

VITAMINS & MINERALS

NUTRIENTS	TYPE	NATURAL SOURCES	BEST IF TAKEN WITH	DEFICIENCY SYMPTOMS	TOXICITY SYMPTOMS
Dosage					
Calcium	Mineral	Skim milk, nonfat yogurt, kale, cheeses, collard greens, canned salmon & sardines with bones, mustard greens, broccoli, figs, calcium-fortified orange juice, carob, oats, prunes, asparagus, sesame seeds, soybeans, tofu, watercress, whey	Boron, essential fatty acids, lysine, magnesium, manganese, phosphorus, vitamins A, C, D, F, cobalt, folic acid, iron, zinc	Muscle spasms, rickets, osteomalacia, osteoporosis	Generally considered non-toxic. Calcium supplements are not recommended for those individuals with kidney disease or a history of kidney stones.
1,000-1,500 mg					
Chromium	Trace Mineral	Brewer's yeast, broccoli, ham, grape juice, brown rice, cheese, whole grains, dried beans, calves liver, chicken, corn, corn oil, dairy products, eggs, potatoes, mushrooms, wine, beer	None required	Rare: alterations in metabolism of fats, carbohydrates, proteins, amino acids	Generally considered non-toxic. Exposure to industrially inhaled chromium has been linked to lung cancer.
200-600 mcg					
Copper	Trace Mineral	Shellfish, nuts, seeds, cocoa powder, beans, whole grains, mushrooms, calves liver, avocados, barley, beets, broccoli, lentils, oats, oranges, radishes, raisins, salmon, green leafy vegetables	Cobalt, folic acid, iron, zinc	Osteoporosis, inability of body to manufacture collagen, fatigue, baldness, slow growth, slows nervous system development, retardation	Nausea, vomiting, abdominal pain, diarrhea, headaches, metallic taste, hemolytic anemia
0.5-2 mg					
Fluoride	Trace Mineral	Fluoridated water, tea, canned salmon, mackerel, kidney, liver	None required	Dental caries, brittle bones	Mottled teeth, osteomalacia, osteoporosis
1.5-4 mg					
Folic Acid	Water Soluble	Fortified cereals, pinto beans, navy beans, asparagus, spinach, broccoli, okra, brussels sprouts, barley, beef, bran, brown rice, brewer's yeast, cheese, chicken, dates, green leafy vegetables, lamb, legumes, lentils, liver, milk, mushrooms, oranges, split peas, pork, tuna, whole grains	Multivitamin	Anemia, irritability, weakness, sleep disturbances, pallor, sore & reddened tongue	Generally considered non-toxic.
400-1,200 mcg					
Iodine	Mineral	Iodized salt, shellfish, saltwater fish, milk, seaweed	Iron, manganese, phosphorus	Growth and sexual development can be delayed in children; goiter	Generally considered non-toxic, if under 1,000 mcg/day. High doses can cause headaches, metallic taste in mouth and rash. Doses over 20,000 mcg/day have been associated with iodide goiter.
0-150 mcg (Most individuals) 150-300 mcg (For those living in low-iodine areas or for those with low iodine diets.)					
Iron	Mineral	Iron fortified cereals, beef, baked potatoes, clams, pumpkin seeds, soybeans, eggs, fish, liver, green leafy vegetables, whole grains, nuts, avocados, beets, brewer's yeast, dates, peaches, pears, lentils, dried prunes, raisins, sesame seeds	None required	Anemia, dry, coarse hair, dysphagia, dizziness, fatigue, hair loss, cracked lips or tongue, nervousness, slowed mental response, pallor	Generally considered non-toxic, if under 75mg/day. High doses can cause abdominal cramps, vomiting, and diarrhea. Severe overdoses of iron can be considered fatal if medical attention is not sought.
15-25 mg (Men) 18-30 mg (Women)					
