## Instructions for Using the DSID MVM Calculators

The DSID-4 website provides 6 interactive online calculators. These are general instructions for using the four MVM calculators. For additional instructions that are specifically relevant to the children's MVM calculators and serving sizes for children's products, please see page 6.

For each calculator, the default value displayed is the ingredient labeled amount per serving, at the **most common labeled level** and its predicted mean level. The predicted mean value is calculated from the regression equation for that ingredient in that study. Also calculated are the standard errors, the 95% confidence intervals and the percent difference from label for the mean prediction. All of these are per serving values. For more information about the analytical testing of DS and the statistical evaluation of DSID data, see the *Research Summary* for each study on the DSID-4 website.

Use the Supplement Facts label information from the supplement container to obtain the 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%

1. Information on the variability of the calculated data are available. Before beginning to enter the label amounts, **select** an option for showing the variability measure for the mean predicted ingredient value, located on the left panel of the calculator.

The available options are: Standard Errors (SE), 95% Confidence Intervals (CI), or none.

Dietary Suppler	mei	nt Ing	gredien	t Datab	ase			NIH	National Office of I	institutes of Health Dietary Supplements	USDA
Home About - Multivita	mins -	- Ome	ga -3 Fatty Ac	cids Botani	cals Calc	ulators -	Data Files	FAQ/H	elp <del>-</del>	Contact Us	
Home / Calculators / Non-prescrip	otion Pr	enatal Multi	vitamin/mineral	Calculator							
Select an option for showing variability before modifying the calculators		Non- Calc	prescrip ulator	tion Prei	natal Mu	ıltivitan	nin/mine	ral			
<ul> <li>95% Confidence Intervals</li> <li>Standard Errors</li> <li>None</li> </ul>	J	Select Values to Save	Ingredients	Labeled Amount Per Serving (Valid Range for Prediction)	Mean % Difference from Label	Predicted Mean Value Per Serving					
Calculator Instructions	0		VITAMIN A	4000 IU (2000 - 17000)	2.40%	4100 IU					
Restore Default	С		VITAMIN C	120 mg (32 - 360)	3.56%	124 mg					
Unit Conversions	24		VITAMIN D	400 IU (100 - 1000)	13.1%	452 IU					
Save	±		VITAMIN E (alpha- tocopherol)	30 IU (11 - 200)	<mark>1</mark> 71%	81.4 IU					
Help	0		THIAMIN (vitamin B-1)	1.8 mg (1.4 - 68)	-9.17%	1.63 mg					
			RIBOFLAVIN (vitamin B-2)	1.7 mg (1.4 - 60)	0.946%	1.72 mg					

<u>Note:</u> Variability option must be selected prior to entering the label values. You will lose any unsaved data if you switch variability selection while still entering values. All saved data will include both SE and 95% CI information.

2. Enter values for any or all ingredients within the valid prediction range indicated below each box. Press the 'enter' or '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**.

Dietary Supple	me	nt Ing	gredien	t Datab	base			NIH	National Office of	Institutes of Health Dietary Supplements	USDA
Home About - Multivit	amins ·	- Ome	ga -3 Fatty A	cids Botani	cals Calc	ulators -	Data Files	FAQ/H	elp 🚽	Contact Us	
	intion D	ronatal Mult	ivitamin/minoral	Calculator							
Home / Calculators / Non-presci			Witaministrinierai	Calculator							
Select an option for showing variability before modifying the		Non	-prescrip	tion Prei	natal Mu	ultivitan	nin/mine	ral			
calculators		Calc	ulator								
<ul> <li>95% Confidence Intervals</li> <li>Standard Errors</li> <li>None</li> </ul>	5	Select Values to	Ingredients	Labeled Amount Per Serving (Valid Bange for	Mean % Difference from	Predicted Mean Value Per					
		Jave		Prediction)	Laber	Serving					
			VITAMIN A	8000 IU	2.40%	8190 IU			1		
Calculator Instructions	0			(2000 - 17000)							
Restore Default	С		VITAMIN C	120 mg (32 - 360)	3.56%	124 mg					
Unit Conversions	24		VITAMIN D	400 IU (100 - 1000)	13.1%	452 IU					
Save	Ŧ		VITAMIN E	30 IU	171%	81.4 IU					
View Saved	٢		tocopherol)	(11 - 200)							
Help	θ		THIAMIN (vitamin B-1)	1.8 mg (1.4 - 68)	-9.17%	1.63 mg					

**NOTE**: If the values entered are outside the valid prediction range indicated in the brackets, an error message will display "Outside Range"



3. To save your data, check the box for 'Select Values to Save' then select 'Save' from the left tools box and create a unique profile name.

