

DSID Calculators: Ingredient Names and Common Synonyms

DSID Ingredient Name	Synonyms
Vitamins	
Folic Acid	Folate
Niacin	Inositol Niacinate, Niacinamide, Niacinamide Ascorbate, Vitamin B-3
Riboflavin	Riboflavin-5-Phosphate, Vitamin B-2
Thiamin	Vitamin B-1, Thiamin Hydrochloride, Thiamin Mononitrate
Vitamin A	Retinol, Retinyl Acetate, Retinyl Palmitate, Vitamin A Acetate, Vitamin A Palmitate
Vitamin B-6	Pyridoxal-5-phosphate, Pyridoxine, Pyridoxine HCl, Pyridoxine Hydrochloride
Vitamin B-12	Cobalamin, Cyanocobalamin
Vitamin C	Acerola Concentrate, Ascorbic Acid, Ascorbyl Palmitate, Calcium Ascorbate, Niacinamide Ascorbate, Sodium Ascorbate
Vitamin D	Cholecalciferol, Ergocalciferol, Vitamin D ₂ , Vitamin D ₃
Vitamin E	D-alpha-tocopheryl Acetate, D-alpha-tocopheryl Succinate, DL-alpha-tocopheryl Acetate, DL-alpha-tocopheryl Succinate, Vitamin E Acetate, Vitamin E Succinate
Minerals	
Calcium	Calcium Carbonate, Calcium Citrate, Calcium Phosphate, Coral Calcium, Dicalcium Phosphate, Dicalcium Phosphate Anhydrous
Chromium	Chromium Amino Acid Chelate, Chromic Chloride, Chromium Chloride, Chromium Picolinate, Chromium Polynicotinate, Chromium Glycinate Dinicotinate
Copper	Copper Citrate, Cupric Oxide
Iodine	Potassium Iodide, Sea Kelp
Iron	Elemental Iron, Ferric Ammonium Citrate, Ferrous Fumarate, Ferrous Sulfate
Magnesium	Magnesium Carbonate, Magnesium Citrate, Magnesium Hydroxide, Magnesium Oxide, Magnesium Phosphate Tribasic, Magnesium Stearate, Magnesium Sulfate, Magnesium Trisilicate
Manganese	Manganese Amino Acid Chelate, Manganese Chloride, Manganese Citrate, Manganese Dioxide
Phosphorus	Dicalcium Phosphate, Potassium Phosphate, Tricalcium Phosphate
Potassium	Potassium Chloride, Potassium Phosphate Monobasic
Selenium	L-selenomethionine, Selenite, Selenium Amino Acid Chelate, Selenium Proteinate, Sodium Selenate, Selenium Yeast
Zinc	Zinc Amino Acid Chelate, Zinc Acetate, Zinc Oxide, Zinc Sulfate
Fatty Acids	
ALA	Alpha-linolenic Acid; α -linolenic Acid; 18:3 (<i>n</i> -3)
DHA	Docosahexaenoic Acid, 22:6 (<i>n</i> -3)
EPA	Eicosapentaenoic Acid, 20:5 (<i>n</i> -3)