

MULTIVITAMÍNICOS

Autores: Dra. M Ángeles Valero Zanuy

| PRODUCTO | RDI | DAYAMINERAL comp (NO COMERCIA- LIZADO) | ELEVIT comp. Recubiertos (CN 652779.5) | MICEBRINA comp. recubierto | MULTUCENTRUM comp | MULTICENTRUM JUNIOR comp |
|----------------------|------------------------|--|---|----------------------------------|----------------------|-----------------------------|
| Vitamina A (ug) | 700 M 900 V | 5000 | 1080 | 800 | 800 | 330 |
| Vitamina D (UI) | 400-800 | 400 | 500 | 200 | 200 UI | 120 |
| Vitamina E (mg) | 15 | - | 15 | 10 | 15 mg | 5 |
| Vitamina K (ug) | 90 M 120 V | - | - | - | 30 ug | - |
| Vitamina C (mg) | 75 M 90 V | 150 | 100 | 60 | 100 mg | 50 |
| Vitamina B1 (mg) | 1.1 M 1.2 V | 1.0 | 1.6 | 1.4 | 1.4 mg | 0.5 |
| Vitamina B2 (mg) | 1.1 M 1.3 V | 1.0 | 1.8 | 1.6 | 1.75 mg | 0.5 |
| Vitamina B6 (mg) | 1.3-1.5 M 1.3-1.7 V | 1.5 | 2.6 | 2 | 2 mg | 0.5 |
| Vitamina B12 (ug) | 2.4 | 5 | 4 | 1 | 2.5 ug | 1 |
| A Fólico (ug) | 400 | 100 | 800 | 200 | 200 ug | 200 |
| Biotina (ug) | 30 | - | 200 | 150 | 62.5 ug | 50 |
| Niacina (mg) | 14 M 16 V | - | - | - | 20 mg | 5 |
| A Patoténico (mg) | 5 | 5 | 10 | 6 | 7.5 mg | 2.5 |
| Calcio (mg) | 1000- 1200 | 100 | 125 | 162 | 162 mg | - |

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|-------------------|--------------------|-----|------|-------|--------|------|
| Fósforo (mg) | 700 | 77 | 125 | 125,2 | 125 mg | - |
| Magnesio (mg) | 320 M 420 V | 40 | 100 | 100 | 100 mg | - |
| Hierro (mg) | 18-8 M 8 V | 34 | 60 | 14 | 5 mg | 4.5 |
| Yodo (ug) | 150 | 200 | - | 150 | 100 ug | - |
| Cobre (ug) | 900 | 280 | 1000 | 1000 | 500 ug | - |
| Manganeso (mg) | 1.8 M 2.3 V | 3 | 1 | 2.5 | 2 mg | 0.5 |
| Cromo (ug) | 25-20 M 35-30 V | - | - | 25 | 40 ug | - |
| Molibdeno (ug) | 45 | - | - | 60 | 50 ug | - |
| Selenio (ug) | 55 | - | - | 50 | 30 ug | 12.5 |
| Zinc (mg) | 8 M 11 V | 3.9 | 7.5 | 15 | 5 mg | 2.8 |
| Fluor (ug) | 3 M 4 V | - | - | - | - | - |
| Luteina (ug) | - | - | - | - | 500 ug | - |
| Coenzima Q (mg) | - | - | - | - | - | - |
| Nicotinamida (mg) | - | 35 | 19 | - | - | - |

Quizá los más completos son Elevit, Multicentrum y Micebrina.

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| PRODUCTO | RDI | HIDROPOLIVIT (ml o 24 gotas) | HIDROPOLIVIT MINERAL comp masticable | PROTOVIT (ml o 24 gotas) NO COMERCIALIZADO | SUPRADYN ACTIVO comp. recubiertos | ViMin 50 NM caps |
|----------------------|------------------------|---------------------------------|--|---|--|---------------------|
| Vitamina A (ug) | 700 M 900 V | 450 | 450 | 3000 | 800 | 400 |
| Vitamina D (UI) | 400-800 | 600 | 400 | 900 | 200 | 100 |
| Vitamina E (mg) | 15 | 10 | 4 | 15 | 12 | 5 |
| Vitamina K (ug) | 90 M 120 V | - | - | - | 25 | 15 |
| Vitamina C (mg) | 75 M 90 V | 50 | 50 | 80 | 80 | 30 |
| Vitamina B1 (mg) | 1.1 M 1.2 V | - | - | 2.0 | 1.1 | 0.7 |
| Vitamina B2 (mg) | 1.2 M 1.3 V | 2.0 | 2.0 | 1.5 | 1.4 | 0.8 |
| Vitamina B6 (mg) | 1.3-1.5 M 1.3-1.7 V | 1.6 | 1.6 | 2.0 | 1.4 | 1.0 |
| Vitamina B12 (ug) | 2.4 | - | - | - | 2.5 | 0,5 |
| A Fólico (ug) | 400 | - | - | - | 200 | 100 |
| Biotina (ug) | 30 | 125 | 150 | 200 | 50 | 75 |
| Niacina (mg) | 14 M 16 V | - | - | - | 16 | - |