Users can choose the amount of data to save by clicking on 'Include Default Values,' which includes all values displayed on the calculator in addition to the data changed, or 'Save Checked Data Only' (save only the data you changed to the profile).

Home About - M	ultivitamins -	Omeg al Multiv	a -3 Fatty A	cids Botanio	cals Calci	ulators + D	oata Files	FAQ/Help +	Contact
Select an option for show variability before modifyin calculators	wing N ng the C	lon-j alcu	orescrip Ilator	otion Prer	natal Mu	ltivitami	n/mine	ral	
<ul> <li>95% Confidence Ir</li> <li>Standard Errors</li> <li>None</li> </ul>	itervals Se Va	elect I alues to ave	Ingredients	Labeled Amount Per Serving (Valid Range for Prediction)	Mean % Difference from Label	Predicted Mean Value Per Serving			
			VITAMIN A	8000 IU (2000 - 17000)	2.40%	8190 IU			
Restore Default	c		VITAMIN C	120 mg (32 - 360)	3.56%	124 mg			
Unit Conversions	24		VITAMIN D	400 IU (100 - 1000)	13.1%	452 IU			
Save View Saved	± ©		VITAMIN E (alpha- tocopherol)	30 IU (11 - 200)	171%	81.4 IU			
Help	θ		THIAMIN (vitamin B-1)	1.8 mg (1.4 - 68)	-9.17%	1.63 mg			
			RIBOFI AVIN	17 ~~~	N 946%	1 72 mn			
s va	Select an option for sh riability before modif calculators	nowing ying the	No Ca	on-prescri liculator	ption Pr	enatal Mu	ultivitan	nin/minera	I
Assig	95% Confidence     Standard Errors     None n a name for this prof	Intervals	Sel Valu	ect Ingredients	Amount Pe Amount Pe X Ving Range f diction)	Mean % er Difference from <sup>or</sup> Label	Predicted Mean Value Per Serving		
Profile There values	e Name: are some fields unch s, or save checked da	anged. D ta only?	lo you want to i	nclude default	8000 IL	<b>J 2.40%</b>	8190 IU		
	Include	Default V	alues   Save Che	cked Data Only   Can	cel 120 m - 360)	g 3.56%	124 mg		
					400 IU - 1000)	j 13.1%	452 IU		
Save			¥	VITAMIN F	20 11	171%	81.4 IU		

To reset all ingredients to default values, click 'Restore Default' on the left tools box. Unsaved or unchecked data will not be automatically saved.

- 6. The profiles are retrieved from the 'Stored Profiles' page. All saved profiles will include both 95% CI and SE variability along with the predicted mean and predicted % difference from label level. **Select** 'Download' from the top menu to download the entire dataset to an Excel file (.xls) and create a name for your Excel data file.
- To add additional profiles, select 'Add a New Profile' from the top menu in Stored Profiles page. Profiles from all DSID 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.]

Stor This pa profile;	ed Profiles age lists all profiles you click "Download" link t	i want to save. to export them	Click "Res into a Micro	tart" to remove osoft Excel file	e all these profi	les and restart	the procedure; clic	k "Add A New Profi	le" to generate a	new
							R	estart Add A New	Profile Download	d   Help
Name	DSID Calculator	Details								
adult2	MVM_ADULT_2	Ingredients	Labeled Amount Per Serving	Mean % Difference from Label	Predicted Mean Value Per Serving	Standard Error for Predicted Mean	Standard Error for Predicted Observation	95% C.I for Predicted Mean	95% C.I for Predicted Observation	remove profile
		VITAMIN C	900 mg	5.10%	946	12	130	880 - 920	640 - 1200	
npr1	MVM_NONRX_PRENATAL	Ingredients	Labeled Amount Per Serving	Mean % Difference from Label	Predicted Mean Value Per Serving	Standard Error for Predicted Mean	Standard Error for Predicted Observation	95% C.I for Predicted Mean	95% C.I for Predicted Observation	remove profile
		VITAMIN A	8000 IU	2.40%	8190	270	2600	7500 - 8500	2900 - 13000	
-										

