# 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)

**Supplement Facts**

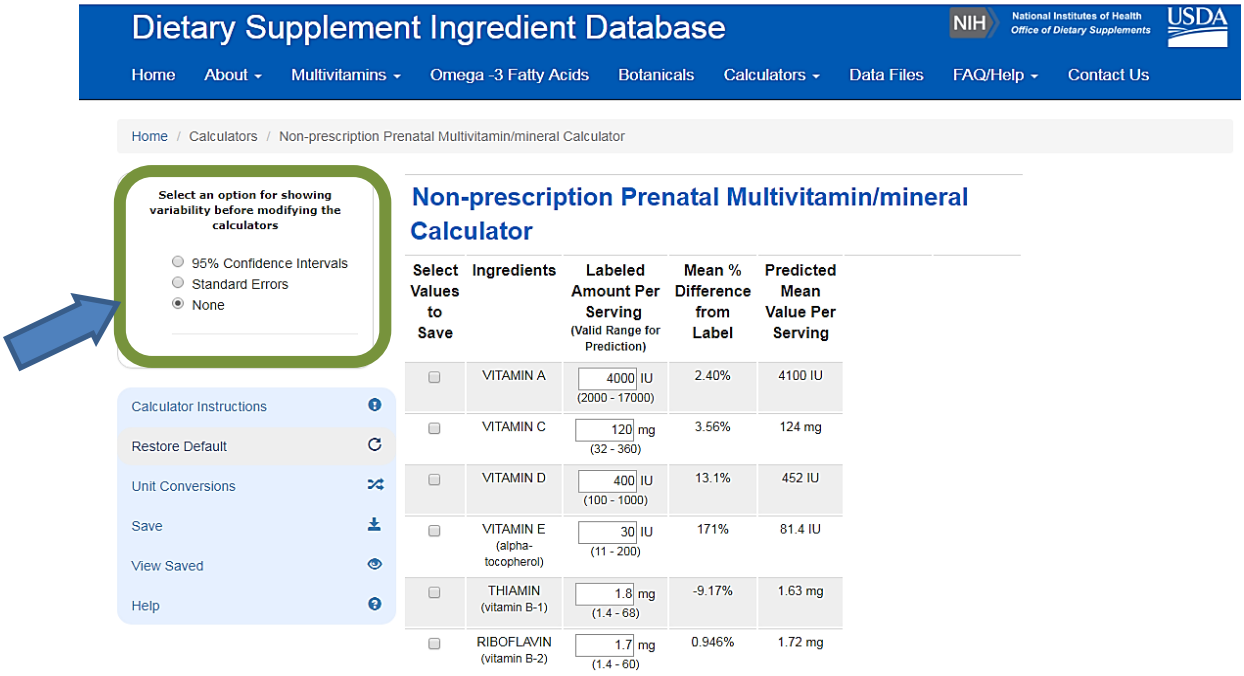
Serving Size: Two (2) capsules

| | 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% |

Other ingredients: Gelatin, whey, magnesium stearate, stearic acid.

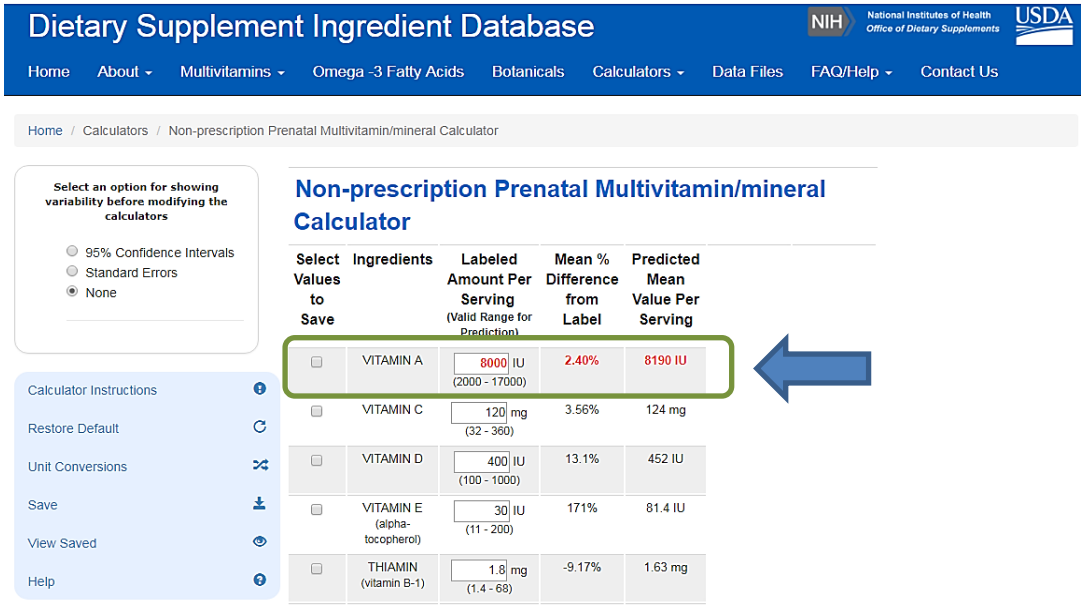
1. Information on the variability of the calculated data are available. Before beginning to enter the label amounts, **select** an option for showing the variability measure for the mean predicted ingredient value, located on the left panel of the calculator.

