

COMPLEJOS DE MULTIVITAMINAS COMERCIALIZADOS 2020

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PRODUCTO	RDI	BARIMIX capsulas	DEKAs BARIATRIC comp	ELEVIT comp	MICEBRINA Mi Energía comp.	MULTUCENTRUM comp	MULTICENTRUM JUNIOR comp
Vitamina A (ug)	700 M 900 V	1500	1500	1080	800	800	330
Vitamina D (UI)	400-800	1400	3000	500	200	200	120
Vitamina E (mg)	15	18	50	15	10	15	5
Vitamina K (ug)	90 M 120 V	90	500	-	-	30	-
Vitamina C (mg)	75 M 90 V	90	90	100	60	100	50
Vitamina B1 (mg)	1.1 M 1.2 V	4.2	12.5	1.6	1.1	1.4	0.5
Vitamina B2 (mg)	1.1 M 1.3 V	3.5	1.3	1.8	1.4	1.75	0.5
Vitamina B6 (mg)	1.3-1.5 M 1.3-1.7 V	4	1,7	2.6	1,4	2	0.5
Vitamina B12 (ug)	2.4	500	500	4	1	2.5	1
A Fólico (ug)	400	400	400	800	200	200	200
Biotina (ug)	30	300	50	200	50	62.5	50
Niacina (mg)	14 M 16 V	20	16	-	16	20	5
A Pantoténico (mg)	5	10	5	10	6	7.5	2.5
Calcio (mg)	1000- 1200	-	13	125	162	162	-
Fósforo (mg)	700	-	-	125	125	125	-
Magnesio	320 M	75	25	100	-	100	-

(mg)	420 V						
Hierro	18-8 M	18	45	60	4	5	4.5
(mg)	8 V						
Yodo	150	125	150	-	150	100	-
(ug)							
Cobre	900	1500	2000	1000	1000	500	-
(ug)							
Manganeso	1.8 M	1.5	2,3	1	2	2	0.5
(mg)	2.3 V						
Cromo	25-20 M	100	35	-	25	40	-
(ug)	35-30 V						
Molibdeno (ug)	45	45	45	-	50	50	-
Selenio	55	75	55	-	50	30	12.5
(ug)							
Zinc	8 M	15	11	7.5	5	5	2.8
(mg)	11 V						
Fluor	3 M	-	-	-	-	-	-
(ug)	4 V						
Luteina	-	-	-	-	-	500	-
(ug)							
Coenzima Q	-	-	5	-	-	-	-
(mg)							
Nicotinamida	-	-	-	19	-	-	-
(mg)							

PRODUCTO	RDI	HIDROPOLIVIT GOTAS ORAL (por ml o 28 gotas)	HIDROPOLIVIT A MINERAL comp masticable	SUPRADYN ACTIVO comp. recubiertos	ViMin 50 NM caps
Vitamina A (ug)	700 M 900 V	450	450	800	400
Vitamina D (UI)	400-800	600	400	200	100
Vitamina E (mg)	15	10	4	12	5
Vitamina K (ug)	90 M 120 V	-	-	25	15
Vitamina C (mg)	75 M 90 V	50	50	80	30
Vitamina B1 (mg)	1.1 M 1.2 V	-	-	1.1	0.7
Vitamina B2 (mg)	1.2 M 1.3 V	2.0	2.0	1.4	0.8
Vitamina B6 (mg)	1.3-1.5 M 1.3-1.7 V	1.6	1.6	1.4	1.0
Vitamina B12 (ug)	2.4	-	-	2.5	0.5
A Fólico (ug)	400	-	-	200	100
Biotina (ug)	30	125	150	50	75
Niacina (mg)	14 M 16 V	-	-	16	-
A Patoténico (mg)	5	-	-	6	3
Calcio (mg)	1000-1200	-	25	120	-

Fósforo (mg)	700	-	-	-	
Magnesio (mg)	320 M 420 V	-	6	80	150
Hierro (mg)	18-8 M 8 V	-	2	14	7
Yodo (ug)	150	-	10	150	75
Cobre (ug)	900	-	1000	1000	500
Manganeso (mg)	1.8 M 2.3 V	-	1	2	-
Cromo (ug)	25-20 M 35-30 V	-	-	-	-
Molibdeno (ug)	45	-	100	50	-
Selenio (ug)	55	-	-	50	75
Zinc (mg)	8 M 11 V	-	1	10	7.5
Fluor (mg)	3 M 4 V	-	0,01	-	-
Coenzima Q (mg)	-	-	-	4.5	-
Nicotinamida (mg)	-	12.5	15	-	9

