



Freeda Vitamins Pesach List - 5777

All Freeda Vitamins and FNP supplements are produced all year round in a Chametz-free facility. Some may contain kitniyos as per the list below.

Please note that ALL Freeda vitamins are made in-house at Freeda's own facility and on equipment that is always only used for kosher-parve ingredients.

The following do NOT contain kitniyot or kitniyot derivatives:

המוצרים דלהלן הם בלי חשש חמץ או קטניות

Alfalfa Concentrate	Ginkgo Biloba
Apple Pectin	Indian Husks (Psyllium) Fiber
B Complex No Folic No Paba	Iron 29 mg
B1 Vitamin – all strengths	Kelp, Oceanic
B12 & Folic	Lev Tov
B2 Vitamin – all strengths	Lycopene
B6 Vitamin – all strengths	Magnesium Carbonate Powder
Betaine HCl	Magnesium Citrate
Biotin – all strengths	Magnesium Citrate Powder
Broccoli - Discontinued	Magnesium Gluconate
Bromelain	Magnesium Oxide Powder
Calcium Carbonate Powder	Manganese Gluconate
Calcium Citrate 250 mg	Mega Mag-Cal
Calcium Citrate Fine Granular	Mini Cal-Citrate
Calcium Gluconate	MSM
Calcium Lactate	Niacin – all strengths
Calcium Pantothenate – all strengths	Niacinamide – all strengths
Calcium Phosphate Powder	PABA
Chlorophyll	Potassium Gluconate
Choline Citrate	Quercetin – all strengths
Citrus Bioflavonoid Powder	Rutin 50 mg
Copper 2mg	Saw Palmetto
Cranberry	Silica
Flavons 500	Super Cal/Mag
Folic Acid 400 mcg and 800 mcg	Tri-Super Flavons
Garlic & Parsley	Zinc Elemental 30 mg
Garlic Tablets	Zinc Gluconate 15 mg

The following have raw material ingredients that are possibly processed using kitniyot:

המוצרים דלהלן מכילים בתוכם ספק קטניות (ללא חשש חמץ)

Alpha Lipoic Acid	Moredophilus Powder
L-Arginine (FNP)	Papaya Tablets
L-Carnitine	Parvenzyme
Co-Enzyme Q-10 – all strengths	L-Phenylalanine
L-Glutamine 500 mg	L-Threonine
L-Glutamine Powder	Triamino
Glycine Powder	L-Tryptophan
Kala	L-Tyrosine - all strengths
L-Lysine 500 mg	



The following contain kitniyot and/or kitniyot derivatives:

המוצרים דלהלן מכילים בתוכם קטניות (ללא חשש חמץ)

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|--|---|
| A & Beta Carotene | K2 Vitamin |
| A & D | Kobee |
| A Vitamin Palmitate 10,000 IU | KPN Prenatal |
| A Vitamin Palmitate 15,000 IU | Lecithin Granules |
| A-D-E with Selenium | Lutein 6 mg and 20 mg |
| Advanced Calcium Formula | Magnesium Chelated |
| A-Free Prenatal – same as KPN Prenatal but without vitamin A | Manganese Chelated - Discontinued |
| Allergy Formula (formerly Anti-Allergy Formula) | Minerals for Men |
| Apple Bran (chewable) | Mini-Prenatal – same as Prenatal One Daily in 4 tiny tablets |
| B12 Vitamin (lozenges) - all strengths | Monocaps |
| Beta Carotene | Multi-Minerals |
| C Vitamin - all strengths | Oxi-Freeda |
| C Vitamin Buffered | Pan C 500 |
| C Vitamin Buffered Powder | Parvacal 250 |
| C Vitamin Crystals | Parvacal 500 |
| C Vitamin plus Rose Hips – all strengths | Parvlex |
| C Vitamin Powder | Potassium Chelated |
| C Vitamin Timed Release – all strengths | Prenatal One Daily |
| Cal/Mag Chelated - Discontinued | Prenatal with Beta Carotene |
| Cal/Mag Chewable | Quin B Strong |
| Cal-Citrate Plus D | Quin B Strong with C and Zinc |
| Calcium Carbonate Chewable | Quintabs |
| Calcium Chelated - Discontinued | Quintabs-M |
| Cal-Mint Chewable | Quintabs-M, Iron Free |
| Chromium Chelated 200 mcg | SCD B Complex with C and Zinc |
| Chromium Chelated 400 mcg | SCD Calcium Complete |
| Cro-Man-Zin | SCD Multivitamin |
| Crunch Aminos – Discontinued | Selenium – all strengths |
| D2 Vitamin – all strengths | Span C |
| D3 Vitamin – all strengths, including Delta D3 400 IU | Stages Children's Chewable Multivitamin – Not currently available |
| Daily Value Multivitamin | Stages Men's Multivitamin |
| E Vitamin – all strengths | Stages Prenatal Formula |
| E Vitamin Liquid | Stages Women's Multivitamin |
| E Vitamin with Mixed Tocopherols – all strengths | Super DEC |
| Fem Cal Citrate | Super Multimineral Formula |
| Fem Cal Original | Super Multimineral Formula, Iron Free |
| Fem Cal Plus | Super Quints 50 |
| Freedavite | T-Vites |
| Fruit C Chewable Vitamin C - all strengths | Ultra Freeda |
| G.A.P. Tablets (chewable) - Discontinued | Ultra Freeda A-Free - Discontinued |
| Geri-Freeda | Ultra Freeda Iron Free |
| Glucosamine | Ultramino Powder |
| Gram-O-Leci | Upvite AM |
| Guar Gum | Upvite PM |
| Hi-Kovite | Vision Support |
| Hi-Vegi-Lip | Vitalets – all flavors and unflavored |
| Inositol Powder | Yelets |
| Inositol Tablets | Zinc Chelated – all strengths |
| Joint Boost | Zinc Lozenges |