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

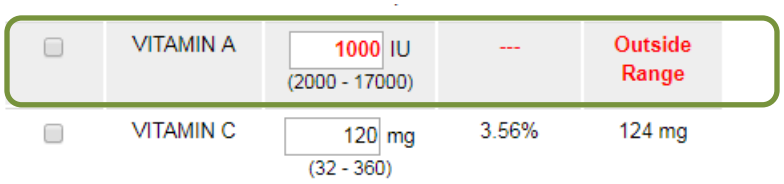



**Note:** Variability option must be selected prior to entering the label values. You will lose any unsaved data if you switch variability selection while still entering values. All saved data will include both SE and 95% CI information.

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**.

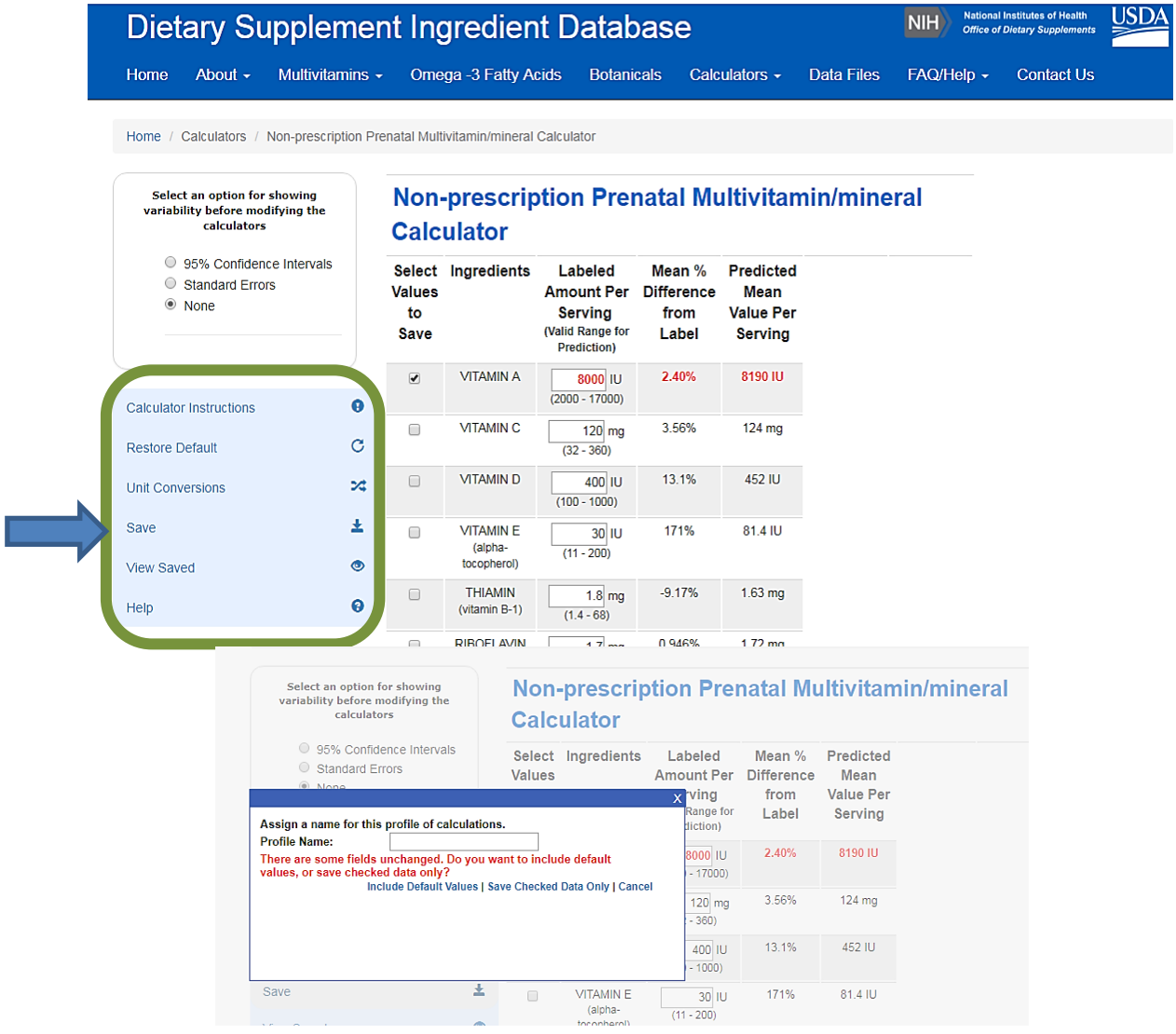


**NOTE**: If the values entered are outside the valid prediction range indicated in the brackets, an error message will display “Outside Range”




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.

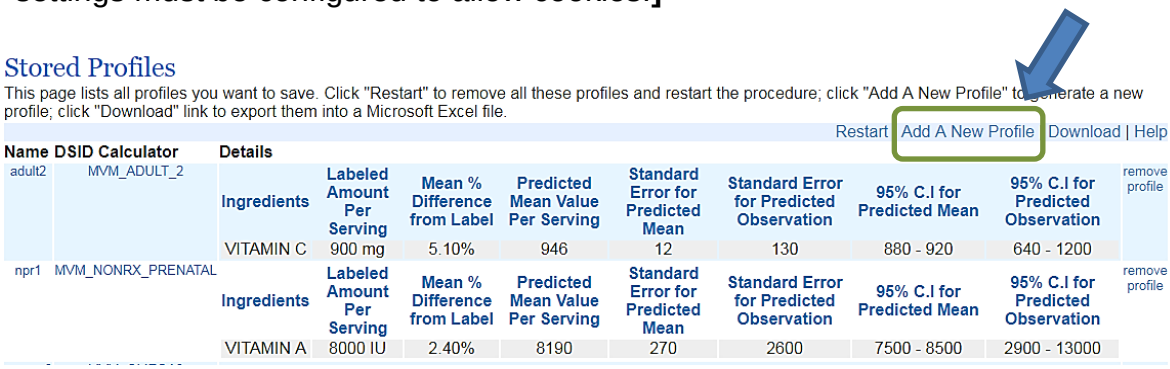