Magnesium	Mineral	Brown rice, avocados, spinach, haddock, oatmeal, navy beans, lima beans, broccoli, yogurt, bananas, baked potatoes, apples, apricots, brewer's yeast, tofu, cantaloupes, grapefruit, green, leafy vegetables, lemons, nuts, salmon, sesame seeds, wheat	Calcium, phosphorus, potassium, vitamins B6 (pyridoxine), C, D	Sleep disturbances, irritability, rapid heartbeat, confusion, muscle spasms, GI upset	Rarely toxic. Symptoms may include diarrhea, fatigue, and arrhythmia..
500-750 mg					
Manganese	Trace Mineral	Canned pineapple juice, wheat bran, wheat germ, whole grains seeds, nuts, cocoa, shellfish, tea, dairy products, apples, apricots, avocados, bananas, brewer's yeast, cantaloupe, grapefruit, green, leafy vegetables, peaches, figs, salmon, soybeans, tofu	Calcium, iron, vitamin B complex, vitamin E	Rare: atherosclerosis, confusion, tremors, elevated cholesterol levels, impaired vision & hearing, skin rash, irritability, increased blood pressure, pancreatic damage, sweating, increased heart rate, mental impairment, grinding of teeth	Generally considered non-toxic. Exposure to industrially inhaled manganese has been linked to psychiatric and nervous disorders.
15-30 mg					
Molybdenum	Trace Mineral	Beans, whole grains, cereals, milk, milk products, dark green, leafy vegetables, legumes, peas, meats	None required	Rare: increased heart rate, mouth & gum disorders, impotence in older males, increased respiratory rate, night blindness	Generally considered non-toxic.
75 mcg					
Phosphorus	Mineral	Halibut, non-fat yogurt, salmon, skim milk, chicken breast, extra lean ground beef, oatmeal, lima beans, broccoli, asparagus, corn, dairy products, eggs, dried fruits, highly carbonated beverages, legumes, nuts, sesame, pumpkin, sunflower seeds	Calcium, iron, manganese, sodium, vitamin B6 (pyridoxine)	Fatigue, irritability, decreased appetite, bone pain, weakness, skin sensitivity	Rarely toxic. Symptoms may include brittle bones related to loss of calcium (osteoporosis).
1200 mg					
Potassium	Trace Mineral	Dried apricots, baked potatoes	None required	Dry skin, acne, chills, diarrhea, impaired cognitive function, muscle spasms, arrythmia, edema, decreased reflex response, thirst, glucose intolerance, growth retardation, insomnia, elevated cholesterol, decreased blood pressure	Rarely toxic. Symptoms may include arrythmia & heart failure (doses exceeding 18gm/day).
3,500 mg					
Selenium	Mineral	Lobster, brazilian nuts, shellfish, whole grains, organ meats, brown rice, poultry, broccoli, dairy products, onions, salmon, tuna, torula yeast, vegetables, wheat germ, wheat grains	None required	Muscle weakness, linked to cancer & heart disease, fatigue, growth retardation, elevated cholesterol levels, susceptibility to infection, sterility	Rarely toxic. Symptoms may include garlic breath, brittle hair & nails, irritability, liver & kidney impairment, metallic taste in mouth, dermatitis, and jaundice.
100-400 mcg (Those living in low-selenium areas, i.e.: coastal & glaciated regions.) 50-200 mcg (Those living in high-selenium areas.)					
Sodium	Trace Mineral	Cheese, most meats, especially ham & bacon, canned soups, canned vegetables, canned tuna, cereals, bread, cabbage, milk, sardines	Calcium, potassium, vitamin D, sulfur	Nausea, vomiting, fatigue, abdominal cramps, dehydration, confusion, depression, dizziness, palpitations, headaches, impaired taste, low blood pressure, seizures	Edema, elevated blood pressure, potassium deficiency, diseases of the liver & kidneys
2,400 mg					

