

ATODLEN 2

Rheoliad 5(1) a (3)

FFURF AR SYLWEDDAU FITAMIN A MWYN Y CANIATEIR EU  
DEFNYDDIO WRTH GYNHYRCHU YCHWANEGION BWYD

*A. Fitaminau*

- 1. FITAMIN A**
  - (a) retinol
  - (b) retinyl asetat
  - (c) retinyl palmitad
  - (ch) beta-caroten
- 2. FITAMIN D**
  - (a) colecalciferol
  - (b) ergocalciferol
- 3. FITAMIN E**
  - (a) D-alfa-tocopherol
  - (b) DL-alfa-tocopherol
  - (c) D-alfa-tocopheryl asetat
  - (ch) DL-alfa-tocopheryl asetat
  - (d) D-alfa-sycsinad asid tocopheryl
- 4. FITAMIN K**
  - (a) ffillocwinon (ffytomenadion)
- 5. FITAMIN B1**
  - (a) thiamin hydroclorid
  - (b) thiamin mononitrad
- 6. FITAMIN B2**
  - (a) ribofflavin
  - (b) ribofflavin 5'-ffosffad, sodiwm
- 7. NIÄSIN**
  - (a) asid nicotinig
  - (b) nicotinamid
- 8. ASID PANTOTHENIG**
  - (a) D-pantothenad, calsiwm
  - (b) D-pantothenad, sodiwm
  - (c) decspanthenol
- 9. FITAMIN B6**
  - (a) pyridocsin hydroclorid
  - (b) pyridocsin 5'-ffosffad
- 10. ASID FFOLIG**

(a) asid teroylmonogltamig

**11. FITAMIN B12**

- (a) cyanocobalamin
- (b) hydrocsocobalamin

**12. BIOTIN**

- (a) D-biotin

**13. FITAMIN C**

- (a) L-asid asgorbig
- (b) sodiwm-L-asgorbad
- (c) calsiwm-L-asgorbad
- (ch) potasiwm-L-asgorbad
- (d) L-asgorbyl 6-palmitad

**B. Mwynau**

- Calsiwm carbonad
- Calsiwm clorid
- Halwynau calsiwm asid citrig
- Calsiwm glwconad
- Calsiwm glyseroffosffad
- Calsiwm lactad
- Halwynau calsiwm asid orthoffosfforig
- Calsiwm hydrocsid
- Calsiwm ocsid
- Magnesiwm asetad
- Magnesiwm carbonad
- Magnesiwm clorid
- Halwynau magnesiwm asid citrig
- Magnesiwm glwconad
- Magnesiwm glyseroffosffad
- Halwynau magnesiwm asid orthoffosfforig
- Magnesiwm lactad
- Magnesiwm hydrocsid
- Magnesiwm ocsid
- Magnesiwm sylffad
- Carbonad fferrus
- Citrad fferrus
- amoniwm citrad ferrig
- Glwconad fferrus
- Ffwmarad ferrus

Sodiwm deuffosffad fferrig  
Lactad ferrus  
Sylffad fferrus  
Deuffosffad fferrig (pyroffosffad fferrig)  
Sacarad fferrig  
Haearn elfennaidd (carbonyl+electrolytig+wedi'i rydwytho â hydrogen)  
Carbonad cwprig  
Citrad cwprig  
Glwconad cwprig  
Sylffad cwprig  
Cymhlygyn lysîn copr  
Sodiwm iodid  
Sodiwm iodad  
Potasiwm iodid  
Potasiwm iodad  
Zinc asetad  
Zinc clorid  
Zinc citrad  
Zinc glwconad  
Zinc lactad  
Zinc ocsid  
Zinc carbonad  
Zinc sylffad  
Manganîs carbonad  
Manganîs clorid  
Manganîs citrad  
Manganîs glwconad  
Manganîs glyseroffosffad  
Manganîs sylffad  
Sodiwm bicarbonad  
Sodiwm carbonad  
Sodiwm clorid  
Sodiwm citrad  
Sodiwm glwconad  
Sodiwm lactad  
Sodiwm hydrocsid  
Halwynau sodiwm asid orthoffosfforig  
Potasiwm bicarbonad  
Potasiwm carbonad  
Potasiwm clorid

**Statws** This is the original version (as it was originally made).

Potasiwm citrad  
Potasiwm glwconad  
Potasiwm glyseroffosffad  
Potasiwm lactad  
Potasiwm hydrocsid  
Halwynau potasiwm asid orthoffosfforig  
Sodiwm selenad  
Sodiwm hydrogen selenit  
Sodiwm selenit  
Cromiwm (III) clorid  
Cromiwm (III) sylffad  
Amoniwm molybdad (molybdenwm (VI))  
Sodiwm molybdad (molybdenwm (VI))  
Potasiwm fflworid  
Sodiwm fflworid