WITH ROSE HIPS
084015 VITAMIN E 1000 IU
084016 VITAMIN E 400 IU
085002 COD LIVER OIL CAPSULES
085011 POTASSIUM 83.5 MG
085012 SELENIUM 50 MCG
085013 VITAMIN B-12 100 MCG
085017 VITAMIN E 200 IU
085018 VITAMIN E 400 IU
085019 ZINC 30 MG
085020 ZINC 50 MG
086001 K-NORM 10
087001 NEPHROCAPS
088003 VITAMIN C 250 MG
089001 FLORADIX IRON + HERBS
089002 KINDERVITAL CHILDREN'S MULTIVITAMIN
090001 ANIMAL SHAPES CHILDREN'S CHEWABLES
090002 ANIMAL SHAPES CHILDREN'S CHEWABLES WITH IRON
090003 DAILY MULTIPLE VITAMINS PLUS IRON
090004 CENTURY HIGH POTENCY MULTIVITAMIN AND MINERAL
091001 FEOSTAT SUSPENSION
091002 FEOSTAT TABLETS
092001 NATURE-MIN HIGH POTENCY MULTI-MINERAL FORMULA
092002 ROYAL JELLY
093001 CENTRAL-VITE
093003 VITAMIN E 200 IU
095001 VITALETS-CHEWABLE CHILDREN'S VITAMIN FORMULA
096001 ANIMAL SHAPES CHILDREN'S CHEWABLE MULTIVITAMINS
096003 VITAMIN B-1 100 MG
097001 THERAPEUTIC-M
098001 VITAMIN C 1000 MG WITH ROSE HIPS
099001 ENERGY PLUS ADVANCED WOMEN'S FORMULA
099002 HAIR, SKIN & NAILS
100001 SLOW-MAG
101002 ALOE SELECT ALOE VERA GEL
101003 AMINO 1000
101004 ANTIOXIDANT CELL PROTECTOR
101005 BETA CAROTENE 15 MG
101007 BIG 100 VITAMIN B-COMPLEX
101008 BIG 50 VITAMIN B-COMPLEX
101010 BONE MEAL 10 GRAINS
101011 BORON 3 MG
101012 CALCIUM 600 MG
101014 CALCIUM COMPLETE

101015 CALCIUM MAGNESIUM
101016 CALCIUM PLUS
101018 CALCIUM, MAGNESIUM AND ZINC
101019 CHALLENGE AMINO 4800
101020 CHOLINE 250 MG
101021 CHROMIUM PICOLINATE 1.6 MG, YEAST FREE
101023 COPPER 2 MG, CHELATED
101025 DOLOMITE 11 GRAINS
101026 FAST CAL 500 WITH BORON
101027 WOMEN'S FEMA B-COMPLEX FORTIFIED
101029 GINKGO BILOBA
101031 GTF CHROMIUM
101032 HERBAL PLUS FEVERFEW
101033 HERBAL PLUS GARLIC
101034 WOMEN'S DAILY IRON SUPPORT 30 MG, TIMED RELEASE
101037 LECITHIN 1200 MG
101038 LECITHIN 500 MG
101041 MEGA 100
101042 MEGA-MEN
101043 MEGA-ONE
101047 NATURAL BRAND ALFALFA 500 MG
101048 NATURAL BRAND GARLIC AND PARSLEY TABLET
101049 NATURAL BRAND GOLDEN SEAL ROOT
101050 NATURAL BRAND HERBAL DIURETIC
101051 NATURAL BRAND KELP IODINE SOURCE
101052 NATURAL BRAND VITAMIN C 500 MG WITH ROSE HIPS
101054 NORWEGIAN COD LIVER OIL SOFTGEL CAPSULE VITAMIN A & D SUPPLEMENT
101055 NOUSISH HAIR VITAMINS AND MINERALS FOR THE HAIR
101056 NUTRA FIZZ MULTIPLE VITAMINS
101059 POTASSIUM 99 MG
101060 PREVENTRON MULTIPLE VITAMINS AND MINERALS
101061 QUICK SHOT VITA-RUSH MULTIPLE VITAMINS WITH MINERALS
101063 SELENIUM 50 MCG
101065 SOLOTRON
101066 SOLOTRON JUNIOR
101067 SOLOTRON JUNIOR PLUS IRON
101068 SOLOTRON WOMEN'S FORMULA
101069 B-COMPLEX WITH C PLUS HERBS
101070 STRESS B WITH C, TIME RELEASE
101072 SUPER A AND D 25,000 IU/1,000 IU
101073 TRIPLE LECITHIN
101074 ULTRA MEGA
101075 ULTRA MEGA II TIME RELEASE MULTIPLE VITAMINS AND MINERALS
101076 WOMEN'S ULTRA MEGA HIGH POTENCY VITAMIN AND MINERAL FORMULA
101077 VITA-WORTH GARLIC
101078 VITA-WORTH IRON 18 MG
101079 VITA-WORTH POTASSIUM 99 MG
101080 VITA-WORTH POTENT LECITHIN 1200 MG
101081 VITA-WORTH SUPEREX
101082 VITA-WORTH VITAMIN A 10,000 IU
101083 VITA-WORTH VITAMIN C 100 MG, CHEWABLE
101086 VITAMIN B-12 1000 MCG
101087 VITAMIN B-12 500 MCG
101089 VITAMIN B-6 50 MG
101091 VITAMIN B-COMPLEX, 50 CAPSULE FORMULA
101092 VITAMIN C 100 MG WITH CITRUS C COMPLEX AND ACEROLA, CHEWABLE
101093 VITAMIN C 1000 MG WITH ROSE HIPS

101094 VITAMIN C 1000 MG WITH ROSE HIPS, TIME RELEASE
101095 VITAMIN C 500 MG CHERRY DROPS
101096 VITAMIN C 500 MG WITH CITRUS C COMPLEX AND ACEROLA, CHEWABLE
101097 VITAMIN C 500 MG WITH ROSE HIPS
101098 VITAMIN C 500 MG WITH ROSE HIPS, TIME RELEASE
101099 VITAMIN C 500 MG, BUFFERED
101100 VITAMIN C CRYSTALS 2000 MG PER 1/2 TEASPOON
101104 VITAMIN E 100 IU, SYNTHETIC
101105 VITAMIN E 400 IU, NATURAL
101106 VITAMIN E 400 IU, SYNTHETIC
101108 WOMEN'S EVENING PRIMROSE OIL 500 MG
101110 ZINC 100 MG, CHELATED
101111 ZINC 30 MG, CHELATED
102001 B-COMPLEX WITH C
102002 CHEWABLE VITAMINS W/FLUORIDE
102003 FERROUS GLUCONATE 324 MG
102005 POLYVITE W/FLUORIDE DROPS
102006 PRENATAL W/ZINC IMPROVED
102007 THERA-PLUS
102008 TRIPLEVITE LIQUID
102009 TRIPLEVITE WITH FLUORIDE LIQUID
103001 HI-B-100 ULTRA B-COMPLEX VITAMIN, NATURAL
103002 CALCIUM MAGNESIUM ZINC, NATURAL CHELATED
103003 ABC PLUS HIGH POTENCY MULTI-VITAMIN & MULTI-MINERAL FORMULA
103004 ONE DAILY - DAILY MULTIVITAMIN FORMULA
103005 ONE DAILY WITH CALCIUM AND EXTRA IRON - VITAMIN/MINERAL FORMULA FOR WOMEN
103006 THERA PLUS HIGH POTENCY MULTIPLE VITAMIN FORMULA WITH MINERALS
103008 VITAMIN B-12 100 MCG
103009 VITAMIN C 500 MG
106001 POTABA TABLETS
107003 SUPER B-COMPLEX WITH LIVER, IRON AND VITAMIN B-12
108001 B-50 SUPER B-COMPLEX
108002 CALCIUM-MAGNESIUM, CHELATED
108003 COD LIVER OIL
108004 LECITHIN 1200 MG (19 GRAIN)
110001 ACIDOPHILUS WITH PECTIN
110004 B-COMPLEX "100" BALANCED B-COMPLEX SUPPLEMENT
110012 SUPER C COMPLEX
110013 SUPER CAL-MAG PORT-A-MINS
110014 SUPER HY-VITES
110015 ULTRA SUPER HY-VITES
110016 VITAMIN B-12 2000 MCG, SUBLINGUAL
110018 VITAMIN E 400 IU
111001 HI POTENCY CALCIUM-MAGNESIUM
112001 CALCIUM 600 MG
112003 CALCIUM, MAGNESIUM AND ZINC
112004 ADVANCED FORMULA COMPLETE HIGH POTENCY MULTIVITAMIN MULTIMINERAL SUPPLEMENT
112005 CHILDREN'S CHEWABLE MULTIVITAMINS
112006 CHILDREN'S CHEWABLE MULTIVITAMINS AND IRON
112007 CHILDREN'S CHEWABLE MULTIVITAMINS WITH EXTRA C
112008 DAILY MULTIVITAMINS
112009 WOMEN'S MULTIPLE VITAMINS WITH EXTRA IRON AND CALCIUM PLUS ZINC
112010 DAILY MULTIVITAMINS WITH IRON
112011 OYSTER SHELL CALCIUM 500 MG
112013 POTASSIUM GLUCONATE

112015 THERAPEUTIC-M
112017 VITAMIN C 250 MG
112018 VITAMIN C 500 MG
112019 VITAMIN C 500 MG WITH ROSE HIPS
112021 ZINC 50 MG
113001 VALUMED CENTRAL VITE
113002 MULTI-VITAMIN TAB W/FLUORIDE, STRENGTH NOT INDICATED*
113003 CTM COMPLETE MULTIVITAMIN/MULTIMINERAL
113004 POTASSIUM CHLORIDE 10 MEQ
113005 VALUMED DAILY VITAMINS
113006 VALUMED OYSTER SHELL CALCIUM 500 MG
113007 VALUMED PRENATAL FORMULA
114001 B-50
114004 CALCIUM, MAGNESIUM AND ZINC
114005 CENTRA-VM MULTIVITAMINS PLUS MINERALS
114006 CHILDREN'S CHEWABLE ANIMAL SHAPED VITAMINS
114007 DAILY MULTIPLE VITAMINS
114008 DAILY RATION VITAMINS FOR WOMEN WITH CALCIUM & IRON/MULTIVITAMIN AND BETA CAROTENE
114009 DAILY MULTIPLE VITAMINS PLUS IRON
114010 HEALTH BALANCE B-50
114011 HEALTH BALANCE CALCIUM MAGNESIUM
114012 HEALTH BALANCE CALCIUM, MAGNESIUM AND ZINC
114013 HEALTH BALANCE CHILDREN'S CHEWABLE VITAMINS, ANIMAL SHAPES
114014 HEALTH BALANCE DAILY MULTIPLE VITAMINS PLUS IRON
114015 HEALTH BALANCE VITAMIN C 1000 MG WITH ROSE HIPS
114016 HEALTH BALANCE VITAMIN C 500 MG, CHEWABLE
114017 HEALTH BALANCE VITAMIN E 400 IU
114018 HEALTH ESSENTIALS VITAMIN C 500 MG
114019 L-LYSINE 500 MG
114021 OYSTER SHELL CALCIUM 500 MG
114022 THERAPEUTIC M WITH BETA CAROTENE MULTIVITAMIN AND MULTIMINERAL FORMULA
114024 VITAMIN C 1000 MG
114027 VITAMIN E 400 IU
115001 B-50 COMPLEX
115003 ONE DAILY MULTIPLE VITAMINS
115004 VITAMIN C 500 MG WITH ROSE HIPS
115005 VITAMIN E 200 IU
116001 STRESS FREE WITH IRON
118001 FLORAFIBER
118002 KINDERMINS MULTI-VITAMIN/HERBAL FORMULA FOR INFANTS & CHILDREN
118004 THERMOJECTICS WEIGHT-MANAGEMENT PRODUCT, TYPE NOT INDICATED*
118005 THERMOJETICS ACTIVATED FIBER
118006 THERMOJETICS BEIGE HERBAL TABLETS
118007 THERMOJETICS CELL-U-LOSS VITAMIN/MINERAL/HERBAL TABLETS
118008 THERMOJETICS FORMULA 1 - NUTRITIONAL PROTEIN DRINK MIX
118009 THERMOJETICS FORMULA 2 - MULTIVITAMIN-MINERAL & HERBAL TABLETS
118010 THERMOJETICS FORMULA 3 - CELL ACTIVATOR
118011 THERMOJETICS GREEN HERBAL TABLETS
118012 THERMOJETICS N-R-G NATURE'S RAW GUARANA
119001 POLYVITAMIN
119002 POLYVITAMINS W/FLUORIDE
119003 POLYVITAMINS W/IRON
119004 POLYVITAMINS W/IRON & FLUORIDE
119005 TRI-VITAMIN W/FLUORIDE
120001 B-COMPLEX WITH VITAMIN C
121001 B-COMPLEX WITH VITAMIN C

121003 CENTRA VITE
122001 ADAVITE M
122002 CALCIUM 500 MG
122005 CRANBERRY CONCENTRATE
122007 FORMULA A TO Z
122009 NATURAL IRON 5 GRAINS
122012 THERAVIM
122013 VIODAY MULTIVITAMINS
122014 VIODAY MULTIVITAMINS PLUS IRON
123001 OYSTER SHELL CALCIUM 500 MG WITH VITAMIN D
124001 IMAGE HNS
124002 LIFE PAK
124003 METABOTRIM
125001 CHEW VITES
125002 DAILY VITES
125003 FERROUS SULFATE 5 GRAINS
125006 OYSTER CALCIUM 500 MG
126002 CHILDREN'S CHEWABLES PLUS IRON
126004 LECITHIN 1200 MG
126005 MD PHARMACEUTICALS CALCIUM-500
126006 MD PHARMACEUTICALS CHILDREN'S CHEWABLE WITH IRON
126007 MD PHARMACEUTICALS LECITHIN
126008 MD PHARMACEUTICALS MULTIVITAMIN PLUS IRON
126009 MD PHARMACEUTICALS VITAMIN E 200 IU, NATURAL
126010 MD PHARMACEUTICALS WOMEN'S FORMULA MULTIVITAMINS WITH EXTRA IRON,
CALCIUM AND ZINC
126012 NATURAL GARLIC PEARLS
126013 POTASSIUM GLUCONATE
127001 ACES
127002 BLOOD NUTRIENTS
127003 CO-ENZYME Q-10 30 MG
127004 COPPER 5 MG, CHELATED
127005 LIQUID CAL-600
127008 VITAMIN E 400 IU
128002 ROYAL JELLY AND VITAMIN TABLETS
129001 B-COMPLEX WITH C
129002 B-COMPLEX WITH C PLUS IRON
129004 CALCIUM 600 MG
129005 CALCIUM 600 MG WITH VITAMIN D
129006 CALCIUM-MAGNESIUM
129007 CENTA MINS II
129008 CHILDREN'S CHEWABLE MULTIPLE VITAMINS
129010 COD LIVER OIL CAPSULES
129011 DAILY MINS MULTIVITAMINS
129012 DAILY MINS MULTIVITAMINS FOR WOMEN
129013 DAILY MINS MULTIVITAMINS WITH IRON
129014 FERROUS SULFATE 5 GRAINS
129016 GARLIC AND PARSLEY
129017 GARLIC OIL 1500 MG
129018 GERI MINS HIGH POTENCY MULTIVITAMINS WITH IRON
129019 KELP LECITHIN B-6
129020 L-LYSINE 500 MG
129022 LECITHIN 19 GRAINS
129030 OYSTER SHELL CALCIUM 500 MG
129031 OYSTER SHELL CALCIUM 500 MG WITH VITAMIN D
129034 POTASSIUM GLUCONATE 550 MG
129037 THERAPEUTIC MINS II HI-POTENCY VITAMINS & MINERALS