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Vitamin A	Fat Soluble	Carrots-raw & juiced, pumpkins, yams, tuna, cantaloupe, mangos, turnip, beet greens, butternut squash, spinach, fish, eggs	Choline, vitamins C, D, E, essential fatty acids, zinc	Poor night vision, macular degeneration, increased risk of cataracts, dry skin. Hearing, taste, smell, nerve damage	Nausea & vomiting, headaches, insomnia, dry skin, joint pain, constipation
5,000-50,000 IU					
Vitamin B1 <i>Thiamine</i>	Water Soluble	Rice bran, pork, beef, ham, fresh peas, beans, breads, wheat germ, oranges, enriched pastas, cereals	Manganese, vitamin C, E, vitamin B complex	Mild: appetite & weight loss, nausea, vomiting, fatigue, nervous system problems Severe: beri beri, muscle weakness, decreased DTR, edema, enlarged heart	Generally non-toxic.
25-300 mg					
Vitamin B2 <i>Riboflavin</i>	Water Soluble	Poultry, fish, fortified grains & cereals. Broccoli, turnip greens, asparagus, spinach, yogurt, milk, cheese	Vitamin B complex, vitamin C	Mild: cracks & sores to corners of the mouth & tongue, red eyes, skin lesions, dizziness, hair loss, inability to sleep, sensitivity to light, and poor digestion. Severe (rare): anemia, nerve disease	Generally non-toxic.
25-300 mg					
Vitamin B3 <i>Niacin</i>	Water Soluble	Chicken breast, tuna, veal, beef liver, fortified breads & cereals, brewer's yeast, broccoli, carrots, cheese, corn flour, dandelion greens, dates, eggs, fish, milk, peanuts, pork, potatoes, tomatoes	Vitamin B complex, vitamin C	Mild: canker sores, diarrhea, dizziness, fatigue, halitosis, headaches, indigestion, inability to sleep, loss of appetite, dermatitis Severe: pellagra	Nausea, vomiting, abdominal cramps, diarrhea, flushing. Severe: Liver damage, irregular heart rate, rash to large portions of the body, gouty arthritis
25-300 mg					
Vitamin B5 <i>Pantothenic Acid</i>	Water Soluble	Whole grains, mushrooms, salmon, brewer's yeast, fresh vegetables, kidney, legumes, liver, pork, royal jelly, saltwater fish, torula yeast, whole rye & whole wheat flour	Vitamins A, C, E	Rare: Nausea, vomiting, fatigue, headache, tingling in the hands, sleep disturbances, abdominal pains & cramps	Generally considered non-toxic.
25-500 mg					
Vitamin B6 <i>Pyridoxine</i>	Water Soluble	Bananas, avocados, chicken, beef, brewer's yeast, eggs, brown rice, soybeans, whole wheat, peanuts, walnuts, oats, carrots, sunflower seeds	Potassium, vitamin C, vitamin B complex	Anemia, seizures, headaches, nausea, dry & flaky skin, sore tongue, cracks on mouth, vomiting	Generally considered non-toxic. High doses (2000-6000 mg/day) can cause nerve disorders.
1.5-2 mg					
Vitamin B12 <i>Cyanocobalamin</i>	Water Soluble	Clams, ham, cooked oysters, king crab, herring, salmon, tuna, lean beef, liver, blue cheese, camembert & gorgonzola cheese	None required	Unsteady gait, chronic fatigue, constipation, depression, digestive disturbances, dizziness, drowsiness, liver enlargement, hallucinations, headaches, inflammation of the tongue, irritability, mood swings, nerve disorders, palpitations, pernicious anemia, tinnitus, spinal cord degeneration	Generally considered non-toxic.
25-500 mcg					
Vitamin C	Water Soluble	Broccoli, cantaloupe, kiwifruit, oranges, pineapple, peppers, pink grapefruit, strawberries, asparagus, avocados, collards, dandelion greens, kale, lemons, mangos, onions, radishes, watercress	Bioflavonoids, calcium, magnesium	Mild: poor wound healing, bleeding gums, easily bruised, nosebleeds, joint pain, lack of energy, susceptibility to infection. Severe: scurvy	Generally considered non-toxic. High doses (5,000 mg and up/day) can cause abdominal bloating and diarrhea.
60-5,000 mg					
Vitamin D	Fat Soluble	Sun exposure, sardines, salmon, mushrooms, eggs, fortified milk, fortified cereals, herring, liver, tuna, cod liver oil, margarine	Calcium, choline, vitamins A & C, phosphorus, essential fatty acids	In infants, irreversible bone deformities. In children: rickets, delayed tooth development, weak muscles, softened skull In adults: osteomalacia, osteoporosis, hypocalcemia	Nausea & vomiting, headaches, constipation, diarrhea, fatigue, loss of appetite, excessive thirst & urination, protein in urine, liver & kidney damage
400-800 IU					
Vitamin E	Fat Soluble	Vegetable & nut oils, including soybean, corn, safflower, spinach, whole grains, wheat germ, sunflower seeds	Essential fatty acids, vitamins A, B1, C, manganese, selenium	Rare symptoms may include anemia and edema.	Generally non-toxic; but stomach upset, dizziness and diarrhea can occur.
30-1,200 IU					
Vitamin K	Fat Soluble	Green leafy vegetables including spinach, kale, cauliflower, broccoli	None required	Rare, except in newborns, where bleeding tendencies are possible. Elevated levels of vitamin K can interfere with the effects of anti-coagulants.	Generally non-toxic; but a type of jaundice may occur in premature infants.
80 mcg					
Zinc	Mineral	Cooked oysters, beef, lamb, eggs, whole grains, nuts, yogurt, fish, legumes, lima beans, liver, mushrooms, pecans, pumpkin & sunflower seeds, sardines, soybeans, poultry	Calcium, copper, phosphorus, vitamin B6 (pyridoxine)	Change in taste & smell, nails can become thin & peel, acne, delayed sexual maturation, hair loss, elevated cholesterol, impaired night vision, impotence, growth retardation, increased susceptibility to infection	Nausea, vomiting, abdominal pain, impaired coordination, fatigue
22.5-50 mg					