   Users can choose the amount of data to save by clicking on 'Include Default Values,' which includes all values displayed on the calculator in addition to the data changed, or ‘Save Checked Data Only' (save only the data you changed to the profile).



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.

7. 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.**]**



Stored Profiles

This page lists all profiles you want to save. Click "Restart" to remove all these profiles and restart the procedure; click "Add A New Profile" to generate a new profile; click "Download" link to export them into a Microsoft Excel file.

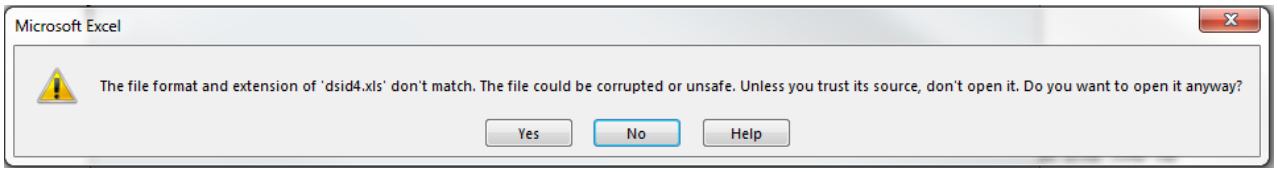
Restart | Add A New Profile | Download | Help