129038 VITAMIN A 10,000 IU
129040 VITAMIN B-12 1000 MCG
129041 VITAMIN B-12 250 MCG
129045 VITAMIN C 1000 MG
129046 VITAMIN C 1000 MG WITH ROSE HIPS, TIME RELEASE
129047 VITAMIN C 500 MG
129048 VITAMIN C 500 MG WITH ROSE HIPS
129051 VITAMIN E 200 IU
129052 VITAMIN E 400 IU
130001 CALCIUM MAGNESIUM ZINC
131006 VITA MENU INTENSIVE REPLENISHMENT AND STRESS FORMULA
132002 FERANCEE
132003 FERANCEE-HP
132005 THE STUART FORMULA TABLETS MULTIVITAMIN/MULTIMINERAL SUPPLEMENT
133001 IRCON
135001 K-DUR 10
135002 K-DUR 20
135003 K-DUR, STRENGTH NOT INDICATED*
136001 ANIMAL SHAPES CHEWABLES COMPLETE
136002 ANIMAL SHAPES CHEWABLES WITH BETA CAROTENE
136003 ANIMAL SHAPES CHEWABLES WITH EXTRA C
136004 ANIMAL SHAPES CHEWABLES WITH IRON
136005 B-100 B-COMPLEX
136007 CALCIUM 600 MG PLUS VITAMIN D
136009 FERROUS SULFATE
136010 SUPER-EPA 1000 MG NATURAL FISH OIL CONCENTRATE
136011 OYSTER SHELL CALCIUM 250 MG PLUS VITAMIN D
136012 OYSTER SHELL CALCIUM 500 MG PLUS VITAMIN D
136014 VITA-SMART NATURAL POTASSIUM 99 MG
136016 SENTRAL-VITE ADVANCED FORMULA
136017 VIT-SMART THERAPEUTIC M HIGH POTENCY MULTIVITAMIN FORMULA WITH MINERALS
136018 VITA-SMART B-50 B-COMPLEX
136019 VITA-SMART HIGH POTENCY VITAMINS & MINERALS
136020 VITA-SMART MULTI-VITAMINS
136021 VITA-SMART MULTIPLE VITAMINS WITH CALCIUM AND IRON
136022 VITA-SMART WOMEN'S FORMULA MULTI-VITAMINS WITH IRON, CALCIUM AND ZINC
136023 VITA-SMART MULTIPLE VITAMINS WITH IRON
136024 VITA-SMART MULTI-VITAMINS MAXIMUM FORMULA - MULTIVITAMIN/MULTIMINERAL SUPPLEMENT
136025 VITA-SMART NATURALS A AND D
136026 VITA-SMART VITAMIN B-1 100 MG
136027 VITA-SMART VITAMIN B-12 1000 MCG
136028 VITA-SMART VITAMIN B-6 50 MG
136029 VITA-SMART VITAMIN C 500 MG
136030 VITA-SMART VITAMIN C 500 MG WITH ROSEHIPS
136031 VITA-SMART VITAMIN C 500 MG, CHEWABLE
136032 VITA-SMART VITAMIN E 1000 IU
136033 VITA-SMART VITAMIN E 400 IU
136034 VITA-SMART ZINC 50 MG
137001 KONSYL-ORANGE POWDER, ULTRA FINE TEXTURE, 3.4 GRAMS OF PSYLLIUMPER TABLESPOON
138001 ICAPS TIME RELEASE FORMULA
138002 ICAPS PLUS
141003 VITAMIN E 1000 IU
142001 CALTRATE 600 HIGH POTENCY CALCIUM SUPPLEMENT

142002 CALTRATE 600+D HIGH POTENCY CALCIUM SUPPLEMENT WITH VITAMIN D
142003 CALTRATE JR.
142004 CENTRUM HIGH POTENCY MULTIVITAMIN-MULTIMINERAL FORMULA, ADVANCED
FORMULA FROM A TO ZINC
142005 CENTRUM LIQUID HIGH POTENCY MULTIVITAMIN-MULTIMINERAL FORMULA,
ADVANCED FORMULA
142006 CENTRUM SILVER SPECIALLY FORMULATED MULTIVITAMIN-MULTIMINERAL FOR
ADULTS 50+
142007 CENTRUM SINGLES VITAMIN C
142008 CENTRUM, JR. + EXTRA CALCIUM CHILDREN'S CHEWABLE VITAMIN/MINERAL
FORMULA, SHAMU AND HIS CREW
142009 CENTRUM, JR. + EXTRA C CHILDREN'S CHEWABLE VITAMIN/MINERAL FORMULA,
SHAMU AND HIS CREW
142010 CENTRUM, JR. + IRON CHILDREN'S CHEWABLE VITAMIN/MINERAL FORMULA,
SHAMU AND HIS CREW
142011 CENTRUM, JR. CHILDREN'S CHEWABLE VITAMIN/MINERAL FORMULA, SHAMU
AND HIS CREW
142012 FERRO-SEQUELS HIGH POTENCY, TIME-RELEASE IRON SUPPEMENT
142013 FIBERCON TABLETS BULK-FORMING FIBER
142014 FILIBON F.A. RX PRENATAL
142015 FILIBON PRENATAL
142016 GEVRABON VITAMIN-MINERAL SUPPLEMENT
142017 INCREMIN
142018 INCREMIN WITH IRON
142020 LEDERPLEX
142021 MATERNA
142023 OCUVITE VITAMIN AND MINERAL SUPPLEMENT
142024 PRONEMIA HEMATINIC
142025 PROTEGRA ANTIOXIDANT VITAMIN AND MINERAL SUPPLEMENT
142026 STRESSTABS + IRON HIGH POTENCY STRESS FORMULA VITAMINS
142027 STRESSTABS + ZINC HIGH POTENCY STRESS FORMULA VITAMINS
142028 STRESSTABS 600
142029 STRESSTABS 600 + IRON
142030 STRESSTABS 600 + ZINC
142031 STRESSTABS HIGH POTENCY STRESS FORMULA VITAMINS
142032 LEDERPLEX LIQUID
143001 B-COMPLEX WITH ORGANIC IRON
143002 CALCIUM 600 PLUS VITAMIN D
143005 KLB6
143007 POTASSIUM 99 MG TABLETS
143008 SUPER HIGH POTENCY LECITHIN SOFTGELS
143009 VITAMIN A 25,000 IU
143011 VITAMIN C WITH ROSE HIPS
143013 VITAMIN E 400 IU CAPSULES
143015 ZINC 15 MG
144001 ANIMAL CHEWABLES COMPLETE
144002 ANIMAL CHEWABLES WITH EXTRA C
144003 ANIMAL CHEWABLES WITH IRON
144004 ANTIOXIDANT SUPPLEMENT
144005 B-100
144006 B-COMPLEX WITH C
144008 CALCIUM 250 MG
144009 CALCIUM 600 MG
144010 CALCIUM 600 MG WITH VITAMIN D AND IRON
144013 CENTRAL-VITE MULTIVITAMIN/MULTIMINERAL
144015 COD LIVER OIL
144017 FISH OIL CONCENTRATE

144018 GARLIC OIL
144019 GER-TABS COMPLETE
144020 HIGH POTENCY IRON
144021 IMPERIAL GINSENG
144023 KELP, LECITHIN AND VITAMIN B-6
144026 MAXIMUM PAK
144032 NATURAL HIGH POTENCY MULTIVITAMIN & MULTIMINERAL SUPPLEMENT (YOUR
LIFE)
144034 ONE DAILY MULTIPLE VITAMINS
144035 ONE DAILY MULTIPLE VITAMINS PLUS CALCIUM
144036 ONE DAILY MULTIPLE VITAMINS PLUS CALCIUM, IRON AND ZINC
144037 ONE DAILY MULTIPLE VITAMINS PLUS MINERALS
144041 POTASSIUM GLUCONATE 550 MG
144043 PRENATAL TABLETS
144044 SCOOPY DOO CHILDREN'S CHEWABLES
144045 SCOOPY DOO CHILDREN'S CHEWABLES WITH IRON
144046 SPACE SHAPES CHILDREN'S CHEWABLE VITAMINS
144047 SPACE SHAPES CHILDREN'S CHEWABLE VITAMINS PLUS IRON
144048 STRESS FORMULA
144049 STRESS FORMULA WITH IRON
144050 STRESS FORMULA WITH ZINC
144051 THERA PLUS
144052 VITA FRESH A TO ZINC MULTIVITAMIN/MINERAL
144053 VITAMIN A 10,000 IU
144055 VITAMIN B-12 1000 MCG
144056 VITAMIN B-12 50 MCG
144059 VITAMIN C 1000 MG
144060 VITAMIN C 250 MG
144061 VITAMIN C 500 MG
144062 VITAMIN C 500 MG, TIME RELEASE
144065 VITAMIN E 100 IU
144066 VITAMIN E 1000 IU
144067 VITAMIN E 400 IU
144070 YOUR LIFE ALL PURPOSE MULTIVITAMIN & MULTIMINERAL
144071 YOUR LIFE CHILDREN'S CHEWABLE MULTIVITAMINS
144072 YOUR LIFE CHILDREN'S CHEWABLE MULTIVITAMINS WITH IRON
144073 YOUR LIFE DAILY PAK FOR MEN
144074 YOUR LIFE DAILY PAK FOR WOMEN
145002 CENTRAL VITE
146001 KWAI
147001 B-COMPLEX WITH C AND E
147002 BALANCED B-100
147003 CALCIUM & MAGNESIUM
147004 CALCIUM 600 MG
147007 CALCIUM, MAGNESIUM & ZINC
147008 CENTRAL-VITE HIGH POTENCY MULTIVITAMIN MULTIMINERAL FORMULA
147009 CHILDREN'S CHEWABLE MULTIVITAMINS
147010 CHILDREN'S CHEWABLE MULTIVITAMINS AND IRON
147011 CHILDREN'S CHEWABLE COMPLETE MULTIVITAMINS WITH ESSENTIAL MINERALS
147012 HIGH POTENCY MULTIVITAMIN AND MINERAL SUPPLEMENT
147013 FERROUS SULFATE 325 MG
147014 HIGH POTENCY OYSTER SHELL CALCIUM 500 MG
147015 HIGH POTENCY OYSTER SHELL CALCIUM 500 MG WITH VITAMIN D
147016 IRON 50 MG
147017 KELP LECITHIN B-6
147018 L-LYSINE
147021 NATURAL COD LIVER OIL CAPSULES

147022 NATURAL LECITHIN
147023 DAILY VITAMINS
147024 DAILY VITAMINS WITH IRON
147025 OYSTER SHELL CALCIUM 250 MG
147026 OYSTER SHELL CALCIUM 250 MG WITH VITAMIN D
147027 PRENATAL TABLETS
147028 STRESS B WITH VITAMIN C
147029 STRESS B WITH ZINC
147030 THERADEC M
147031 VITAMIN A 8,000 IU
147033 VITAMIN B-1 100 MG
147034 VITAMIN B-12 2000 MCG
147035 VITAMIN B-6 100 MG
147036 VITAMIN B-6 200 MG
147038 VITAMIN B-COMPLEX WITH C
147039 VITAMIN C 1000 MG
147040 VITAMIN C 500 MG
147041 VITAMIN C 500 MG WITH ROSE HIPS
147042 VITAMIN C 500 MG, CHEWABLE
147044 VITAMIN E 200 IU
147045 VITAMIN E 400 IU
147047 ZINC 50 MG
148001 ANIMAL SHAPES CHILDREN'S CHEWABLES
148002 BETA CAROTENE EQUIVALENT TO VITAMIN A 10,000 IU
148004 FEROSUL - FERROUS SULFATE 325 MG
148007 NIACIN 500 MG
148011 POTASSIUM 99 MG
148014 TRI-A-VITE
148015 TRI-A-VITE W/FLUORIDE
148016 TRI-A-VITE W/FLUORIDE LIQUID
148017 VITAMIN C 250 MG
148019 VITAMIN E 200 IU
148020 VITAMIN E 400 IU
149001 AMINO MAX
149005 CAL-CITRATE PLUS WITH VITAMIN D AND MAGNESIUM
149006 CHOLINE AND INOSITOL
149007 CHROMIUM PICOLINATE 200 MCG
149010 DINOSAUR CHILDREN'S CHEWABLES
149011 EXTRA STRENGTH CALCIUM-MAGNESIUM
149012 GARLIC
149013 GARLIC AND PARSLEY
149014 HAIR KARE
149019 NIACIN 100 MG
149020 OMEGA-3 FISH OILS
149022 OYSTER SHELL CALCIUM 600 MG
149024 POTASSIUM 99
149025 VITAMIN B-12 1000 MCG
149027 VITAMIN C 500 MG
149028 VITAMIN E 1000 MG
150001 B-COMPLEX WITH VITAMIN C
150004 ZINC WITH B AND C
151003 IMFERON
152001 VIMAR DROPS
152002 VIMAR SYRUP
152003 VIMAR W/IRON SYRUP
153001 VITAMIN E 1000 IU
154001 CALCIUM 600 MG WITH VITAMIN D