Vitamin and Mineral Supplementation for Cardiovascular Disorders

ARTERIOSCLEROSIS/ ATHEROSCLEROSIS

Beta-carotene 15,000 IU qd
 Calcium 1,500 mg qh
 Magnesium 750 mg qh
 Selenium 200 mcg qd
 Vitamin A 25,000 IU qd
 Vitamin C 100-4,000 mg 5x day
 Vitamin D 400 mg qd
 Vitamin E 200 IU qd, increase by 200 IU q week, until up to 1,000 IU qd

COMMON HEART DISORDERS

Calcium 1,500-2,000 mg qd, in divided dosages, after meals and qhs
 Magnesium 750-1,000 mg qd, in divided dosages, after meals and qh
 Potassium 2,000 mg qd
 Selenium 200 mcg qd
 Vitamin E 100-200 IU qd and increase by 100-200 IU qweek, until 800-1,000 IU are being taken qd. (Do not exceed 400 IU, if on anticoagulant therapy.)

INCLUDES: Aneurysm, Angina pectoris, Arrhythmia, Cardiac arrest, Cardiomegaly, Cardiomyopathy, Carditis, Congestive heart failure, Endocarditis, Ischemic heart disease

HEART ATTACK (MI)

Calcium 1,500 mg qd
 Chromium 100 mcg qd
 Copper 3 mg qd
 Folic Acid 400 mcg qd
 Magnesium 1,000 mg qd, in divided dosages, after meals and qh.
 Selenium 300 mcg qd
 Vitamin A ADOL
 Vitamin B complex 50 mg tid
 Vitamin B1 500 mg tid WF
 Vitamin B12 2,000 mcg qd
 Vitamin C 3,000-6,000 mg qd
 Vitamin E 100-200 IU qd and increase by 100-200 IU qweek, until 800-1000 IU are being taken qd. (Do not exceed 400 IU, if on anticoagulant therapy.)
 Zinc 50 mg qd

HIGH BLOOD PRESSURE / HYPERTENSION

Calcium 1,500-3,000 mg qd
 Magnesium 750-1,000 mg qd
 Selenium 200 mcg qd
 Vitamin C 1,000-2,000 mg qd
 Vitamin E 100 IU qd, and add 100 IU qmonth, until you reach 400 IU qd