PRODUCTOS QUE NO FIGURAN EN VADEMECUM PERO SON COMPLEJOS DE VITAMINAS Y MINERALES

PRODUCTO	RDI	ACTIVECOMPLEX ANTIOXIDANTE comp	ANDROVIT comp	BION PROTECT comp	BION ACTIVATE comp
Vitamina A (ug)	700 M 900 V	1000	133	800	800
Vitamina D (UI)	400-800	100	200	200	200
Vitamina	15	10	10	10	10

E (mg)					
Vitamina K (ug)	90 M	-	45 (como K1)	-	-
Vitamina C (mg)	120 V				
Vitamina B1 (mg)	75 M	60	60	60	60
Vitamina B2 (mg)	90 V				
Vitamina B6 (mg)	1.1 M	1.1	1.4	1.4	1.4
Vitamina B12 (ug)	1.2 V				
A Fólico (ug)	1.3 M	1.6	1.6	1.6	1.6
Biotina (ug)	1.3 V				
	1.3-1.5 M	2.2	2	2	2
	1.3-1.7 V				
	2.4	3	1	1	1
	400	180	200	200	200
	30	30	150	150	150

Niacina (mg)	14 M 16 V	18	18	18	18
A Patoténico (mg)	5	4	-	6	6
Calcio (mg)	1000-1200	-	160	-	-
Fósforo (mg)	700	-	123.3	-	-
Magnesio (mg)	320 M 420 V	100	100	-	-
Hierro (mg)	18-8 M 8 V	-	3.5	5	5
Yodo (ug)	150	-	-	100	100
Cobre (ug)	900	1000	1000	-	-
Manganeso (mg)	1.8 M 2.3 V	2.5	1	1.2	0.4
Cromo (ug)	25-20 M 35-30 V	-	-	25	25
Molibdeno (ug)	45	-	-	25	25
Selenio (ug)	55	50	105	30	30
Zinc (mg)	8 M 11 V	7.5	5	5	5
Fluor (mg)	3 M 4 V	-	-	-	-
Licopeno (mg)	-	-	0,06	-	-

PRODUCTO	RDI	Pharmaton Complex Cápsulas	Pharmaton Complex Comp efervescentes	REDOXON COMPLEX Comp efervescentes
Vitamina A (ug)	700 M 900 V	800	333	800
Vitamina D (UI)	400-800	200	200	200
Vitamina E (mg)	15	12	10	12
Vitamina K (ug)	90 M 120 V	-	-	25
Vitamina C (mg)	75 M 90 V	60	60	180
Vitamina B1 (mg)	1.1 M 1.2 V	1.1	1.4	3.3
Vitamina B2 (mg)	1.4 M 1.3 V	1.4	1.6	4.2
Vitamina B6 (mg)	1.3-1.5 M 1.3-1.7 V	1.4	2	2
Vitamina B12 (ug)	2.4	2.5	1	3
A Fólico (ug)	400	200	200	200
Biotina (ug)	30	50	150	50
Niacina (mg)	14 M 16 V	16	18	48
A Patoténico (mg)	5	-	-	18
Calcio (mg)	1000-1200	120	100	120
Fósforo (mg)	700	-	-	-
Magnesio	320 M	-	40	80

(mg)	420 V				
Hierro	18-8 M	10.5	10	14	
(mg)	8 V				
Yodo	150	-	-	150	
(ug)					
Cobre	900	1000	500	1000	
(ug)					
Manganeso	1.8 M	2	-	2	
(mg)	2.3 V				
Cromo	25-20 M	-	-	-	
(ug)	35-30 V				
Molibdeno	45	-	-	50	
(ug)					
Selenio	55	55	50	50	
(ug)					
Zinc	8 M	1.5	1	10	
(mg)	11 V				
Fluor	3 M	-	-	-	
(mg)	4 V				
Nicotinamida	-	-	-	-	
(mg)					
Coenzima Q	-	-	-	4.5	
(mg)					