154003 FERROUS SULFATE 324 MG
154006 VITAMIN B-COMPLEX W/C
154008 VITAMIN E 1000 IU
154009 VITA-TRUM
155001 FIBER SONIC
155002 KM POTASSIUM SUPPLEMENT LIQUID
155003 KM POTASSIUM SUPPLEMENT TABLETS
156001 ELDERTONIC
157001 COD LIVER OIL
157003 VITAMIN E 400 IU
158003 CALCIUM, MAGNESIUM AND ZINC
158004 CENTRAL VITE HIGH POTENCY MULTIVITAMIN WITH MINERALS
158005 CHILDREN'S CHEWABLE MULTIVITAMINS
158006 CHILDREN'S CHEWABLE MULTIVITAMINS WITH EXTRA C
158007 CHILDREN'S CHEWABLE MULTIVITAMINS WITH IRON
158010 HI-B-COMPLEX
158013 ONE DAILY MULTIPLE VITAMINS
158014 ONE DAILY MULTIPLE VITAMINS WITH IRON
158016 STRESS B ADVANCED FORMULA
158017 THERA M
158019 VITAMIN B-12 100 MCG
158020 VITAMIN C 500 MG
159002 SESAME STREET COMPLETE
159003 SESAME STREET VITAMINS PLUS IRON
159004 SESAME STREET VITAMINS WITH EXTRA C
160001 MDR FITNESS TABS FOR MEN AND WOMEN
161004 FER-IN-SOL IRON SUPPLEMENT DROPS
161005 FER-IN-SOL IRON SUPPLEMENT SYRUP
161006 MCT MEDIUM CHAIN TRIGLYCERIDES
161007 POLY-VI-FLOR CHEWABLE TABLETS
161008 POLY-VI-FLOR DROPS
161009 POLY-VI-FLOR WITH IRON CHEWABLE TABLETS
161010 POLY-VI-FLOR WITH IRON DROPS
161011 POLY-VI-SOL VITAMIN CHEWABLE VITAMINS, PETER RABBIT SHAPES
161012 POLY-VI-SOL VITAMIN DROPS
161013 POLY-VI-SOL VITAMINS WITH IRON DROPS
161014 POLY-VI-SOL WITH IRON CHEWABLE TABLETS, PETER RABBIT SHAPES
161015 SMURF CHILDREN'S VITAMINS
161016 TRI-VI-FLOR DROPS
161017 TRI-VI-FLOR TABLETS
161018 TRI-VI-FLOR WITH IRON DROPS
161019 TRI-VI-SOL DROPS
161020 TRI-VI-SOL TABLETS
161021 TRI-VI-SOL WITH IRON DROPS
162001 CALCIUM 600 MG WITH VITAMIN D
162003 CENTRA VITE HIGH POTENCY MULTIVITAMINS
162004 IRON TONIC WITH B-COMPLEX AND VITAMIN C
162005 MULTIPLE VITAMINS
162006 MULTIPLE VITAMINS WITH IRON
162007 STRESS FORMULA
162008 STRESS FORMULA WITH ZINC
162009 VITAMIN A 10,000 IU
162010 VITAMIN B-12 1000 MCG
162014 ZINC 50 MG
163001 NAFRINSE, STRENGTH NOT INDICATED*
164001 CENTURY ADVANCED FORMULA MULTIVITAMIN AND MINERAL SUPPLEMENT
164002 CHILDREN'S CHEWABLE VITAMINS

165001 ADVANCED FORMULA HIGH POTENCY MULTIVITAMINS WITH MINERALS
165002 B-100
165004 CIRCUS SHAPES CHILDREN'S CHEWABLE VITAMINS
165005 CIRCUS SHAPES CHILDREN'S CHEWABLE VITAMINS WITH IRON
165007 L-LYSINE
165012 POTASSIUM GLUCONATE 595 MG
165013 STRESS FORMULA WITH IRON
165016 VITAMIN C 250 MG
165017 VITAMIN C 500 MG
166001 MEL-VITA MULTIVITAMIN AND MULTIMINERAL SUPPLEMENT
166002 MELA-CAL CALCIUM, PHOSPHORUS & MAGNESIUM WITH VITAMINS D&C
166003 VITA BEARS CHILDREN'S CHEWABLE VITAMINS & MINERALS
167001 OYSTER SHELL CALCIUM 600 MG
167002 VITAMIN E 1000 IU
168001 FEMIRON DAILY IRON SUPPLEMENT
168002 GARFIELD CHEWABLE MULTIVITAMINS
168003 GARFIELD CHEWABLE MULTIVITAMINS PLUS IRON
168004 GARFIELD CHEWABLE MULTIVITAMINS PLUS MINERALS
168005 GARFIELD CHEWABLE MULTIVITAMINS PLUS VITAMIN C
170001 CHROMIUM PICOLINATE WITH BORON
170006 VITAMIN E 400 IU WITH SELENIUM
171001 A/G PRO
172001 CALCET PLUS TRIPLE CALCIUM PLUS MULTIVITAMINS
172002 CALCET TRIPLE CALCIUM WITH VITAMIN D
172003 CITRACAL CAPLETS + D
172004 CITRACAL TABLETS
172007 FOSFREE
172008 MISSION PRENATAL
172009 MISSION PRENATAL RX
172010 NEOVADRIN PRENATAL TABLETS
173001 MONTANA BIG SKY PURE ENERGY CAPSULES
176005 OYSTER SHELL CALCIUM-MAGNESIUM
176006 SUPER B-COMPLEX WITH C
176007 VITAMIN C 500 MG, CHEWABLE
176009 VITAMIN E 400 IU
177001 A KIDS COMPANION
177002 ESTER C 1000 MG
177004 GUARANA
177005 MY FAVORITE MULTIPLE
178002 TRI-ZYMES
179001 GINSENG
179003 VITAMIN C 1000 MG
179004 VITAMIN E 400 IU
180001 B-100 B-COMPLEX
180002 B-COMPLEX WITH C
180004 CALCIUM 600
180006 CALCIUM MAGNESIUM
180007 CHILDREN'S COMPLETE CHEWABLE VITAMIN AND MINERAL FORMULA
180008 CHILDREN'S CHEWABLE VITAMINS WITH IRON
180009 DAILY VITAMINS AND MINERALS
180010 GARLIC OIL, NATURAL
180016 NORWEGIAN COD LIVER OIL CAPSULES
180017 OYSTER SHELL CALCIUM 600 MG
180018 OYSTER SHELL CALCIUM 600 MG PLUS VITAMIN D
180019 POTASSIUM GLUCONATE 610 MG
180021 SOYA LECITHIN 1200 MG
180022 STRESS FORMULA

180023 STRESS FORMULA WITH IRON
180027 VITAMIN C 1000 MG
180028 VITAMIN C 250 MG
180029 VITAMIN C 500 MG
180031 VITAMIN E 1000 IU
180032 VITAMIN E 400 IU
180033 VITAMIN E 400 IU, NATURAL
181001 C-500 WITH ROSE HIPS
181003 E-400 IU/D-ALPHA TOCOPHEROL
182002 CALCIUM 600 MG WITH VITAMIN D
182004 COD LIVER OIL
182010 STRESS B-COMPLEX
182011 STRESS B-COMPLEX WITH C
182012 VITAMIN C 300 MG
182013 VITAMIN C 500 MG
183001 ALFALFA 550 MG
183002 ANTIOXIDANT A, C & E
183003 BALANCED B-100 COMPLEX
183004 BALANCED B-50 COMPLEX
183005 BEE POLLEN
183006 BETA CAROTENE 25,000 IU
183008 BREWER'S YEAST
183009 CALCIUM 250 MG
183012 CALCIUM, MAGNESIUM AND ZINC
183013 CENTURY-VITE HIGH POTENCY MULTIVITAMIN AND MINERAL
183014 COD LIVER OIL
183015 DAILY COMBO
183016 DOLOMITE
183017 ESSENTIAL BALANCE
183018 IRON 65 MG FROM FERROUS SULFATE
183019 FERROUS SULFATE EQUIVALENT TO 65 MG ELEMENTAL IRON
183021 GELATIN + CALCIUM WITH VITAMIN D
183023 L-LYSINE 500 MG
183024 LECITHIN
183025 MAGNESIUM 250 MG
183027 MEGA 2000
183031 NATURAL GARLIC OIL
183032 NIACIN 100 MG
183033 ODORLESS GARLIC
183034 OYSTER SHELL CALCIUM 500 MG
183035 OYSTER SHELL CALCIUM 500 MG WITH VITAMIN D
183038 POTASSIUM GLUCONATE 550 MG
183039 PRENATAL FORMULA
183040 SELENIUM
183041 STRESS B-COMPLEX ADVANCED FORMULA
183042 STRESS B-COMPLEX WITH C
183043 STRESS B-COMPLEX WITH IVITAMIN C PLUS RON
183044 SUPER B COMPLEX
183045 SUPERMAN CHILDREN'S VITAMINS
183046 SUPERMAN CHILDREN'S VITAMINS COMPLETE WITH MINERALS
183047 SUPERMAN CHILDREN'S VITAMINS WITH EXTRA C
183048 SUPERMAN CHILDREN'S VITAMINS WITH IRON
183049 THERAPEUTIC M
183050 VITAMIN A 10,000 IU
183051 VITAMIN A 8,000 IU
183052 VITAMIN B-1 100 MG
183054 VITAMIN B-12 100 MCG

183055 VITAMIN B-12 1000 MCG
183056 VITAMIN B-12 250 MCG
183058 VITAMIN B-6 100 MG
183059 VITAMIN B-6 200 MG
183060 VITAMIN B-6 50 MG
183062 VITAMIN C 1000 MG
183063 VITAMIN C 1000 MG WITH ROSE HIPS
183064 VITAMIN C 250 MG
183065 VITAMIN C 250 MG WITH ROSE HIPS
183066 VITAMIN C 500 MG
183067 VITAMIN C 500 MG WITH ROSE HIPS
183068 VITAMIN C 500 MG, CHEWABLE
183070 VITAMIN E 100 IU
183071 VITAMIN E 1000 IU
183072 VITAMIN E 200 IU
183073 VITAMIN E 400 IU
183078 WOMEN'S PACK DAILY VITAMIN PROGRAM
183079 ZINC 60 MG
184001 ABC PLUS
184002 B-100 ULTRA B COMPLEX
184003 BEE POLLEN
184004 BETA CAROTENE 10,000 IU
184005 BETA CAROTENE 25,000 IU
184006 BOUNTY BEARS CHEWABLE TABLETS
184007 BOUNTY BEARS PLUS IRON
184008 BOUNTY BEARS WITH C
184009 CALCIUM & MAGNESIUM
184010 CALCIUM 600
184011 CHELATED MAGNESIUM 30 MG
184012 DOLOMITE, CALCIUM AND MAGNESIUM
184013 ENER-B
184014 FERROUS SULFATE 5 GRAINS
184016 KLB6
184018 LECITHIN
184020 MULTI-DAY
184021 MULTI-DAY PLUS IRON
184022 MULTI-DAY W/CALCIUM AND EXTRA IRON
184023 NIACIN 50 MG
184024 NIACIN 500 MG
184025 OYSTERCAL 500
184026 OYSTERCAL 500 + D
184027 POTASSIUM GLUCONATE 610 MG
184028 THERAVIM-M
184029 VITAMIN A 8,000 IU FROM FISH LIVER OILS
184032 VITAMIN B-12 1500 MCG, LONG ACTING
184034 VITAMIN B-COMPLEX & B-12
184035 VITAMIN B-COMPLEX + C TIME RELEASE
184036 VITAMIN C 1000 MG WITH ROSE HIPS, NATURAL
184037 VITAMIN C 1000 MG WITH ROSE HIPS, NATURAL TIME RELEASE
184038 VITAMIN C 500 MG
184039 VITAMIN C 500 MG WITH ROSE HIPS, NATURAL
184042 VITAMIN D 400 IU
184043 VITAMIN E 1000 IU
184044 VITAMIN E 400 IU
184047 ZINC 25 MG, CHELATED
185001 BEE POLLEN
185002 BLACK WALNUT HULLS

185003 DANDELION ROOT
185004 ECHINACEA ROOT AND HERB
185005 FEMCHANGE
185006 GOLDEN SEAL ROOT
185007 JUNIPER BERRY COMBINATION
185008 LB FORMULA CAPSULES
185009 PAU D'ARCO
185010 SIBERIAN GINSENG CAPSULES
185011 SIBERIAN GINSENG LIQUID EXTRACT
186002 CALCIUM MAGNESIUM ZINC TABLETS
186003 CHROMIUM 200 MCG
186004 HI-B-100 B-COMPLEX TABLETS
186005 HI-B-50 B-COMPLEX TABLETS
187002 GARLIC AND PARSLEY
187004 VITAMIN A 25,000 IU
187007 VITAMIN E 400 IU
188001 ADULT'S CHEWABLES
188002 CHILDREN'S TASTY CHEWABLES
188003 CHILDREN'S VITA-GELS
188004 CHLOROPHYLL CAPS
188006 IMMUNE-ACTION HERBAL CAPSULES
188007 IRON 40 MG BIOTRIN AMINO ACID CHELATE
188008 LOVE BITES - HEART-SHAPED CHILDREN'S CHEWABLE
188009 PAPAYA ENZYME
188010 SELENIUM 50 MCG
188011 SOURCE OF LIFE MINI-TABS MULTIVITAMIN & MINERAL WITH WHOLE
FOODCONCENTRATES
188012 SOURCE OF LIFE MULTI-VITAMIN & MINERAL WITH WHOLE FOOD CONCENTRATES
188013 SUPER C COMPLEX
188014 SUPER SELENIUM COMPLEX 200 MCG + VITAMIN E
188015 ULTRA-TWO SOFT GELATIN CAPSULES
188016 ULTRA-ZYME THE ULTIMATE DIGESTIVE AID
188017 VITAMIN C 1000 MG WITH ROSE HIPS
188019 ZINC LOZENGES
189001 A.M./P.M. ULTIMATE CLEANSE
190002 ALJ HERBAL FOOD COMBINATION
190003 BALANCED B-COMPLEX
190004 BEE POLLEN
190006 BOWEL BUILD
190007 BUTCHER'S BROOM
190008 CALCIUM MAGNESIUM
190011 CASCARA SAGRADA
190012 CHAPARRAL
190013 CHICKWEED
190014 DAMIANA
190015 DEFENCE MAINTENANCE/IMMUNE MAINTENANCE
190016 ENERGY V
190017 GINKGO-HAWTHORN COMBINATION
190018 GINKO-GOTU KOLA COMBINATION
190019 HIGH POTENCY GARLIC
190021 LBS II HERBAL FOOD COMBINATION
190023 LIV-J HERBAL FOOD COMBINATION
190024 MEGA-CHEL
190025 MONTHLY MAINTENANCE
190028 NUTRI CALM STRESS FORMULA
190031 PARSLEY
190033 PSYLLIUM