HIGH CHOLESTEROL/HYPERLIPIDEMIA

Calcium ADOL
 Vitamin B complex ADOL
 Vitamin B1 ADOL
 Vitamin B3 300 mg qd
 Vitamin C 1,500-4,000 mg bid

Vitamin and Mineral Supplementation for Gastrointestinal Disorders

APPETITE-POOR

Calcium 1,500 mg qd
 Copper 3 mg qd
 Magnesium 750 mg qd
 Vitamin A 25,000 IU qd
 Vitamin B complex 100 mg qd before meals
 Zinc 80 mg qd

CELIAC DISEASE

Beta Carotene 10,000 IU qd
 Copper 3 mg qd
 Folic Acid ADOL
 Vitamin A 15,000 IU qd
 Vitamin B complex 100 mg tid
 Vitamin B12 ADOL
 Vitamin E 400 IU qd
 Vitamin K ADOL
 Zinc lozenges 1-15 mg 5 x day

CONSTIPATION

Vitamin C 1,000-4,000 mg 5 x day

CROHN'S DISEASE

Folic Acid 200 mcg qd
 Vitamin B complex 100 mg tid
 Vitamin B12 200 mcg qd
 Vitamin C 1,000 mg tid
 Vitamin K ADOL
 Zinc 50 mg qd

DIARRHEA

Potassium 3,000 mg qd

DIVERTICULITIS	
Vitamin B complex	100 mg tid
Vitamin K	100 mcg qd
FOOD POISONING	
Potassium	3,000 mg qd
Selenium	200 mcg qd
Vitamin C	2,000 mg qid
Vitamin E	600 IU qd
HEARTBURN/GERD	
Vitamin B complex	50 mg tid WF
Vitamin B12	200 mcg tid
INDIGESTION/DYSPEPSIA	
Vitamin B complex	100 mg tid WF
Vitamin B1	50 mg tid
Vitamin B12	1,000 mcg bid
IRRITABLE BOWEL SYNDROME	
Vitamin B complex	50-100 mg tid, (with food)
Vitamin B 12	200 mcg bid
MALABSORPTION SYNDROME	
Vitamin C	1,000-4,000 mg bid, take with juice
PEPTIC ULCER	
Vitamin E	400-800 IU qd
ULCERATIVE COLITIS	
Vitamin A	25,000 IU qd
Vitamin B complex	50-100 mg qd, in divided dosages
Vitamin E	up to 800 IU qd

PROSTATITIS	
Vitamin A	5,000-10,000 IU qd
Vitamin B complex	50 mg tid
Vitamin B6	2 mg bid
Vitamin E	600 IU qd
Zinc	80 mg bid
VAGINITIS	
Calcium	1,500 mg qd
Magnesium	1,000 mg qd
Vitamin A	50,000 IU qd
Vitamin B complex	50-100 mg tid
Vitamin B6	2 mg tid
Vitamin C	2,000-5,000 mg qd
Vitamin D	1,000 mg qd
Vitamin E	400 IU qd
Zinc	30 mg qd
WORMS	
Vitamin B complex	50 mg tid
Vitamin B12	1,000-2,000 mcg bid
Vitamin C	3,000 mg qd
Zinc	50 mg qd

Vitamin and Mineral Supplementation for Respiratory Disorders & Allergies

ASTHMA	
Beta-Carotene	10,000 IU qd
Calcium	1,500-2,000 mg qd
Magnesium	750 mg qd
Vitamin A	15,000 IU qd
Vitamin B complex	50 mg qid
Vitamin B6	2 mg tid
Vitamin B12	1,000 mcg bid
Vitamin C	1,500 mg tid
Vitamin E	600 IU qd
BRONCHITIS	
Beta-Carotene	50,000 IU qd
Vitamin A	20,000 IU bid for one month, then reduce to 15,000 IU qd

Vitamin B complex	100 mg tid
Vitamin C	1,000-3,000 mg tid
Vitamin E	400 IU bid
Zinc lozenges	1-15 mg 5x day

