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**Vitamin & Mineral Analysis for Samples, John
Sunday, March 19, 2006**

Nutrient	RDA	Actual	Difference
Vitamin A (IU)	900	8590	7690
Thiamin (mg)	1	3	1
Riboflavin (mg)	1	3	2
Niacin (mg)	16	34	18
Vitamin B6 (mg)	1	3	1
Vitamin B12 (mcg)	2	4	1
Fol (mcg)	400	219	-181
VitaminC (mg)	90	137	47
Calcium (mg)	1000	608	-392
Iron (mg)	8	44	36
Magnesium (mg)	420	519	99
Potassium (mg)	2000	5267	3267
Zinc (mg)	11	9	-2