190034 SARSAPARILLA
190035 SF HERBAL FOOD COMBINATION
190036 SN-X HERBAL FOOD COMBINATION
190038 VITAMIN C 1000 MG
190040 X-A HERBAL FOOD COMBINATION
191001 B/P FORMULA
191002 BARLEY GRASS CAPSULES, NORTH AMERICAN
191004 BUTCHER'S BROOM ROOT, WILD EUROPEAN
191005 CAYENNE, GARLIC AND PARSLEY
191006 ECHINACEA HERB CAPSULES, CERTIFIED ORGANICALLY GROWN
191007 EFAMOL EVENING PRIMROSE OIL
191008 ESTER-C WITH BIOFLAVONOIDS
191009 EYEBRIGHT HERB, SELECT EUROPEAN
191010 GINKGOLD THE WORLD'S #1 SELLING GINKGO EXTRACT
191011 GINSENG ROOT, SIBERIAN
191012 JUNIPER BERRIES, EUROPEAN
191013 MEN'S FORMULA APH
191014 NETTLE HERB, WILD EUROPEAN
191015 SARSAPARILLA ROOT, MEXICAN
191016 SLIPPERY ELM BARK, WILD AMERICAN
192001 AVAIL
193001 LIPOTRIAD
194001 PRO-FEM II
196001 ALL-1 ORIGINAL MULTIPLE
197001 ACIDOPHILUS CAPSULES
197002 ALPHA-Z
197003 ASCORBIC ACID (VITAMIN C) 1000 MG
197004 BALANCED B HIGH-100
197005 BETA CAROTENE 15 MG
197006 BIG 4 TABLETS
197007 BIOTIN TABS
197008 BORON TABS 3 MG
197009 BREWER'S YEAST TABLETS 7.5 GRAIN
197010 CALCIUM 600 PLUS VITAMIN D
197012 CALCIUM, MAGNESIUM PLUS ZINC
197013 CHOLINE TABS 250 MG
197014 COD LIVER OIL SOFTGELS
197015 COMPLETE FORMULA # 1
197016 DAILY FORMULA
197017 DESICCATED LIVER TABLETS 7.5 GRAIN
197018 DOLOMITE TABS
197019 E-CAPS 1000 IU
197020 E-CAPS 400 IU
197021 FOLIC ACID TABS 400 MCG
197022 GEN-EPA
197023 GTF CHROMIUM
197024 HAWTHORN BERRY
197026 KELP
197029 MAX EPA
197030 MORE - THE DAILY SUPER NUTRITION SUPPLEMENT
197032 NATURAL E COMPLEX 400 IU
197033 NATUREAL B-COMPLEX
197034 NATUREAL B-COMPLEX WITH VITAMIN C
197035 NIACIN 100 MG
197036 NOW CAL
197037 OAT BRAN TABS
197038 ONION CAPLETS

197039 ORGANIC IRON SUPREME
197040 OYSTER CAL 250 MG
197041 OYSTER CAL 250 MG WITH VITAMIN D
197042 POTASSIUM (GLUCONATE) 99 MG TABLETS
197043 POTENT 75 MEGA VITAMIN & MINERAL FORMULA
197044 POWER C COMPLEX TABLETS
197046 SPECIAL C-500 WITH BIOFLAVONOIDS
197047 SUPER LECITHIN 1200 MG
197048 SUPER LIQUID CALCIUM SOFTGELS W/VITAMIN D
197049 THE HIGH ONE HIGH POTENCY VITAMINS AND MINERALS
197050 THERA-MIN TABS
197051 TOP-B CAPSULES
198001 A TO Z HIGH POTENCY MULTIVITAMIN AND MULTIMINERAL
198002 B-COMPLEX
198003 B-COMPLEX WITH C
198004 BETA CAROTENE 15 MG
198005 CHILDREN'S CHEWABLE MULTIPLE VITAMINS
198006 CHILDREN'S CHEWABLE MULTIPLE VITAMINS WITH EXTRA VITAMIN C
198007 CHILDREN'S CHEWABLE MULTIPLE VITAMINS WITH MINERALS
198008 GARLIC OIL
198009 IRON 65 MG FROM FERROUS SULFATE
198011 MULTIPLE VITAMINS
198012 MULTIPLE VITAMINS WITH IRON
198013 MULTIPLE VITAMINS WITH MINERALS
198015 OYSTER SHELL CALCIUM 500 MG
198016 POTASSIUM 99 MG, NATURAL
198019 STRESS FORMULA WITH IRON
198020 STRESS FORMULA WITH ZINC
198021 THERAPEUTIC M
198022 VITAMIN A 8,000 IU
198024 VITAMIN B-1 100 MG
198025 VITAMIN B-12 500 MCG
198027 VITAMIN C 100 MG, CHEWABLE
198028 VITAMIN C 500 MG
198030 VITAMIN E 100 IU
198031 VITAMIN E 1000 IU
198032 VITAMIN E 400 IU
200001 FOLIC ACID 1 MG TABLETS
200002 ZINCATE
201001 ELDEC
201003 MYADEC TABLETS HIGH POTENCY MULTIVITAMIN MULTIMINERAL FORMULA
201004 NATABEC
201005 NATAFORT RX PRENATAL FORMULA
201007 TABRON
201008 THERA-COMBEX H-P
202003 VITAMIN B-1 100 MG
203001 B-COMPLEX WITH C
203003 CENTRAL VITE
203004 CHILDREN'S CHEWABLE VITAMINS
203005 COD LIVER OIL CAPSULES
203006 GARLIC OIL
203007 GARLIC OIL WITH PARSLEY SEED
203012 POTASSIUM GLUCONATE 550 MG
203013 SOYA LECITHIN
203014 THERAPEUTIC M ADVANCED FORMULA MULTIVITAMIN WITH MINERALS
204001 A TO Z ADVANCED FORMULA MULTIVITAMIN AND MINERAL FORMULA
204002 B-50 B-COMPLEX

204005 CALCIUM, MAGNESIUM AND ZINC
204006 COD LIVER OIL
204007 DAILY MULTIPLE VITAMINS
204008 DAILY MULTIPLE VITAMINS WITH IRON
204009 PRENATAL MULTIPLE VITAMIN AND MINERAL SUPPLEMENT
204010 THERA M
204011 VITAMIN B-1 100 MG
204012 VITAMIN C 1000 MG
204013 VITAMIN C 500 MG
204018 ZOO CHEWS MULTIPLE VITAMINS
204019 ZOO CHEWS MULTIPLE VITAMINS PLUS IRON
205001 AGRIMONY HERB CAPSULES
205002 BURDOCK ROOT CAPSULES
205003 CAYENNE PEPPER CAPSULES
205004 EYEBRIGHT CAPSULES
205005 GINSENG ROOT CAPSULES, KOREAN RED
206001 FERROUS SULFATE DROPS
206002 MULTI-VITA DROPS W/FLUORIDE
206003 TRIPLE-VITA-FLOR LIQUID
207001 ANIMAL CHEWS CHILDREN'S CHEWABLES
207002 ANIMAL CHEWS CHILDREN'S CHEWABLES WITH IRON
207004 DAILY MULTIVITAMINS AND MINERALS
207005 IRON 40 MG
207007 SUPER B-COMPLEX WITH IRON
207008 VITAMIN A 10,000 IU
208001 LADY PEP
208002 ORIGINAL PEP
208003 SUPER PEP
209001 VITALERT
210001 B-100 COMPLEX
210002 B-COMPLEX WITH VITAMIN C
210007 NATURE'S GLO BALANCED B-100, TIME RELEASE
210008 NATURE'S GLO CALCIUM 100 MG, MAGNESIUM 400 MG AND ZINC 15 MG
210011 VITAMIN B-12 1000 MCG
210014 VITAMIN E 100 IU
211001 B-COMPLEX WITH VITAMIN C
211005 NIACIN 100 MG
211007 SPENTRA TABS MULTIVITAMIN/MULTIMINERAL
212001 ENISYL L-LYSINE, STRENGTH NOT INDICATED*
213001 HEPTUNA PLUS
214001 CIRCUS CHEWS CHILDREN'S CHEWABLE MULTIVITAMINS WITH IRON
215001 SUBLINGUAL B TOTAL
216001 B MINS COMPLEX
216002 BALANCED B-50 B-COMPLEX
216003 BETA CAROTENE 25,000 IU
216005 CENTURY-VITE
216007 COD LIVER OIL
216008 FISH OIL CONCENTRATE 1000 MG
216009 FOLIC ACID 400 MCG
216012 NIACIN 100 MG
216015 SUNNY MAID CHEWABLE MULTIVITAMINS
216016 SUNNY MAID CHEWABLE MULTIVITAMINS WITH IRON
216017 VITAMIN A 8,000 IU
216019 VITAMIN B-1 100 MG
216020 VITAMIN B-12 100 MCG
216021 VITAMIN B-12 2000 MCG
216022 VITAMIN B-12 250 MCG

216023 VITAMIN B-12 500 MCG
216025 VITAMIN B-6 200 MG, TIME RELEASE
216029 VITAMIN E 1000 IU
216030 VITAMIN E 200 IU
216031 VITAMIN E 400 IU
217001 DAILY MULTIPLE VITAMINS WITH EXTRA IRON
217003 STRESS FORMULA
217005 VITAMIN C 500 MG
218001 PURE AMERICAN ECHINACEA ROOT
219001 CHATEAU CHEWABLE ANIMAL SHAPES
219002 CHATEAU MULTIPLE VITAMINS PLUS IRON
219003 CHATEAU HIGH POTENCY CALCIUM 600 MG
219004 CHATEAU MULTIPLE VITAMINS MAXIMUM FORMULA - MULTIVITAMIN MULTIMINERAL SUPPLEMENT
219005 CHATEAU THERAPEUTIC M
220001 BALANCED B-50
220002 CALCIUM 600
220010 POTASSIUM GLUCONATE
220012 THERA M
220014 VITAMIN B-12 1000 MCG
220016 VITAMIN C 1000 MG
221001 METAMUCIL POWDER, ORANGE FLAVOR
221002 METAMUCIL POWDER, REGULAR FLAVOR
222001 L-CARNITINE POWDER
222002 LIFE EXTENSION MIX TABLETS
223001 CENTURY ADVANCED FORMULA HIGH POTENCY MULTIVITAMIN
223002 THERAPEUTIC-M ADVANCED FORMULA HIGH POTENCY MULTIVITAMIN FORMULA WITH MINERALS
224001 ABC PLUS
224002 ALFALFA TABLETS 500 MG
224003 B-100
224004 BEE POLLEN CAPSULES
224005 BETA CAROTENE 25,000 IU
224006 BROCCOLI CONCENTRATE 500 MG
224007 C-250 NATURAL VITAMIN C WITH ROSE HIPS
224008 C-500 NATURAL VITAMIN C WITH ROSE HIPS
224009 C-COMPLEX 500
224010 C-COMPLEX, STRENGTH NOT INDICATED*
224011 CAL-1000 COMPLETE
224012 CAL-MAG, CHELATED
224013 CALCIUM CARBONATE 600 MG
224014 CHARCOAL CAPSULES, NATURAL
224015 CHELATED CALCIUM
224016 CRANBERRY SOFTGELS WITH VITAMIN C
224017 DOLOMITE 600 MG
224018 E-200
224019 E-400
224020 E-400, WATER DISPERSIBLE
224021 E-COMPLEX 400
224022 GARLIC TABLETS 100 MG
224024 KELP
224025 KLB6, NATURAL
224027 MAGNESIUM GLUCONATE
224028 MEGA-VITA-MIN, TIME RELEASE LONG-ACTING TABLET
224031 NORWEGIAN COD LIVER OIL CAPSULES
224032 ONE LONG ACTING SUPER POTENT VITAMINS AND MINERALS
224035 RNA/DNA TABLETS

224036 THERAVIM-M
224037 ULTRA A & D TABLETS
224038 ULTRA VITA-MIN
224039 VITA-MIN HIGH POTENCY MULTIPLE VITAMIN AND MINERAL FORMULA
224041 VITAMIN B-6 50 MG
224046 WOMEN'S EXCLUSIVE FORMULA
225001 MULTIBRET-500
225002 MULTIBRET-FOLIC 500
225003 MULTIVITAMINS W/FLUORIDE DROPS
225004 PRENATAL PLUS
225005 TR-VITAMIN W/FLUORIDE LIQUID
226001 TRIPLE VIT/FL CHEWABLE TABLETS
227001 NUTRI STARS MULTIVITAMIN & MULTIMINERAL CHILDREN'S CHEWABLE
227002 COMPLETE NUTRITIONAL SYSTEM
227003 ULTRA ENERGY PLUS
228003 PERFECT CHOICE CALCIUM 600 MG PLUS D
228004 PERFECT CHOICE MULTIVITAMINS
228005 PERFECT CHOICE MULTIVITAMINS WITH IRON
228006 PERFECT CHOICE STRESS FORMULA WITH IRON
228007 PERFECT CHOICE VITAMIN B-COMPLEX
228008 PERFECT CHOICE VITAMIN C 1000 MG
228009 PERFECT CHOICE VITAMIN C 1000 MG WITH ROSE HIPS
229001 CENTRA VITE
229005 VITAMIN E 400 IU
230001 ANIMAL FRIENDS CHILDREN'S CHEWABLES
230002 ANIMAL FRIENDS CHILDREN'S CHEWABLES COMPLETE
230003 ANIMAL FRIENDS CHILDREN'S CHEWABLES WITH IRON
230004 B-COMPLEX WITH C
230005 BETA CAROTENE EQUIVALENT TO VITAMIN A 25,000 IU
230006 BREWER'S YEAST
230008 COD LIVER OIL CAPSULES
230009 COD LIVER OIL TABLETS
230010 CTM COMPLETE MULTIVITAMIN/MULTIMINERAL
230011 DAILY MULTIVITAMINS
230012 DAILY MULTIVITAMINS WITH CALCIUM AND IRON
230014 L-LYSINE
230015 LECITHIN 19 GRAINS, NATURAL
230016 MULTIPLE VITAMINS AND MINERALS
230017 MULTIPLE VITAMINS WITH CALCIUM, IRON AND ZINC
230018 MULTIPLE VITAMINS WITH EXTRA C
230020 REV CAL HIGH POTENCY CALCIUM SUPPLEMENT
230021 STRESS FORMULA PLUS IRON
230022 THERA M
230023 VITAMIN A 10,000 IU, NATURAL
230026 VITAMIN C 1000 MG
230027 VITAMIN C 250 MG
230028 VITAMIN C 250 MG, CHEWABLE
230029 VITAMIN C 500 MG
230031 VITAMIN E 1000 IU
230032 VITAMIN E 200 IU
230033 VITAMIN E 400 IU
231001 GARLIC OIL CONCENTRATE
231006 PLENAMINS PLUS THE COMPLETE MULTIVITAMIN/MULTIMINERAL
231008 SUPER PLENAMINS
231009 VITAMIN A 10,000 IU
231012 VITAMIN C 250 MG
231013 VITAMIN C 500 MG