CHEMICAL ALLERGIES	
Copper	3 mg qd
Selenium	200 mcg qd
Vitamin A	50,000 IU qd for one month, then reduce to 25,000 IU qd
Vitamin B complex	100-200 mg qd
Vitamin B6	4 mg tid
Vitamin C	1,000-4,000 mg qid
Vitamin E	400-800 IU qd
Zinc	50 mg qd

COMMON COLD	
Beta-Carotene	15,000 IU qd
Vitamin A	15,000 IU qd
Vitamin C	1,000 mg tid
Zinc lozenges	1-15 mg lozenge q 3hr, while awake x 3 days, then reduce to 1-15mg lozenge q 4hr, for 1 week

CYSTIC FIBROSIS	
Beta-Carotene	25,000 IU qd
Vitamin A	50,000 IU qd
Vitamin B complex	100 mg tid
Vitamin B2	50 mg tid
Vitamin B12	1,000 mcg tid
Vitamin C	1,000-2,000 mg tid
Vitamin E	100-200 IU qd, then increase to 400-1,000 IU qd
Vitamin K	100 mcg bid
Zinc	50 mg qd

EMPHYSEMA	
Beta-Carotene	10,000 IU qd
Vitamin A	100,000 IU qd for one month, then reduce to 50,000 IU qd, until symptoms subside, then reduce to 25,000 IU qd
Vitamin C	2,500-5,000 mg bid
Vitamin E	400 IU qd and increase slowly, until dose of 1,600 IU qd is reached

HAY FEVER	
Vitamin A	100,000 IU qd for one month, then reduce to 25,000 IU qd
Vitamin B complex	ADOL
Vitamin B5	100 mg tid
Vitamin B6	2 mg bid
Vitamin C	1,000-3,000 mg tid
Zinc	50-80 mg qd

SINUSITIS	
Beta-carotene	15,000 IU qd
Vitamin A	10,000 IU qd
Vitamin B complex	100 mg tid
Vitamin B5	100 mg tid
Vitamin B6	2 mg tid
Vitamin C	1,000-3,000 mg tid
Vitamin E	400-1,000 IU qd

SMOKING DEPENDENCY	
Beta-carotene	15,000 IU qd
Folic Acid	400 mcg qd
Vitamin A	25,000 IU qd
Vitamin B complex	100 mg qd
Vitamin B12	1,000 mcg bid
Vitamin C	5,000-20,000 mg qd
Vitamin E	200 IU qd, increase by 200 IU every month, up to max. of 800 IU qd
Zinc	50-80 mg qd

TUBERCULOSIS	
Selenium	200 mcg qd
Vitamin A	25,000 IU qd
Vitamin B complex	100 mg tid
Vitamin B5	100 mg tid
Vitamin B6	2 mg tid
Vitamin C	1,000-4,000 mg qid
Vitamin D	1,000 IU qd, then decrease to 400 IU qd, within one month.
Vitamin E	400 IU qd, increase to 1,600 IU qd, within one month

Vitamin and Mineral Supplementation for Genital-Urinary Disorders

BLADDER INFECTION (CYSTITIS)	
Beta-carotene	15,000 IU qd
Calcium	1,500 mg qd
Magnesium	750-1,000 mg qd
Potassium	3,000 mg qd
Vitamin A	10,000 IU qd
Vitamin B complex	50-100 mg bid
Vitamin C	1,000-1,250 mg qd
Vitamin E	600 IU qd
Zinc	50 mg qd

CANDIDIASIS	
Biotin	50 mg bid
Calcium	1,500 mg qd
Magnesium	750-1,000 mg qd
Vitamin B complex	100 mg tid
Vitamin B12	2,000 mcg tid
Vitamin D	400 IU qd

CHLAMYDIA	
Vitamin B complex	50-100 mg tid
Vitamin C	1,500 mg qid
Vitamin E	600 IU qd

ENDOMETRIOSIS	
Vitamin B complex	ADOL
Vitamin B5	100 mg tid
Vitamin B6	2 mg tid
Vitamin C	2,000 mg tid
Vitamin E	400 IU qd, increase to 1,000 IU qd
Vitamin K	200 mcg qd
Zinc	50 mg qd

