## Instructions for Using the Adult MVM Calculator

Use the label information from the supplement container to enter the specific ingredient amount per serving (not the % Daily Value).

	Amount per serving	%Daily Value
Vitamin C (as ascorbic acid)	100 mg	167%
Vitamin B-1 (as thiamin)	1.5 mg	100%
Vitamin B-2 (as riboflavin)	1.7 mg	100%
Niacinamide	20 mg	100%
Vitamin B-6	10 mg	500%
(as pyridoxine HCL)		
Folic Acid	1000 mcg	250%
Vitamin B-12	6 mcg	100%
(as cyanocobalamin)		
Biotin	150 mcg	50%
Pantothenic Acid	5 mg	50%

The calculator screen will show a default number for each ingredient for adult MVMs, indicating the most common labeled level and its predicted mean level, calculated using the regression equation for that ingredient. Also calculated are the standard errors for the mean and for an individual observation and the % difference from label for the mean prediction.

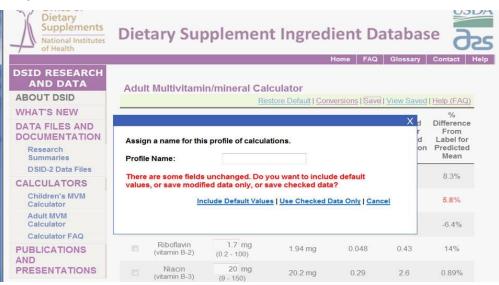
1. Enter values for any or all 18 ingredients within the range listed below each box. Press the 'tab' key on your keyboard or click outside the box to view entered data. Your calculated results, including your entered data, will appear in **red**.

Office of Dietary Supplements National Institutes of Health	Diet	ary Sup	plement	Ingred	ient D	atabas	se 0			
SID RESEARCH					Home FAC	Glossary	Contact			
AND DATA	Adult M	Adult Multivitamin/mineral Calculator								
ABOUTDSID	Addit M	Restore Default   Conversions   Save   View Saved   Help (FAQ)								
WHAT'S NEW	1		in Labeled Amount Per Serving	and a second second		Standard Error for Predicted Observation	% Difference From Label for			
DATA FILES AND DOCUMENTATION Research Summaries	Select Values	Ingredient in DSID		Predicted Mean Value	Standard Error for Predicted Mean					
	Save	(Common Synonyms)		Per Serving						
DSID-2 Data Files			100 mg	0.000		2225				
CALCULATORS	<b>V</b>	VITAMIN C	(4 1000)	108 mg	1	11	8.3%			
Children's MVM Calculator		VITAMIN E								
Adult MVM		tocopherol, d- alpha	30 IU (9 - 120.6)	31.8 IU	0.37	3.4	6%			

2. Select the 'Save' link near the top of the page.

Office of Dietary Supplements National Institutes of Health	Dieta	ary Sup	plement		ient D		contact
DSID RESEARCH AND DATA ABOUT DSID	Adult M	ultivitamin/mine		<u>e Default   Conve</u>			
WHAT'S NEW DATA FILES AND DOCUMENTATION Research Summaries	Select Values to	Ingredient in DSID	Labeled Amount Per Serving (Valid Range for Prediction)	Predicted Mean Value Per Serving	Standard Error for Predicted Mean	Standard Error for Predicted Observation	% Difference From Label for Predicted Mean
	Save	(Common Synonyms)					
DSID-2 Data Files CALCULATORS		VITAMIN C	<b>100</b> mg (4 - 1000)	108 mg	1	11	8.3%
Children's MVM Calculator Adult MVM Calculator		VITAMIN E (dl-alpha tocopherol, d- alpha	30 IU (9 - 120.6)	31.8 IU	0.37	3.4	6%

3. Assign a profile name to each set of calculations.



- 4. Choose either 'Include Default Values' (to include the original values shown on the data entry screen plus the data you changed) or 'Use Checked Data Only' (to include only the data you changed) to save your profile.
- To add additional profiles to the same file, select 'Add a New Profile' above the columns on the review page. Profiles from both calculators can be saved in one file if desired. [NOTE: In order to save these files onto your computer, your browser security settings must be configured to allow cookies.]

Office of Dietary Supplements National Institutes of Health	Diet	ary Sup	pleme	nt Ing	10			02	5			
DSID RESEARCH AND DATA ABOUT DSID WHAT'S NEW DATA FILES AND	This page	Profiles ge lists all profile dd A New Profile le.				move all the	se profiles and		ocedure			
DOCUMENTATION		Restart Add A New Profile Save To A File   Help (FAC										
Research Summaries	Name	DSID Calculator		Det	Details							
DSID-2 Data Files	84948	MVM_ADULT						%	remov			
CALCULATORS				Labeled	Predicted Mean	Standard	Standard	Difference	profil			
Children's MVM Calculator			Nutrient	Amount Per Serving	Value Per	Error for Predicted Mean	Error for Predicted Observation	From Label for Predicted				
Adult MVM Calculator		-		connig	Serving	moun	obterrution	Mean				
Calculator FAQ			VITAMIN C	100 mg	108	1	11	8.3%				
PUBLICATIONS			VITAMIN E	30 IU	31.8	0.37	3.4	6%				
AND			THIAMIN	1.5 mg	1.4	0.026	0.24	-6.4%				

6. In the next window, view your results and save them by selecting 'Save To A File' and filling in the name of your file.

0.0	Office of Dietary Supplements National Institutes of Health	Die	etary Sup	oplemei	nt Ing	redie			USDA Oce			
Ko a Maria	DSID RESEARCH AND DATA ABOUT DSID WHAT'S NEW	This click	red Profiles page lists all profile "Add A New Profile el file.									
	DATA FILES AND DOCUMENTATION		Restart   Add A New Profile   Save To A File Help									
	Research Summaries	Nam	ne Calculator			Det	ails					
	DSID-2 Data Files	8494	8 MVM ADULT						%	1		
	CALCULATORS				Labeled	Predicted Mean	Standard	Standard	Difference			
	Children's MVM Calculator			Nutrient	Amount Per Serving	Value Per	Error for Predicted Mean	Error for Predicted Observation	From Label for Predicted			
	Adult MVM Calculator					Serving			Mean			
	Calculator FAQ			VITAMIN C	100 mg	108	1	11	8.3%			
	PUBLICATIONS			VITAMIN E	30 IU	31.8	0.37	3.4	6%			
	AND			THIAMIN	1.5 mg	1.4	0.026	0.24	-6.4%			

7. To open a saved file, go to the directory on your computer (in Windows, probably in the My Documents directory) where the file was saved and open using Microsoft Excel. Once the file is saved, it can be manually modified and sorted.

**NOTE**: Predictions generated from the MVM Nutrient Calculators are estimates and are valid only for interpretation as indicated in DSID documentation.