231014 VITAMIN E 400 IU
232001 ACON VITAMIN A AS RETINOL
232002 CALEL-D
232003 NICOBID TEMPULES
232004 NICOLAR
235001 CALCIUM, MAGNESIUM AND ZINC
235002 CHROMIUM PICOLINATE
235004 SUPER ONE MULTIVITAMIN AND MULTIMINERAL
235005 VITAMIN C 500 MG
235006 VITAMIN C 500 MG
236001 BALANCED B-150, NATURAL HIGH POTENCY
236002 BALANCED B-50 B-COMPLEX SUPPLEMENT, NATURAL
236003 BETA CAROTENE 25,000 IU, NATURAL
236004 CALCIUM 600
236005 CALCIUM PLUS D
236007 CENTRAL-VITE HIGH POTENCY MULTIVITAMIN MULTIMINERAL FORMULA
236008 CHILDREN'S CHEWABLE MULTI-VITAMINS - ANIMAL SHAPES
236009 CHILDREN'S CHEWABLE MULTI-VITAMINS & IRON - ANIMAL SHAPES
236010 COD LIVER OIL
236011 FERROUS SULFATE
236012 FOLIC ACID 1 MG
236016 NIACIN 100 MG
236017 ONE DAILY + IRON - MULTIPLE VITAMINS PLUS IRON
236018 ONE DAILY + MINERALS - MULTIPLE VITAMIN & MINERAL SUPPLEMENT
236019 OYSTER SHELL CALCIUM PLUS D
236020 SPACE SHAPES CHILDREN'S CHEWABLE VITAMINS
236021 STRESS FORMULA
236022 STRESS FORMULA & ZINC
236023 THERAPEUTIC M MULTIPLE VITAMIN AND MINERAL SUPPLEMENT
236024 VITAMIN B-12 2000 MCG, NATURAL TIME RELEASE
236025 VITAMIN B-12 50 MCG
236027 VITAMIN B-6 50 MG
236028 VITAMIN C 100 MG
236029 VITAMIN C 1000 MG, NATURAL
236032 VITAMIN E 100 IU
236033 VITAMIN E 1000 IU
236035 ZINC WITH VITAMINS B-E-C
237001 SIGTAB TABLETS HIGH POTENCY VITAMIN SUPPLEMENT
238001 BEROCCA PLUS
238002 BEROCCA TABLETS
238004 EPHYNAL CHEWABLE VITAMIN E 100 MG
238006 ROCALTROL 0.25 MCG
238007 ROCALTROL, STRENGTH NOT INDICATED*
238008 SYNKAYVITE TABLETS
239003 THERA M
241001 ENSURE COMPLETE BALANCED NUTRITION
241002 ENSURE PLUS HIGH CALORIE COMPLETE NUTRITION
241003 PEDIAFLOR DROPS
241004 PEDIALYTE ORAL ELECTROLYTE MAINTENANCE SOLUTION
241005 VI-DAYLIN ADC VITAMINS + IRON DROPS
241006 VI-DAYLIN ADC VITAMINS DROPS
241007 VI-DAYLIN MULTIVITAMIN + IRON CHEWABLE TABLETS
241008 VI-DAYLIN MULTIVITAMIN + IRON DROPS
241009 VI-DAYLIN MULTIVITAMIN + IRON LIQUID
241010 VI-DAYLIN MULTIVITAMIN CHEWABLE TABLETS
241011 VI-DAYLIN MULTIVITAMIN DROPS
241012 VI-DAYLIN MULTIVITAMIN LIQUID

241013 VI-DAYLIN/F ADC VITAMINS + IRON DROPS WITH FLUORIDE
241014 VI-DAYLIN/F ADC VITAMINS DROPS WITH FLUORIDE
241015 VI-DAYLIN/F MULTIVITAMIN CHEWABLE TABLETS WITH FLUORIDE
241016 VI-DAYLIN/F MULTIVITAMIN DROPS WITH FLUORIDE
242001 CALCIUM CARBONATE
243001 ATHLETE'S FORMULA
243002 CALCIUM CARBONATE 500MG
243003 CEROVITE MULTIPLE VITAMINS AND MINERALS, ADVANCED FORMULA
243004 CHEWABLE VITE MULTIPLE VITAMIN SUPPLEMENT
243005 CHEWABLE VITE MULTIPLE VITAMIN SUPPLEMENT WITH IRON
243007 COD LIVER OIL CAPSULES
243008 DAILY-VITE
243009 FERROUS SULFATE 5 GRAINS
243010 FOLIC ACID 1 MG TABLETS
243012 MULTILEX
243014 NIACINAMIDE 100 MG
243015 POLY-VITAMIN FLUORIDE CHEWABLE TABLETS
243016 POLYVITAMIN DROPS
243017 POLYVITAMIN TABLETS
243019 PRENATAL PLUS
243020 PRENATAL PLUS IMPROVED
243021 PRENATAL RX
243022 PRENAVITE
243025 THERAPEUTIC PLUS VITAMIN
243026 THEREMS-M
243027 TRI-VITAMIN DROPS
243028 TRI-VITAMIN W/FLUORIDE LIQUID
243029 TRI-VITAMIN W/FLUORIDE TABLETS
243030 VITA-BEE WITH C
243032 VITAMIN B-12 500 MCG
243034 VITAMIN B-6 25 MG
243035 VITAMIN C 1000 MG
243036 VITAMIN C 250 MG
243040 WHEAT GERM OIL
243041 DAILY VITAMINS LIQUID
244001 B-COMPLEX SUPPLEMENT PLUS ZINC, HIGH POTENCY
244002 BETA CAROTENE 25,000 IU, NATURAL
244003 CENTRAL-VITE
244004 CHILDREN'S CHEWABLE MULTIPLE VITAMINS
244005 CHILDREN'S CHEWABLE MULTIPLE VITAMINS PLUS EXTRA VITAMIN C
244006 CHILDREN'S CHEWABLE MULTIPLE VITAMINS PLUS IRON
244007 CONCENTRATED GARLIC 300 MG
244008 DAILY MAXIMUM PACK
244009 FERROUS SULFATE
244013 ONE TABLET DAILY MULTIVITAMIN
244014 ONE TABLET DAILY MULTIVITAMIN PLUS IRON
244015 OYSTER SHELL CALCIUM WITH VITAMIN D, NATURAL
244016 OYSTER SHELL CALCIUM, NATURAL
244017 POTASSIUM GLUCONATE, NATURAL
244018 VITAMIN B-12 100 MCG
244019 VITAMIN B-12 500 MCG
244023 VITAMIN E 400 IU
244025 ZINC, NATURAL
245002 KLVORV 10% LIQUID
245003 MERITENE POWDER
245004 NEO-CALGLUCON
246001 DRISDOL CAPSULES

246003 DRISDOL DROPS
247002 GOOD SENSE ESSENTIAL FORMULA MULTIVITAMINS - COMPARE TO ONE-A-DAY
248001 CHROMAGEN
248002 KAOCHLOR
248003 KAOCHLOR S-F
248004 KAON-CL 6.7 MEQ TABLET
248005 KAON-CL 20% LIQUID
248006 KAON-CL-10
248007 K-LEASE 10 MEQ
249001 FERROUS GLUCONATE 5 GRAINS
249002 POLYVITAMIN
249003 POLYVITAMIN FLUORIDE LIQUID
249004 POLYVITAMIN FLUORIDE TABLETS
249005 POLYVITAMIN FLUORIDE TABLETS WITH IRON
249006 PRENATAL FORMULA TABLETS
249007 TRIVITAMIN FLUORIDE DROPS
250001 IRON 65 MG
251001 COD LIVER OIL CONCENTRATE
251002 MOL-IRON
252001 ACIDOPHILUS
252002 B-COMPLEX 50, WHOLE RICE
252003 BETA CAROTENE 25,000 IU
252005 BONE ALL WITH D TABS
252006 CALCIUM-MAGNESIUM WITH D TABS
252007 CHILDREN'S CHEWABLE VITAMINS WITH MINERALS
252008 CRANBERRY CONCENTRATE SOFTGELS
252009 DOLOMITE TABS
252010 DOUBLE DAY, JR.
252011 LECITHIN 21 GRAIN
252013 MAGNESIUM OXIDE
252015 SINGLE DAY
252016 SUPER CALCIUM 1200 SOFTGELS
252017 THE MENOPAUSE NUTRITIONAL SYSTEM I
252018 THE MENOPAUSE NUTRITIONAL SYSTEM II
252019 TOTAL C TABS
252020 V COMPLETE
252021 VITAMIN B-12 1000 MCG
252024 VITAMIN C 1000 MG WITH ROSE HIPS
252025 VITAMIN C 500 MG, SUSTAINED RELEASE 12 HOUR
252028 VITAMIN E 400 IU
252029 VITAMIN E COMPLEX 200 IU
252031 VITAMIN E-COMPLEX, STRENGTH NOT INDICATED*
252032 ZINC 50 MG, CHELATED
254001 CALCIFEROL TABLET
255003 THERA M
256001 ALFALFA 960 EXTRACT
256002 AMINO ACID COMPLEX
256003 B 100 COMPLEX
256004 B 50 COMPLEX
256005 B-C COMPLEX
256007 CALCIUM '900'
256008 NATURAL OYSTER SHELL CALCIUM 1000 MG WITH 250 IU OF D FOR ABSORPTION
256009 CALCIUM 500 FROM OYSTER SHELL WITH VITAMIN D 125 IU
256010 CALCIUM 500 MG, NATURAL FROM OYSTER SHELL
256013 CHROMIUM PICOLINATE
256014 CIRCUS CHEWS CHILDREN'S CHEWABLE MULTIVITAMINS
256015 CO-ENZYME Q-10 10 MG

256016 NORWEGIAN COD LIVER OIL SOFTGELS
256017 DOLOMITE 11 GRAIN
256018 FERROUS SULFATE 325 MG
256019 MAX EPA FISH OIL CONCENTRATE 1000 MG
256020 VITAMINS TO GO FORMULA FOR WOMEN
256021 GARLIC OIL CONCENTRATE
256022 GINSENG 1000 MG
256023 GINSENG BEE POLLEN PLUS E
256026 KELP LECITHIN AND B-6
256027 L-LYSINE 600 MG
256029 MEGA ENERGY
256032 NATURAL ODORLESS GARLIC SOFTGELS
256033 NIACIN 100 MG
256034 NIACIN 250 MG
256035 NIACIN 500 MG
256037 DAILY MULTIPLE VITAMINS
256038 DAILY MULTIPLE VITAMINS WITH IRON
256041 POTASSIUM
256042 PRENATAL MULTIVITAMIN-MINERAL COMPLEX
256043 SELENIUM 100 MCG
256045 ADVANCED STRESS FORMULA PLUS ZINC
256046 SUNVITE MULTIPLE WITH BETA CAROTENE
256047 SUPER MULTIPLE 33
256048 SUPER MULTIPLE 50
256049 SUPER MULTIPLE, STRENGTH NOT INDICATED*
256050 THERAPEUTIC M
256051 ULTRA ENERGY
256052 ULTRA MAX, STRENGTH NOT INDICATED*
256053 VITAMIN A 10,000 IU
256054 VITAMIN A 25,000 IU
256055 VITAMIN A 5,000 IU AND VITAMIN D 400 IU, FORTIFIED
256057 VITAMIN B-12 100 MCG
256058 VITAMIN B-12 1000 MCG
256060 VITAMIN B-6 100 MG
256063 VITAMIN C 1000 MG
256064 VITAMIN C 1000 MG WITH ROSE HIPS
256065 VITAMIN C 250 MG
256066 VITAMIN C 500 MG
256067 VITAMIN C 500 MG WITH ROSE HIPS
256070 VITAMIN E 1000 IU
256071 VITAMIN E 200 IU
256072 VITAMIN E 400 IU
256075 ZINC 100 MG, CHELATED
256076 ZINC 30 MG, CHELATED
256077 ZINC 50 MG, CHELATED
258001 ALFALFA TABS, PREMIUM
258002 B-COMPLEX
258003 BETA CAROTENE CAPSULES VITAMIN A SUPPLEMENT
258004 CALCIUM COMPLEX - CALCIUM WITH MAGNESIUM, COPPER, ZINC AND MANGANESE
258005 CALCIUM MAGNESIUM
258006 CALCIUM MAGNESIUM PLUS PHOSPHURUS AND VITAMIN D
258008 EPA NATURAL MARINE LIPID CONCENTRATE
258009 FIBER WAFERS - A WHOLESOME BLEND OF FIBER PLUS LECITHIN
258010 FORMULA I NUTRITIONAL SUPPLEMENT
258011 GARLIC, PREMIUM
258012 HERB-LAX PURE NATURAL HERBAL STIMULANT LAXATIVE
258013 INSTANT PROTEIN DRINK MIX WITH VITAMINS AND MINERALS