ENURESIS	
Calcium	1,500 mg qd
Magnesium	350 mg qd

FIBROIDS-UTERINE	
Vitamin A	25,000 IU qd
Vitamin C	1,000-3,000 mg tid
Zinc	30-80 mg qd

MENOPAUSAL SYMPTOMS	
Calcium	2,000 mg qd
Vitamin B complex	ADOL
Vitamin B5	100 mg tid
Vitamin B6	2 mg tid
Vitamin E	400 IU qd, increase to 1,600 IU qd, or until symptoms are resolved
Zinc	50 mg qd

PREMENSTRUAL SYNDROME	
Calcium	1,500 mg qd
Magnesium	1,000 mg qd
Vitamin B complex	100 mg tid
Vitamin B5	100-200 mg qd
Vitamin B6	2 mg tid
Vitamin B12	200 mcg bid

PROSTATE CANCER	
Beta-Carotene	10,000 IU qd
Choline	500-1,000 mg qd
Folic Acid	180 mcg qd
Selenium	200 mcg qd
Vitamin A	50,000-100,000 IU qd for a minimum of 10 days
Vitamin B complex	100 mg qd
Vitamin B12	2,000 mcg qd
Vitamin B3	100 mg qd
Vitamin B6	4 mg qd
Vitamin C	1,000-4,000 mg qid
Vitamin E	up to 1,000 IU qd

Vitamin and Mineral Supplementation for Musculoskeletal Disorders

ARTHRITIS	
Calcium	2,000 mg
Folic Acid	400 mcg qd
Magnesium	1,000 mg
Selenium	200 mcg qd
Vitamin B complex	50 mg tid
Vitamin B3	100 mg tid
Vitamin B5	500-1,000 mg qd
Vitamin B6	2 mg tid
Vitamin B12	1,000 mcg qd
Vitamin C	1,000-3,000 mg tid
Vitamin E	400 IU qd
Vitamin K	ADOL
Zinc	50 mg qd

BURSITIS	
Beta-Carotene	25,000 IU qd
Calcium	1,500 mg qd
Magnesium	750 mg qd
Selenium	200 mcg qd
Vitamin A	15,000 IU qd
Vitamin C	1,500-4,000 mg bid
Vitamin E	400-1,000 IU qd
Zinc	50 mg qd

FIBROMYALGIA	
Manganese	5 mg qd
Vitamin A	25,000 IU qd x 1 month, then reduce to 10,000 IU qd.
Vitamin B complex	100 mg tid WF
Vitamin C	5,000-10,000 mg qd
Vitamin E	800 IU qd x 1 month, then reduce to 400 IU qd

FRACTURE	
Calcium	500-1,000 mg bid
Magnesium	1,000 mg qd
Vitamin C	1,000-2,000 mg tid
Vitamin D	400-1,000 IU qd
Zinc	50 mg qd

HEEL/BONE SPURS	
Calcium	1,500 mg qd
Magnesium	750 mg qd
Vitamin C	2,000-4,000 mg qd

MUSCLE CRAMPS	
Calcium	1,500 mg qd
Magnesium	750 mg qd
Potassium	4,000 mg qd
Vitamin B complex	50 mg tid WF
Vitamin B1	50 mg tid WF
Vitamin B3	50 mg tid WF
Vitamin C	3,000-6,000 mg qd
Vitamin D	400 IU qd
Vitamin E	400-1,000 mg IU qd

OSTEOPOROSIS	
Calcium	1,500-2,000 mg qd
Magnesium	1,000 mg qd
Vitamin A	50,000 IU qd x 1 month, then reduce to 25,000 IU qd
Vitamin D	400 IU qd
Vitamin E	400 IU qd
Zinc	50 mg qd

PAGET'S DISEASE	
Beta-Carotene	10,000 IU qd
Calcium	1,500 mg qd
Folic Acid	400 mcg qd
Magnesium	750 mg qd
Manganese	2 mg qd
Phosphorus	1,200 mg qd
Vitamin A	10,000 IU qd
Vitamin B complex	50 mg tid WF
Vitamin B12	300 mcg qd
Vitamin C	1,000-2,000 mg tid
Vitamin D	400 IU qd
Zinc	30 mg qd