8. After clicking download, the Excel file will be in the "downloads" folder or if you are using Internet Explorer web browser, you have to option to save it to a specific folder (see below). To open the downloaded file, go to the directory on your computer where downloaded files are automatically saved to (or the 'Downloads' folder) and open file with Microsoft Excel. The downloaded Excel file from the calculators can be manually modified and sorted.

## \*Internet Explorer Users:

Click the arrow next to save, then click save to choose a folder for the file (i.e, My Documents).

**NOTE**: When opening downloaded files in Microsoft Excel, you may receive this warning message. The warning message states "*The file you are trying to open, "file.xls," is in a different format than specified by the file extension. Verify that the file is not corrupted and is from a trusted source before opening the file. Do you want to open the file now?"* Please note the warning does not affect the file and click 'Yes' to continue viewing the file.

Microsoft Excel	x
The file format and extension of 'dsid4.xls' don't match. The file could be corrupted or unsafe. Unless you trust its source, don't open it. Do y	ou want to open it anyway?
Yes No Help	

9. When reviewing the file in Microsoft Excel, please note that all numbers are **stored as text**. If you wish to convert them to number before modifying the data, highlight the rows you wish to convert, click on the yellow diamond to get the drop down menu and choose 'Convert to Number'.

	А	В	С	D	E	F	G	Н		I	J
1	Profile Name	DSID Calculator	Nutrient	Unit	Labeled Amount Per Serving	Percent Difference From Label for Predicted Mean	Predicted Mean Value Per Serving	Standard Er for Predict Mean	rror ed	Standard Error for Predicted Observation	95% Confidence Interval for Predicted Mean
2	adult2	MVM_ADULT_2	VITAMIN C	mg	900	5.10%	946	12	۰ 🔶	130	880 - 920
3	npr1	MVM_NONRX_PR	VITAMIN A	U	8000	2.40%	8190	270		Number Stored as Text	7500 - 8500
4	omega3	MVM_OMEGA3	DHA	mg	120	-1.72%	118	1.6		Number Stored as Text	120 - 120
5	omega3	MVM_OMEGA3	EPA	mg	500	-5.41%	473	5.5		Convert to Number	490 - 510
6	omega3	MVM_OMEGA3	ALA	mg	450	3.57%	466	15		Help on this error	420 - 480
7										Ignore Error	
8										Edit in Formula Bar	
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10									_	error checking options	
11											
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14											
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**NOTE**: Predictions generated from the MVM Nutrient Calculators are estimates and are valid only for interpretation as indicated in the DSID documentation.

## Additional Instructions for Using the Children's MVM Calculators

The DSID offers calculator versions for two different children's MVM serving sizes. The calculator for **Children's MVM Ages 4 and older** is the version recommended for most research purposes, since it is the most common serving size for children's MVMs. If you wish to obtain predictions for children's products labeled for serving sizes *ages 1 to <4*, choose the **Children's MVM Ages 1 to <4** calculator.

Use the label information from the supplement container to enter the specific ingredient amount per serving (not the % Daily Value) **for the age group and serving size** corresponding to the calculator that you are using

Suppleme Serving Size Serving Size	1/2 Tablet 200	1 Tablet
Amount Per Tablet	%DV for Children 2 and 3 years (1/2 Tablet)	%DV for Children 4 years and older (1 Tablet)
Calories 5 Total Carbohydrate <1 g	*	<1%†
Sugars <1 g Vitamin A 3,500 IU	e) 70%	* 70%
Vitamin C 60 mg	75% 50%	100%
Vitamin E 30 IU	150%	100%

For more information about the analytical testing of DS and statistical evaluation of children's data with two different age groups and serving sizes, see the *Children's MVM Research Summary* on the DSID website.