258015 IRON PLUS VITAMIN C MINERAL AND VITAMIN SUPPLEMENT
258017 LECITHIN 520 MG
258018 LIQUI-LEA MULTIVITAMIN PLUS IRON SUPPLEMENT
258019 MEAL SHAKES
258020 PHYSIQUE WORKOUT MAXIMIZER SUPPLEMENT
258021 VITA-C 100 MG, CHEWABLE
258022 VITA-C 500 MG, SUSTAINED RELEASE
258023 VITA-C, STRENGTH NOT INDICATED*
258024 VITA-CAL MINERAL AND VITAMIN SUPPLEMENT, CHEWABLE
258025 VITA-E PLUS SELENIUM CAPSULES 400 IU
258026 VITA-E PLUS SELENIUM CHEWABLE TABLETS 100 IU
258027 VITA-E PLUS SELENIUM, STRENGTH NOT INDICATED*
258028 VITA-LEA FOR CHILDREN CHEWABLE MULTIVITAMIN AND MULTIMINERAL DIETARY
SUPPLEMENT
258029 VITA-LEA MULTIVITAMIN AND MULTIMINERAL DIETARY SUPPLEMENT,
SCIENTIFICALLY ADVANCED
258030 VITAMIN C 1000 MG
258034 ZINC MINERAL SUPPLEMENT
259001 B-COMPLEX WITH C
259002 CENTURY ADVANCED FORMULA MULTIVITAMINS
259003 CHILDREN'S CHEWABLE MULTIPLE VITAMINS AND MINERALS
260001 MULTIPLE VITAMINS WITH MINERALS
260003 VITAMIN B-12 250 MCG
260004 VITAMIN E 200 IU
260005 VITAMIN E 400 IU
261001 CARNITOR ORAL SOLUTION
262001 ULTRA SLIM-FAST
263001 DAILY MULTIPLE VITAMINS PLUS IRON
264001 DAILY MULTIPLE VITAMINS PLUS IRON
264002 SPACE SHAPES CHILDREN'S CHEWABLE VITAMINS
264003 SPACE SHAPES CHILDREN'S CHEWABLE VITAMINS PLUS IRON
265001 FEOSOL IRON THERAPY CAPSULES
265002 FEOSOL IRON THERAPY ELIXIR
265003 FEOSOL IRON THERAPY TABLETS
265004 GERITOL COMPLETE HIGH POTENCY MULTI-VITAMIN/MINERAL
265005 GERITOL EXTEND
265006 GERITOL HIGH POTENCY VITAMIN AND IRON TONIC
265008 OS-CAL + D, STRENGTH NOT INDICATED*
265009 OS-CAL 250 + D
265010 OS-CAL 500 + D
265011 OS-CAL 500 TABLETS
265012 OS-CAL FORTIFIED TABLETS
265013 OS-CAL PLUS
265014 SCOTT'S EMULSION VITAMIN A AND D SUPPLEMENT
265015 SIMRON
265016 TUMS 500 CALCIUM SUPPLEMENT
266001 MAXIMUM CHOICE
CALCIUM & MAGNESIUM
267001 HAIR NUTRIENTS
267006 PROVIDE HIGH POTENCY MULTIVITAMIN AND MINERAL SUPPLEMENT
267010 SUPER BIO C
267014 VITAMIN C 1000 MG PLUS ROSE HIPS AND ACEROLA
267015 VITAMIN C 500 MG
268001 ALL-IN-ONE DIET SUPPLEMENT
268002 BREWER'S YEAST TABLETS 500 MG
268003 CALCIUM MAGNESIUM
268004 CALCIUM MAGNESIUM PLUS ZINC

268005 CHELATED MAGNESIUM TABLETS
268006 CHELATED ZINC TABLETS
268007 CHOLINE TABLETS 650 MG
268008 COD LIVER OIL SOFTGELS
268009 FORMULA V VM-75 EXTRA HIGH POTENCY BALANCED MULTIVITAMIN
268010 GTF CHROMIUM TABLETS
268011 HEMATINIC TABLETS
268012 HY-BIO
268013 HY-C HIGH POTENCY VITAMIN C SUPPLEMENT
268017 LIVER TABLETS 713 MG
268018 MAGNESIUM TABLETS CONTAINING MAGNESIUM AND VITAMIN B-6
268019 MANGANESE GLUCONATE TABLETS
268020 MILLERS BRAN 500 MG
268021 MULTI II HIGH POTENCY MULTINUTRIENT CAPSULES
268024 NATURAL B-COMPLEX TABLETS
268025 NATURVITE POWDER
268027 POTASSIUM GLUCONATE 595 MG
268029 SELENO-6 50 MCG
268030 SOLOVITE HIGH POTENCY MULTIVITAMIN TABLETS
268031 SOYA LECITHIN 260 MG
268032 VITA-KID NATURAL CHILDREN'S CHEWABLE MULTIVITAMINS
268036 VITAMIN B-2 50 MG
268037 VITAMIN C 1000 MG
268038 VITAMIN C 500 MG
268041 VITAMIN E 200 IU ALPHA SOFTGEL
268044 ZINC PICOLINATE 22 MG
269001 HYDROCIL POWDER
269002 VIO-BEC FORTE
269003 ZENATE PRENATAL, ADVANCED FORMULA
270001 BROMELAIN
272001 HYLAND'S CALC FLUOR (CALCAREA FLUORICA)
273001 ALLOORGANIC TRACE MINERALS-B12
273002 CAL-MA PLUS
273003 CONGAPLEX
273004 CYROFOOD TABLETS
273005 FERROFOOD
273006 IMMUPLEX
273007 LIGAPLEX II
273008 MIN-CHEX
274001 SELECTIVES 2000 CHILDREN'S CHEWABLES
274002 SELECTIVES 2000 DAILY MULTIPLES
274003 SELECTIVES 2000 STRESS FIGHTER
277001 MULTIVITAMINS AND IRON
278001 FAT BURNERS NATURAL WEIGHT LOSS SYSTEM, ADVANCED FORMULA
278003 THERMOGENIC SUPER CUTS
279002 MULVIDREN-F SOFTAB
280005 CALCIUM-MAGNESIUM
280010 NIACIN 500 MG
280015 VITAMIN C 500 MG
281001 SLOW-K 8 MEQ TABLET
281002 TEN-K
282001 ALPHA 20 C HERB CONCENTRATE
282002 ASSIMILAIID HERB FOOD CONCENTRATE
282003 CALLI HERB FOOD BEVERAGE
282004 CONCO HERB FOOD CONCENTRATE
282006 ENERGY PLUS HERB CONCENTRATE
282007 LIFESTREAM HERB FOOD CONCENTRATE

282008 METABALANCE 44 DIETARY SUPPLEMENT
282010 PRIME AGAIN HERB FOOD CONCENTRATE
282011 QUINARY POWDER PACK
283002 REJUVEX DIETARY SUPPLEMENT FOR THE MATURE WOMAN
284001 ADVANCED FORMULA CHOICE HIGH POTENCY MULTIVITAMIN-MULTIMINERAL FORMULA
284002 CHEWABLE VITAMINS
284003 CHEWABLE VITAMINS WITH EXTRA C
284004 DAILY MULTIPLE VITAMINS
284005 DAILY MULTIPLE VITAMINS PLUS IRON
284006 HIGH POTENCY CALCIUM
284007 HIGH POTENCY CALCIUM WITH VITAMIN D
284009 VITAMIN C 500 MG
284011 VITAMIN E 400 IU
285001 BEE POLLEN CAPSULES
285002 MEGA PLUS
285003 VITAMIN A 10,000 IU
285006 VITAMIN E 400 IU
285007 WATER PILL
286001 MYCOPRYL 400
287001 BEE POLLEN
288001 ADVANCED FORMULA CENTRAL VITE
288003 VITAMIN E 400 IU
289001 NESTABS TABLETS
290001 GATORADE
291001 ADVANCED FORMULA COMPLETE HIGH POTENCY MULTIVITAMIN-MULTIMINERAL
FORMULA
291004 HIGH POTENCY OYSTER SHELL CALCIUM
291009 VITAMIN B-12 100 MG
291010 VITAMIN E 100 IU
291011 VITAMIN E 400 IU
291014 ZIPPY ZOO CHILDREN'S CHEWABLE MULTIVITAMINS PLUS EXTRA C
291015 ZIPPY ZOO CHILDREN'S CHEWABLE MULTIVITAMINS WITH BETA CAROTENE
291016 ZIPPY ZOO COMPLETE CHILDREN'S CHEWABLE MULTIVITAMINS WITH MINERALS
292001 KRETSCHMER WHEAT GERM
293001 S.S.S. TABS FORTIFIED WITH IRON/VITAMINS
293002 S.S.S. TONIC FORTIFIED WITH IRON/VITAMINS
294002 UNICAP TABLETS
294003 UNICAP JUNIOR
294004 UNICAP M
294005 UNICAP SOFTGEL CAPSULES
294006 UNICAP SR SENIOR FORMULA
294007 UNICAP T STRESS FORMULA
294008 ZYMACAP
295001 ADULT PLEX HIGH POTENCY MULTIVITAMIN/MULTIMINERAL FORMULA
295002 BETA CAROTENE 25,000 IU
295003 BIOTIN 300 MCG
295004 CALCIUM, MAGNESIUM WITH ZINC
295005 GARLIC/PARSLEY
295006 HIGH POTENCY CALCIUM WITH VITAMIN D
295007 HUMAN NATURE HERBAL SYNERGY FORMULA
295008 IRON BUILDER
295009 KELP 225 MCG
295010 MEGA 80 MULTIVITAMIN-MULTIMINERAL SUPPLEMENT
295011 MULTIVITAMINS W/MINERALS
295014 ORGANIC IRON
295015 ORGANIC POTASSIUM
295016 ORGANIC ZINC

295017 OYSTER CAL 600
295018 PABA 100 MG
295019 STRESS COMPLEX
295020 UL-TRUM
295022 VITAMIN B-1 100 MG
295023 VITAMIN B-2 100 MG
295024 VITAMIN C 1000 MG
295025 VITAMIN C 1000 MG WITH ROSE HIPS
295026 VITAMIN C 250 MG WITH ROSE HIPS
295027 VITAMIN C 500 MG WITH ROSE HIPS
296001 B-COMPLEX WITH C
296003 DAILY ESSENTIAL MULTIVITAMINS
296006 THERA-MIN M
296008 VITAMIN C 100 MG
296009 VITAMIN C 1000 MG, TIME RELEASE
296010 VITAMIN C 500 MG
296012 VITAMIN E 100 IU
296013 VITAMIN E 400 IU
297001 CALCIUM 600 MG
297003 CALCIUM, MAGNESIUM & ZINC
297004 CENTRAL-VITE
297005 CHILDREN'S CHEWABLE MULTIPLE VITAMINS
297006 CHILDREN'S CHEWABLE MULTIPLE VITAMINS WITH EXTRA VITAMIN C
297007 CHILDREN'S CHEWABLE MULTIPLE VITAMINS WITH MINERALS
297010 COD LIVER OIL CAPSULES
297012 HIGH POTENCY B-COMPLEX WITH VITAMIN C
297013 IRON FROM FERROUS SULFATE 325 MG
297014 IRON TABLETS
297015 MAGNESIUM 250 MG
297016 MULTIPLE DAILY VITAMINS
297017 MULTIPLE DAILY VITAMINS WITH CALCIUM AND IRON
297018 MULTIPLE DAILY VITAMINS WITH IRON
297019 OYSTER SHELL CALCIUM 500 MG
297023 SPECTROVITE HIGH POTENCY MULTIVITAMIN AND MINERAL FORMULA
297024 THERAMIN-M
297027 VITAMIN C 1000 MG, TIME RELEASE
297028 VITAMIN C 500 MG
297031 VITAMIN E 400 IU
298002 TOP CARE CENTRAL-VITE BALANCED MULTIVITAMIN/MULTIMINERAL FORMULA
298004 TOP CARE GERETREX
298005 TOP CARE JUNGLE LAND ANIMAL SHAPED CHEWABLE VITAMINS
298006 TOP CARE JUNGLE LAND ANIMAL SHAPED CHEWABLE VITAMINS PLUS IRON
298007 TOP CARE MULTIPLE VITAMINS
298008 TOP CARE MULTIPLE VITAMINS AND MINERALS
298009 TOP CARE MULTIPLE VITAMINS PLUS IRON
298010 TOP CARE OYSTER SHELL CALCIUM 250 MG PLUS VITAMIN D
298011 TOP CARE STRESS FORMULA
298012 TOP CARE STRESS FORMULA PLUS IRON
298013 TOP CARE VITAMIN C 1000 MG
298014 TOP CARE VITAMIN C 250 MG
298015 TOP CARE VITAMIN C 500 MG
298016 TOP CARE VITAMIN C 500 MG, NATURAL
298017 TOP CARE VITAMIN E 200 IU
298018 TOP CARE VITAMIN E 400 IU
299001 ALLERGY MULTI CAPS
299002 AMINO FUEL LIQUID AMINO ACID CONCENTRATE
299003 CALCIUM CITRATE PLUS MAGNESIUM

299004 CALCIUM LACTATE CAPS 740 MG
299005 CAROTENE CAPS 25,000 IU
299006 CHOLINE & INOSITOL CAPS
299007 CHROMIC FUEL 200 MCG
299008 CHROMIUM PICOLINATE 200 MCG
299009 DAILY ONE CAPS
299010 DALE ALEXANDER EMULSIFIED NORWEGIAN COD LIVER OIL LIQUID
299011 DALE ALEXANDER NORWEGIAN COD LIVER OIL CAPSULES
299012 DALE ALEXANDER NORWEGIAN COD LIVER OIL LIQUID
299013 E-200 CAPS
299014 HERBA FUEL
299015 IMMUNE PROTECTORS
299016 INFANT CARE MULTIVITAMIN DROPS
299017 L-ARGININE CAPS 500 MG
299018 L-CARNITINE CAPS 250 MG
299020 L-ORNITHINE CAPS 500 MG
299021 L-TYROSINE PLUS
299022 LIQUI E/VITAMIN E 400 IU
299023 MAGNESIUM CAPS 400 MG
299024 MAXILIFE COQ10 FORMULA
299025 MAXILIFE MULTI VITAMIN & MINERAL
299026 MEGA 3 CAPS
299027 MEGA L-CARNITINE 500 MG
299028 MULTI MINERAL CAPS
299032 OMEGA-3 FISH OIL CONCENTRATE
299034 OYSTER SHELL CALCIUM CAPS
299037 STRESS B-COMPLEX CAPS
299038 VITAL VEGGIES
299041 C-1000 CAPS CORN FREE VITAMIN C
299042 ASCORBATE C-500 CAPS CORN FREE VITAMIN C
299043 VITAMIN E, DRY SUCCINATE, STRENGTH NOT INDICATED*
299045 AMINO FUEL TABLETS
300001 HEMOCYTE-F
300002 MEDIPLEX TABULES
301001 B-100 B-COMPLEX
301004 DAILY MULTIVITAMINS
301005 DAILY MULTIVITAMINS WITH IRON
302001 FERROUS SULFATE 5 GRAINS
302004 POTASSIUM CHLORIDE 10% LIQUID
302005 UNI-NATAL
302006 UNI-THERA M
303001 FERATAB
303002 KLOR-CON 10 TABLETS
303003 KLOR-CON 20 MEQ PER PACKAGE POWDER
303004 KLOR-CON 8 TABLETS
303005 KLOR-CON, STRENGTH NOT INDICATED*
303006 SLO-NIACIN 500 MG
303007 SLO-NIACIN, STRENGTH NOT INDICATED*
304001 PRENATAL 1
305003 MAXIMUM POWER E.R.S./ENERGY RELEASING SUBSTANCE WITH OCTACOSANOL
306001 MAGNA ZINC
306002 MAXIMUM FORMULA ANTIOXIDANT MULTIVITAMIN/MULTIMINERAL - RED LABEL
306003 MUTIMINERAL PLUS
306004 VITA CALCIUM
306005 VITA MAG
307005 HIGH POTENCY OYSTACAL
307007 VITA-BEE, STRENGTH NOT INDICATED*