| 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 | |

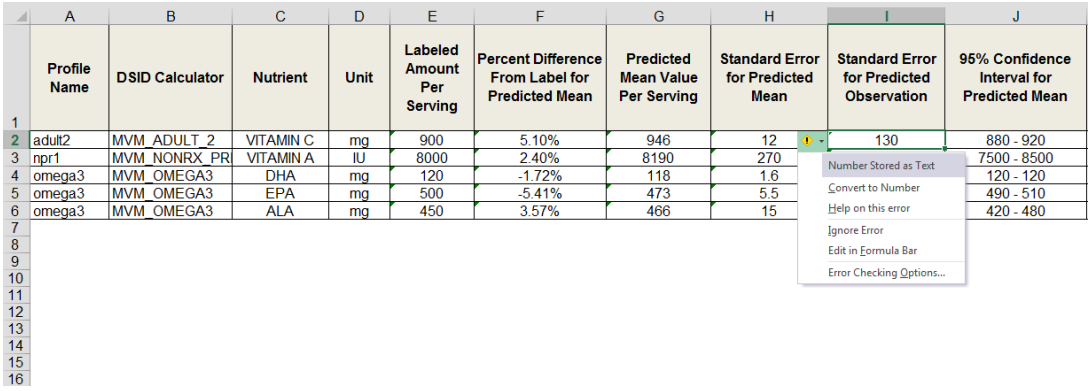
8. After clicking download, the Excel file will be in the “downloads” folder or if you are using Internet Explorer web browser, you have to option to save it to a specific folder (see below). To open the downloaded file, go to the directory on your computer where downloaded files are automatically saved 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.




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'.



| | A | B | C | D | E | F | G | H | 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 Error for Predicted Mean | Standard Error for Predicted Observation | 95% Confidence Interval for Predicted Mean |
| 2 | adult2 | MVM_ADULT_2 | VITAMIN C | mg | 900 | 5.10% | 946 | 12 | 130 | 880 - 920 |
| 3 | npr1 | MVM_NONRX_PR | VITAMIN A | IU | 8000 | 2.40% | 8190 | 270 | | 7500 - 8500 |
| 4 | omega3 | MVM_OMEGA3 | DHA | mg | 120 | -1.72% | 118 | 1.6 | | 120 - 120 |
| 5 | omega3 | MVM_OMEGA3 | EPA | mg | 500 | -5.41% | 473 | 5.5 | | 490 - 510 |
| 6 | omega3 | MVM_OMEGA3 | ALA | mg | 450 | 3.57% | 466 | 15 | | 420 - 480 |
| 7 | | | | | | | | | | |
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| 16 | | | | | | | | | | |

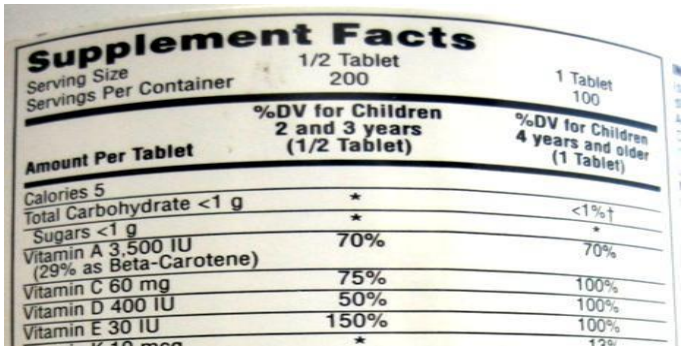


**NOTE**: Predictions generated from the MVM Nutrient Calculators are estimates and are valid only for interpretation as indicated in the DSID documentation.

## 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



**Supplement Facts**

| Serving Size | 1/2 Tablet | 1 Tablet |
|---|---|---|
| Servings Per Container | 200 | 100 |
| **Amount Per Tablet** | **%DV for Children 2 and 3 years (1/2 Tablet)** | **%DV for Children 4 years and older (1 Tablet)** |
| Calories 5 | * | <1%† |
| Total Carbohydrate <1 g | * | * |
| Sugars <1 g | | |
| Vitamin A 3,500 IU (29% as Beta-Carotene) | 70% | 70% |
| Vitamin C 60 mg | 75% | 100% |
| Vitamin D 400 IU | 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.