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| | | | | | | |
|-------------------|--------------------|------|------|---------------|------|-----|
| A Patoténico (mg) | 5 | - | - | Dexpanenol 10 | 6 | 3 |
| Calcio (mg) | 1000-1200 | - | 25 | - | 120 | - |
| Fósforo (mg) | 700 | - | 39 | - | | - |
| 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 | - | 1.0 | - | 2.0 | - |
| Cromo (ug) | 25-20 M 35-30 V | - | - | - | - | - |
| Molibdeno (ug) | 45 | - | 100 | - | 50 | - |
| Selenio (ug) | 55 | - | - | - | 50 | 25 |
| Zinc (mg) | 8 M 11 V | - | 1.0 | - | 10 | 7.5 |
| Fluor (mg) | 3 M 4 V | - | 0,01 | - | - | - |
| Coenzima Q (mg) | - | - | - | - | 4.5 | - |
| Nicotinamida (mg) | - | 12.5 | 15 | 15 | - | 9 |

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

| PRODUCTO | RDI | ACTIVECOMPLEX ANTIOXIDANTE comp | ANDROVIT comp | BION PROTECT comp | BION ACTVE comp |
|----------------------|------------------------|---------------------------------------|------------------|-------------------|--------------------|
| Vitamina A (ug) | 700 M 900 V | 1000 | 133 | 800 | 800 |
| Vitamina D (UI) | 400-800 | 100 | 200 | 200 | 200 |
| Vitamina E (mg) | 15 | 10 | 10 | 10 | 10 |
| Vitamina K (ug) | 90 M 120 V | - | 45 (como K1) | - | - |
| Vitamina C (mg) | 75 M 90 V | 60 | 60 | 60 | 60 |
| Vitamina B1 (mg) | 1.1 M 1.2 V | 1.1 | 1.4 | 1.4 | 1.4 |
| Vitamina B2 (mg) | 1.3M 1.3 V | 1.6 | 1.6 | 1.6 | 1.6 |
| Vitamina B6 (mg) | 1.3-1.5 M 1.3-1.7 V | 2.2 | 2.0 | 2.0 | 2.0 |
| Vitamina B12 (ug) | 2.4 | 3.0 | 1.0 | 1.0 | 1.0 |
| A Fólico (ug) | 400 | 180 | 200 | 200 | 200 |
| Biotina (ug) | 30 | 30 | 150 | 150 | 150 |

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| | | | | | |
|-------------------|--------------------|------|-------|-----|-----|
| 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 | 1.0 | 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 | - | - |

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| PRODUCTO | RDI | Pharmaton Complex cápsulas | Pharmaton Complex Comprimidos 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 | 2.0 | 2 |
| Vitamina B12 (ug) | 2.4 | 2.5 | 1.0 | 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 |

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| | | | | |
|-------------------|--------------------|------|-----|------|
| Calcio (mg) | 1000-1200 | 120 | 100 | 120 |
| Fósforo (mg) | 700 | - | | |
| Magnesio (mg) | 320 M 420 V | - | 40 | 80 |
| Hierro (mg) | 18-8 M 8 V | 10.5 | 10 | 14 |
| Yodo (ug) | 150 | - | | 150 |
| Cobre (ug) | 900 | 1000 | 500 | 1000 |
| Manganeso (mg) | 1.8 M 2.3 V | 2 | | 2.0 |
| Cromo (ug) | 25-20 M 35-30 V | - | | - |
| Molibdeno (ug) | 45 | - | | 50 |
| Selenio (ug) | 55 | 55 | 50 | 50 |
| Zinc (mg) | 8 M 11 V | 1.5 | 1.0 | 10 |
| Fluor (mg) | 3 M 4 V | - | | - |
| Nicotinamida (mg) | - | - | | - |
| Coenzima Q (mg) | - | - | - | 4.5 |