308001 DECELIRON
308002 DISTEX
308003 HIGH POTENCY VITAMIN B-COMPLEX AND MULTIVITAMIN FORMULA
308004 LIGATEX
308005 PRIMACAL
309001 B-100 B-COMPLEX
309002 CENTRAL VITE HIGH POTENCY MULTIVITAMIN AND MINERAL SUPPLEMENT
309003 CHILDREN'S CHEWABLE MULTIPLE VITAMINS WITH IRON, SUGAR FREE
309004 NATURAL ZINC 50 MG
309005 NIACIN 100 MG
309006 ONE DAILY MULTIPLE VITAMINS PLUS MINERALS
309007 OYSTER SHELL CALCIUM 250 MG, NATURAL
309008 OYSTER SHELL CALCIUM 500 MG WITH VITAMIN D, NATURAL HIGH POTENCY
309009 SPACE SHAPES CHILDREN'S CHEWABLE VITAMINS
309010 STRESS FORMULA WITH IRON
309011 VITAMIN C 1500 MG WITH ROSE HIPS
309012 VITAMIN C 500 MG WITH ROSE HIPS
309014 VITAMIN E 400 IU
310001 ANIMAL SHAPES CHILDREN'S CHEWABLE MULTIVITAMINS
310003 DAILY MULTIVITAMINS
310004 VITAMIN B-6 100 MG
310005 VITAMIN C 1000 MG
310006 VITAMIN C 500 MG
310008 VITAMIN E 400 IU
311001 KYO-DOPHILUS CAPSULES PROBIOTIC DIETARY SUPPLEMENT OF L. ACIDOPHILUS,
B.BIFIDUM AND B. LONGUM
311002 KYOLIC AGED GARLIC EXTRACT CAPLETS
311003 KYOLIC FORMULA 100 TABLETS - AGED GARLIC EXTRACT POWDER AND WHEY
311004 KYOLIC FORMULA 104 CAPSULES - AGED GARLIC EXTRACT POWDER AND LECITHIN
311005 KYOLIC FORMULA 105 CAPSULES - AGED GARLIC EXTRACT POWDER, WITH
VITAMINS A, C AND E
312006 SPRING VALLEY ANIMAL CHEWABLES
312007 SPRING VALLEY ANIMAL CHEWABLES COMPLETE
312008 SPRING VALLEY ANIMAL CHEWABLES WITH CALCIUM
312009 SPRING VALLEY ANIMAL CHEWABLES WITH IRON
312010 SPRING VALLEY B-50 B-COMPLEX
312011 SPRING VALLEY STRESS MINS B WITH C - B-COMPLEX WITH VITAMIN C
312012 SPRING VALLEY CALCIUM 600
312013 SPRING VALLEY NATURAL CALCIUM 600 WITH VITAMIN D PLUS IRON
312014 SPRING VALLEY CHROMIUM 200 MCG
312015 SPRING VALLEY COD LIVER OIL
312016 SPRING VALLEY COD LIVER OIL SOFTGELS
312017 SPRING VALLEY FERROUS SULFATE 5 GRAINS
312018 SPRING VALLEY FISH OIL CONCENTRATE
312019 SPRING VALLEY GARLIC AND PARSLEY
312020 SPRING VALLEY GER-TABS
312021 SPRING VALLEY HIGH POTENCY B-MINS-COMPLEX
312022 SPRING VALLEY LECITHIN 19 GRAINS
312023 SPRING VALLEY MULTIPLE VITAMINS
312024 SPRING VALLEY MULTIPLE VITAMINS AND MINERALS
312025 SPRING VALLEY MULTIPLE VITAMINS WITH IRON
312026 SPRING VALLEY ONE DAILY MULTIPLE VITAMINS
312027 SPRING VALLEY WOMEN'S ONE DAILY MULTIPLE VITAMINS WITH CALCIUM, IRON
AND ZINC
312028 SPRING VALLEY ONE DAILY MULTIPLE VITAMINS WITH IRON
312029 SPRING VALLEY OYSTER SHELL CALCIUM 500 MG
312030 SPRING VALLEY POTASSIUM 99 MG

312031 SPRING VALLEY SELENIUM 50 MCG
312032 SPRING VALLEY SENTURY-VITE
312033 SPRING VALLEY SUPER B-COMPLEX
312034 SPRING VALLEY SUPER C-COMPLEX 500 MG
312035 SPRING VALLEY THERA PLUS HIGH POTENCY MULTIVITAMIN WITH MINERALS
312036 SPRING VALLEY VITAMIN A 25,000 IU WITH BETA CAROTENE
312037 SPRING VALLEY VITAMIN A 8,000 IU
312038 SPRING VALLEY VITAMIN B-1 100 MG
312039 SPRING VALLEY VITAMIN B-12 100 MCG
312040 SPRING VALLEY VITAMIN B-12 500 MCG
312041 SPRING VALLEY VITAMIN B-6 100 MG
312042 SPRING VALLEY VITAMIN C 1000 MG WITH ROSE HIPS, NATURAL TIME RELEASE
312043 SPRING VALLEY VITAMIN C 250 MG
312044 SPRING VALLEY VITAMIN C 250 MG WITH ROSE HIPS, NATURAL
312045 SPRING VALLEY VITAMIN C 500 MG
312046 SPRING VALLEY VITAMIN C 500 MG WITH ROSE HIPS, NATURAL
312047 SPRING VALLEY VITAMIN C 500 MG, CHEWABLE
312048 SPRING VALLEY VITAMIN E 1000 IU
312049 SPRING VALLEY VITAMIN E 200 IU
312050 SPRING VALLEY VITAMIN E 400 IU
312051 SPRING VALLEY ZINC 50 MG
313001 A THRU Z ADVANCED HIGH POTENCY MULTIVITAMIN/MINERAL FORMULA
313002 A THRU Z JUNIOR
313003 CALCIUM 600
313007 CIRCUS MATES MULTIPLE VITAMINS
313011 GOLD SEAL B-100 B-COMPLEX
313012 GOLD SEAL B-50 B-COMPLEX
313013 GOLD SEAL B-COMPLEX WITH IRON AND VITAMIN C
313014 GOLD SEAL SUPER B-COMPLEX WITH VITAMIN C
313015 GOLD SEAL BETA CAROTENE 15 MG
313016 GOLD SEAL CALCIUM 500 MG WITH VITAMIN D
313017 GOLD SEAL CHROMIUM PICOLINATE 200 MG
313018 GOLD SEAL COD LIVER OIL SOFTGELS
313019 GOLD SEAL GARLIC WITH PARSLEY
313020 GOLD SEAL L-LYSINE
313021 GOLD SEAL LECITHIN
313022 GOLD SEAL MAGNESIUM 300 MG
313023 GOLD SEAL MULTIPLE VITAMINS
313024 GOLD SEAL MULTIPLE VITAMINS WITH IRON
313025 GOLD SEAL MULTIVITAMINS WITH MINERALS
313026 GOLD SEAL NATURAL ALFALFA 500 MG
313027 GOLD SEAL STRESS FORMULA
313028 GOLD SEAL SUPER B-COMPLEX
313029 GOLD SEAL SUPER B-COMPLEX WITH IRON AND 300 MG VITAMIN C
313030 GOLD SEAL VITAMIN B-1 100 MG
313031 GOLD SEAL VITAMIN B-12 250 MCG
313032 GOLD SEAL VITAMIN C 250 MG
313033 GOLD SEAL VITAMIN C 500 MG
313034 GOLD SEAL VITAMIN E 200 IU
313035 GOLD SEAL VITAMIN E 400 IU
313045 SUPER AYTINAL THE COMPLETE MULTIVITAMIN AND MINERAL FORMULA
313046 THERAPEUTIC M
314001 GERIPLEX FS LIQUID
315001 90% PLUS PROTEIN
315003 ANABOLIC MEGA PAK
315004 BIG CHEWABLES
315005 BIG WEIGHT GAIN POWDER

315006 BODY GRO MEGA PAK
315007 CARBO ENERGIZER CHEWABLE TABLET
315008 CARBO ENIGIZER POWDER
315009 DYNAMIC FAT BURNERS
315010 DYNAMIC LIFE ESSENCE
315011 DYNAMIC MUSCLE BUILDER
315012 DYNAMIC WEIGHT GAINER POWDER
315013 GOOD LIFE MEGA PAK
315014 MEGABOLIC MULTI-POWER PAKS
315016 SIGNATURE BODY SHAPER
315017 VICTORY POST WORKOUT
315018 VICTORY POWER BASE
316001 DAILY BASIC MULTIVITAMIN AND MINERAL SUPPLEMENT
317001 B-COMPLEX WITH IRON AND VITAMIN C
317002 OYSTER SHELL CALCIUM 500 MG WITH VITAMIN D
317003 VITAMIN A 8,000 IU
318001 CENTRAL-VITE
318002 ONE DAILY MULTIPLE VITAMINS
318003 ONE DAILY MULTIPLE VITAMINS WITH IRON, CALCIUM AND ZINC
318004 PRENATAL TABLETS
318005 STRESS FORMULA WITH ZINC
319001 TRINSICON
319002 VICON FORTE RX
319003 VICON-C
320001 BEMINAL 500
320002 POSTURE HIGH POTENCY CALCIUM SUPPLEMENT
320003 POSTURE-D HIGH POTENCY CALCIUM SUPPLEMENT WITH VITAMIN D
321001 HIGH POTENCY CALCIUM (AS CARBONATE) 600 MG
321003 L-LYSINE MONOHYDROCHLORIDE 500 MG
321004 LECITHIN 19 GRAINS
321005 NATURAL AND ORGANIC SUPER HI-POTENCY MULTI-VITAMIN AND MINERAL
321006 THERA-MILL M
321007 VITAMIN B-12 500 MG
321008 VITAMIN B-COMPLEX
321009 VITAMIN C 1000 MG WITH ROSE HIPS, NATURAL
321010 VITAMIN C 500 MG
321013 VITAMIN E 400 IU
321016 ZINC GLUCONATE 50 MG
322005 NATURITE BALANCED B-100 B-COMPLEX
322006 NATURITE BALANCED B-50 B-COMPLEX
322007 NATURITE CENTRAL-VITE
322008 NATURITE CHILDREN'S CHEWABLE MULTIVITAMINS WITH BETA CAROTENE
322009 NATURITE CHILDREN'S CHEWABLE MULTIVITAMINS WITH EXTRA C
322010 NATURITE HIGH POTENCY B-COMPLEX WITH VITAMIN C
322011 NATURITE MAXIMUM PACK
322012 NATURITE ONE DAILY
322013 NATURITE OYSTER SHELL CALCIUM 250 MG WITH VITAMIN D
322014 NATURITE SOYA LECITHIN 1200 MG
322015 NATURITE STRESS FORMULA & ZINC
322016 NATURITE STRESS PACK
322017 NATURITE VITAMIN B-12 1000 MCG
322018 NATURITE VITAMIN B-12 2000 MCG, TIME RELEASE
322019 NATURITE VITAMIN E 200 IU
322020 NATURITE VITAMIN E 400 IU
324001 CLUSIVOL CAPSULES
324002 FIBER GUARD
324003 STUART PRENATAL

324004 STUARTNATAL 1+1/STUARTNATAL PLUS
324005 CLUSIVOL INFANTIL SYRUP
325001 KARIDIUM LIQUID
326001 VITAL B-50 TIMED-RELEASE HIGH-POTENCY BALANCED B-COMPLEX
326002 CALCIUM 600 MG WITH VITAMIN D AND IRON
326003 CALCIUM LACTATE 10 GRAINS
326004 CERTAGEN HIGH POTENCY VIT/MIN SUPPLEMENT
326006 FERROUS SULFATE ELIXIR
326007 FERROUS SULFATE TABLETS
326008 FRUITY CHEWS
326009 GENERIX-T EXTENDED MULTI-RANGE VITAMIN-MINERAL DIETARY SUPPLEMENT
326015 NIACIN, TIME RELEASE 250 MG
326016 NIACIN, TIME RELEASE 500 MG
326017 OYST-CAL 500
326018 OYST-CAL-D 500 HIGH CALCIUM FROM OYSTER SHELL WITH VITAMIN D
326019 POLY VITAMINS WITH FLUORIDE CHEWABLE TABLETS
326020 POTASSIUM CHLORIDE 600 MG
326021 PRENATAL 1+1 TABLETS (RX)
326022 PRENATAL RX TABLETS WITH BETA-CAROTENE
326023 PRENATAL S
326024 PRENATAL WITH BETA CAROTENE MULTIVITAMIN/MULTIMINERAL SUPPLEMENT,
PRESCRIPTION

326026 THERAPEUTIC TABLETS HIGH POTENCY VITMIN FORMULA
326027 THERAPEUTIC-M TABLETS HIGH POTENCY VITAMIN FORMULA WITH MINERALS
326028 TRIPLE VITAMIN W/FLUORIDE DROPS
326032 VITAMIN C 500 MG
326036 ZINC 50 MG
327001 CHEM SOL DROPS
328001 SEVEN SEAS COD LIVER OIL CAPSULES
328002 MINADEX MULTIVITAMIN SYRUP
329001 GERO-VITA GH3 IMPROVED NON-DRUG PROCAINE REJUVENATOR
330001 GINSANA
888001 ACIDOPHILUS AND PECTIN*
888002 ACIDOPHILUS*
888003 VITAMIN B-12 WITH ALFALFA*
888004 ALFALFA*
888005 ALOE VERA*
888006 AMINO ACID COMBINATIONS*
888007 ANTIOXIDANT VITAMINS*
888011 BARLEY GRASS*
888012 BEE POLLEN*
888013 BEET POWDER*
888014 BETA CAROTENE 10,000 IU
888015 BETA CAROTENE 25,000 IU
888016 BETA CAROTENE AND SELENIUM*
888017 BETA CAROTENE*
888018 BIOTIN 3 MG
888019 BIOTIN 400 MCG
888020 BIOTIN*
888021 BLACK COHOSH*
888022 BONE MEAL*
888023 BREWER'S YEAST 7 GRAINS
888024 BREWER'S YEAST*
888025 BURDOCK*
888026 CALCITRIOL*
888027 CALCIUM 1000 MG
888028 CALCIUM 250 MG

888029 CALCIUM 500 MG
888030 CALCIUM 500 MG AND VITAMIN D
888031 CALCIUM 600 MG
888032 CALCIUM 600 MG AND VITAMIN D
888033 CALCIUM AND IRON*
888034 CALCIUM AND MAGNESIUM*
888035 CALCIUM AND PHOSPHORUS*
888036 CALCIUM AND VITAMIN A*
888037 CALCIUM AND VITAMIN D*
888038 CALCIUM AND VITAMINS A, C AND D*
888039 CALCIUM AND ZINC*
888041 CALCIUM*
888042 CALCIUM - LIQUID*
888043 CALCIUM, MAGNESIUM AND POTASSIUM*
888044 CALCIUM, MAGNESIUM AND ZINC*
888045 CASCARA SAGRADA*
888046 CAYENNE*
888047 CENTRUM GENERIC SUBSTITUTE
888048 CHICKWEED*
888049 CHILDREN'S MULTIVITAMINS - DROPS*
888050 CHILDREN'S MULTIVITAMINS AND MINERALS*
888051 CHILDREN'S MULTIVITAMINS WITH EXTRA VITAMIN C*
888052 CHILDREN'S MULTIVITAMINS WITH FLUORIDE - DROPS*
888053 CHILDREN'S MULTIVITAMINS WITH FLUORIDE*
888054 CHILDREN'S MULTIVITAMINS WITH IRON - DROPS*
888055 CHILDREN'S MULTIVITAMINS WITH IRON*
888056 CHILDREN'S MULTIVITAMINS*
888057 CHLORELLA*
888058 CHLOROPHYLL*
888059 CHOLINE AND INOSITOL*
888060 CHOLINE*
888061 CHROMIUM PICOLINATE 1200 MCG
888063 CHROMIUM*
888064 CO-ENZYME Q-10 2 MG
888065 CO-ENZYME Q-10 30 MG
888066 CO-ENZYME Q-10*
888067 COD LIVER OIL AND VITAMIN C*
888068 COD LIVER OIL*
888069 CRANBERRY*
888070 DIHYDROTACHYSTEROL*
888072 DOLOMITE*
888073 DONG QUAI*
888074 ECHINACEA AND GOLDEN SEAL*
888075 ECHINACEA*
888077 EVENING PRIMROSE OIL/EPO*
888078 FERROUS FUMARATE AND FOLIC ACID*
888079 FERROUS FUMARATE*
888080 FERROUS GLUCONATE 5 GRAINS
888081 FERROUS GLUCONATE*
888082 FERROUS SULFATE EQUIVALENT TO IRON 15 MG
888083 FERROUS SULFATE 220 MG
888084 FERROUS SULFATE 300 MG
888085 FERROUS SULFATE 325 MG (5 GRAINS)
888086 FERROUS SULFATE -- DROPS*
888087 CHILDREN'S TRIPLE VITAMINS WITH FLUORIDE - DROPS*
888088 CHILDREN'S TRIPLE VITAMINS WITH FLUORIDE 1 MG*
888089 CHILDREN'S TRIPLE VITAMINS WITH FLUORIDE*

888090 FLUORIDE*
888091 FOLIC ACID 1 MG
888092 FOLIC ACID AND VITAMINS B AND C*
888093 FOLIC ACID*
888094 GARLIC AND PARSLEY*
888096 GARLIC*
888097 GERIATRIC MULTIVITAMINS AND MINERALS*
888098 GINKGO BILBOA*
888099 GINSENG AND GOLDEN SEAL*
888100 GINSENG AND ROYAL JELLY*
888101 GINSENG*
888102 GOLDEN SEAL*
888103 HAWTHORN*
888104 INOSITOL*
888105 IRON 40 MG
888106 IRON AND VITAMIN B-COMPLEX*
888107 STRESS FORMULA MULTIVITAMINS WITH IRON*
888108 IRON*
888109 IRON, LIVER AND VITAMIN B-12*
888110 IRON, LIVER AND VITAMIN B-COMPLEX*
888111 IRON, VITAMIN B-12 AND ZINC*
888113 KELP*
888114 KELP, LECITHIN AND VITAMIN B-6*
888115 L-ARGININE AND L-ORNITHINE*
888116 L-LYSINE*
888117 LECITHIN 1200 MG (19 GRAINS)
888118 LECITHIN 400 MG
888119 LECITHIN AND VITAMIN E*
888120 LECITHIN*
888121 LICORICE ROOT*
888122 LIVER*
888123 LURIDE DROPS GENERIC SUBSTITUTE
888124 MAGNESIUM*
888125 MANGANESE AND VITAMIN B-12*
888126 MANGANESE*
888127 MARSHMALLOW*
888128 MEGADOSE MULTIVITAMINS AND MINERALS*
888129 MEGADOSE MULTIVITAMINS*
888130 MINERALS - UNIDENTIFIED TYPE*
888132 MULTIMINERALS*
888133 CHILDREN'S MULTIVITAMINS - LIQUID*
888134 MULTIVITAMINS AND MINERALS - LIQUID*
888135 MULTIVITAMINS AND MINERALS*
888136 MULTIVITAMINS WITH CALCIUM AND IRON*
888137 MULTIVITAMINS WITH EXTRA VITAMIN C*
888139 MULTIVITAMINS WITH IRON*
888140 MULTIVITAMINS*
888141 NATALINS GENERIC SUBSTITUTE
888142 NIACIN 100 MG
888143 NIACIN 250 MG
888144 NIACIN 50 MG
888145 NIACIN 500 MG
888146 NIACIN*
888147 NIACINAMIDE 100 MG
888148 NIACINAMIDE*
888149 OAT BRAN*
888151 ONE-A-DAY ESSENTIAL GENERIC SUBSTITUTE

888152 OTHER DIETARY SUPPLEMENTS*
888155 VITAMIN B-COMPLEX WITH PABA*
888156 PABA*
888157 PAPAIN*
888158 PARSLEY*
888159 PHOSPHORUS*
888160 POLY-VI-SOL DROPS GENERIC SUBSTITUTE
888161 POTASSIUM 99 MG
888162 POTASSIUM CHLORIDE 10 MEQ
888163 POTASSIUM CHLORIDE 10% LIQUID
888164 POTASSIUM CHLORIDE 20 MEQ
888165 POTASSIUM CHLORIDE 20% LIQUID
888166 POTASSIUM CHLORIDE 8 MEQ
888167 POTASSIUM CHLORIDE*
888168 POTASSIUM GLUCONATE*
888169 POTASSIUM*
888170 PRENATAL MULTIVITAMINS AND MINERALS*
888171 PSYLLIUM*
888172 PYCNOGENOL*
888173 RNA/DNA*
888174 ROSE HIPS*
888175 ROYAL JELLY*
888176 RUTIN*
888177 SCULLCAP*
888178 SELENIUM 50 MCG
888179 SELENIUM*
888180 SLIPPERY ELM*
888181 SLOW-K GENERIC SUBSTITUTE
888182 SODIUM FLUORIDE DROPS 0.125 MGFLUORIDE/DROP
888183 SODIUM FLUORIDE 0.5 MG
888184 SODIUM FLUORIDE 1.1 MG
888185 SODIUM FLUORIDE 2.2 MG
888187 STRESS FORMULA MULTIVITAMINS AND MINERALS*
888188 STRESS FORMULA MULTIVITAMINS*
888189 STRESSTABS GENERIC SUBSTITUTE
888190 TRI-VI-FLOR DROPS GENERIC SUBSTITUTE
888191 VALERIAN ROOT*
888192 VITAMIN A 10,000 IU
888193 VITAMIN A 25,000 IU
888194 VITAMIN A AND ZINC*
888195 VITAMIN A WITH BETA CAROTENE*
888196 VITAMIN A*
888197 VITAMIN B*
888198 THIAMIN (B-1) 100 MG
888199 THIAMIN (B-1)*
888200 VITAMIN B-12 100 MCG
888201 VITAMIN B-12 1000 MCG
888202 VITAMIN B-12 250 MG
888203 VITAMIN B-12 500 MCG
888205 VITAMIN B-12*
888206 RIBOFLAVIN (B-2)*
888207 PANTOTHENIC ACID*
888208 VITAMIN B-6 100 MG
888209 VITAMIN B-6 50 MG
888210 VITAMIN B-6*
888211 VITAMIN B-COMPLEX 100
888212 VITAMIN B-COMPLEX 50

888213 VITAMIN B-COMPLEX*
888214 VITAMIN C 100 MG
888215 VITAMIN C 1000 MG
888216 VITAMIN C 200 MG
888217 VITAMIN C 2000 MG
888218 VITAMIN C 250 MG
888219 VITAMIN C 300 MG
888220 VITAMIN C 500 MG
888221 VITAMIN C*
888222 VITAMIN D 50,000 IU
888223 VITAMIN D*
888224 VITAMIN E 100 IU
888225 VITAMIN E 1000 IU
888226 VITAMIN E 200 IU
888227 VITAMIN E 2500 IU
888228 VITAMIN E 300 IU
888229 VITAMIN E 400 IU
888230 VITAMIN E 500 IU
888231 VITAMIN E 600 IU
888232 VITAMIN E 800 IU
888233 VITAMIN E AND SELENIUM*
888234 VITAMIN E*
888235 VITAMIN K*
888236 VITAMINS - UNIDENTIFIED TYPE*
888238 VITAMINS A AND C*
888239 VITAMINS A AND D*
888240 VITAMINS A AND E*
888242 CHILDREN'S TRIPLE VITAMINS - DROPS*
888244 VITAMINS B AND E*
888246 VITAMINS B-1 AND C*
888247 VITAMINS B-1, B-6 AND B-12*
888248 VITAMINS B-6 AND B-12*
888249 VITAMINS B-COMPLEX AND C*
888251 VITAMINS C AND E*
888252 VITAMINS FOR HAIR*
888253 VITAMINS FOR NAILS*
888254 VITAMINS FOR VISION*
888255 WOMEN'S MULTIVITAMINS AND MINERALS*
888256 ZINC 50 MG
888257 ZINC*
888258 ESTER C*
888259 BLACK CURRANT*
888261 FERROUS SULFATE*
888262 BONE MEAL AND VITAMINS A AND D*
888264 CALCIUM AND VITAMINS B-12, C AND D*
888265 CALCIUM LACTATE*
888266 CALCIUM, MAGNESIUM AND VITAMIN D*
888267 CASTOR OIL AND VITAMIN C*
888268 CHAPARRAL AND RED CLOVER*
888269 DL-PHENYLALANINE*
888270 IODINE*
888271 IRON -- DROPS*
888272 KELP AND LECITHIN*
888273 L-GLUTAMINE*

888274 L-METHIONINE*
888275 L-TRYPTOPHAN*

888276 MAGNESIUM AND POTASSIUM*
888277 MILK THISTLE*
888278 POTASSIUM BICARBONATE*
888279 SHARK CARTILAGE*
888280 STRESS FORMULA MULTIVITAMINS WITH ZINC*
888281 WHEAT BRAN*
888282 WOOD BETONY*
888283 YOHIMBE*
888284 UVA URSI*
888285 FISH OIL*
888286 VITAMIN C 3300 MG
888287 FERROUS SULFATE -- ELIXIR*
888288 IRON -- ELIXIR*
888289 CHILDREN'S MULTIVITAMINS WITH IRON AND FLUORIDE -- DROPS*
888290 COD LIVER OIL -- LIQUID*
888291 FLUORIDE -- DROPS*
888292 MULTIVITAMINS -- LIQUID*
888293 POTASSIUM CHLORIDE -- LIQUID*
888294 VITAMINS B-COMPLEX AND C -- LIQUID*
888295 CHILDREN'S MULTIVITAMINS WITH IRON - LIQUID*
888296 VITAMIN B-COMPLEX - LIQUID*

Appendix 2

LIST OF PRODUCTS WITH ALL EIGHT FILLS SORTED BY PRODUCT CODE
FOR VITAMIN AND MINERAL DOCUMENTATION

PRODUCT CODE	STANDARDIZED PRODUCT NAME
005004	ATHLETE'S PAK
005006	SLENDER ALL
005007	STEROL COMPLEX 30
060001	CYBER GAIN
060003	PHASE I BODY BUILDING PROGRAM - ANABOLIC ACTIVATOR
060004	PHASE I BODY BUILDING PROGRAM - BIOGENIC AGENT
064002	FORMULA 303
118004	THERMOJECTICS WEIGHT-MANAGEMENT PRODUCT, TYPE NOT INDICATED*
118005	THERMOJETICS ACTIVATED FIBER
118006	THERMOJETICS BEIGE HERBAL TABLETS
118010	THERMOJETICS FORMULA 3 - CELL ACTIVATOR
118011	THERMOJETICS GREEN HERBAL TABLETS
142032	LEDERPLEX LIQUID
160001	MDR FITNESS TABS FOR MEN AND WOMEN
178002	TRI-ZYMES
185005	FEMCHANGE
185007	JUNIPER BERRY COMBINATION
185008	LB FORMULA CAPSULES
189001	A.M./P.M. ULTIMATE CLEANSE
190002	ALJ HERBAL FOOD COMBINATION
190016	ENERGY V
190017	GINKGO-HAWTHORN COMBINATION
190021	LBS II HERBAL FOOD COMBINATION
190023	LIV-J HERBAL FOOD COMBINATION
190035	SF HERBAL FOOR COMBINATION
190036	SN-X HERBAL FOOD COMBINATION
190040	X-A HERBAL FOOD COMBINATION
191001	B/P FORMULA
191013	MEN'S FORMULA APH
208002	ORIGINAL PEP
272001	HYLAND'S CALC FLUOR (CALCAREA FLUORICA)
273004	CYROFOOD TABLETS
282003	CALLI HERB FOOD BEVERAGE
286001	MYCOPRYL 400
308002	DISTEX
308004	LIGATEX
308005	PRIMACAL
315003	ANABOLIC MEGA PAK
315004	BIG CHEWABLES
315005	BIG WEIGHT GAIN POWDER
315006	BODY GRO MEGA PAK
315007	CARBO ENERGIZER CHEWABLE TABLET
315008	CARBO ENIGIZER POWDER
315010	DYNAMIC LIFE ESSENCE
315014	MEGABOLIC MULTI-POWER PAKS
315016	SIGNATURE BODY SHAPER
315017	VICTORY POST WORKOUT
315018	VICTORY POWER BASE
324002	FIBER GUARD

888130 MINERALS - UNIDENTIFIED TYPE*
888152 OTHER DIETARY SUPPLEMENTS*
888197 VITAMIN B*
888236 VITAMINS - UNIDENTIFIED TYPE*
888244 VITAMINS B AND E*
888253 VITAMINS FOR NAILS*