Vitamin and Mineral Supplementation for Skin Disorders

ACNE	
Chromium picolinate ADOL	
Vitamin B complex	100 mg tid
Vitamin B3	100 mg tid
Vitamin B5	50 mg tid
Vitamin B6	2 mg tid
Zinc	30-80 mg qd
BRUISES	
Vitamin C	1,000-3,000 mg qd
Vitamin K	80 mcg qd
BURNS	
Beta-Carotene	25,000 IU qd
Potassium	4,000 mg qd
Vitamin A	100,000 IU qd x 1 month then decrease to 50,000 IU qd
Vitamin B complex	100 mg qd WF
Vitamin B12	1,000 mcg bid
Vitamin C	10,000 mg immediately then decrease to 3,000 mg qd until healed
Vitamin E	600-1,600 IU qd
Zinc	30 mg qd
CHICKEN POX	
Beta-Carotene	15,000 IU qd
Potassium	3,000 mg qd
Vitamin A	20,000 IU qd x 1 month then decrease to 15,000 IU qd x 1 week
Vitamin C	1,000 mg qd
Vitamin E	400-600 IU qd
Zinc	80 mg qd
COLD SORE/FEVER BLISTERS	
Vitamin B complex	100-150 mg bid
Vitamin C	1,000-2,000 mg tid
Zinc lozenges	15 mg q 3hr while awake x 2 days, then 15 mg bid
DANDRUFF	
Selenium	200 mcg qd
Vitamin B complex	100 mg bid WF
Vitamin B6	2 mg bid
Vitamin B12	200 mcg qd
Vitamin E	400 IU qd
Zinc lozenges	15 mg, 5 x day for 1 week
DERMATITIS	
Biotin	300 mg qd
Vitamin B complex	50-100 mg tid WF
Vitamin B3	100 mg tid
Vitamin B6	2 mg tid
Vitamin B12	200 mcg qd
DOG BITE	
Vitamin C	4,000-10,000 mg qd x 1 week, then reduce to 3,000 mg qd
DRY SKIN	
Vitamin A	25,000 IU qd x 3 months then reduce to 15,000 IU qd
Vitamin B complex	ADOL
Vitamin B12	100 mg tid
Vitamin E	400-800 mg IU qd
Zinc	50 mg qd
ECZEMA	
Biotin	300 mg qd
Vitamin B complex	50-100 mg tid WF
Vitamin B3	100 mg tid
Vitamin B6	2 mg tid
Vitamin B12	200 mcg qd
FUNGAL INFECTIONS	
Vitamin A	25,000 IU qd
Vitamin B complex	50 mg tid
Vitamin B5	50 mg tid
Vitamin C	1,250-5,000 mg qid
Vitamin E	400-800 IU qd
Zinc	50 mg qd
GANGRENE	
Potassium	4,000 mg qd
Vitamin C	5,000-20,000 mg qd

NOTE
Due to the condensed nature of this guide, use it as a guide, but not as a replacement for expert advice.

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KEY: IU - International Unit ad - every day ah - every hour aweek/month - once a week/month bid/tid/qid - two/three/four times daily WF - with food ADOL - as directed on label

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HAIR LOSS	
Biotin	50 mg tid
Inositol	100 mg bid
Vitamin B complex with Vitamin B3	50 mg tid
Vitamin B5	100 mg tid
Vitamin B6	2 mg tid
Vitamin C	3,000-10,000 mg qid
Vitamin E	400-1,000 mg IU qd
Zinc	50-100 mg qd
INSECT BITE	
Vitamin C	1,000-4,000mg 5x qd
OILY SKIN	
Vitamin A	25,000 IU qd x 3 months, then reduce dosage
Vitamin B complex	ADOL
Vitamin B12	100 mcg tid
Vitamin E	400-800 IU qd
Zinc	50 mg qd
POISON IVY/OAK/SUMAC	
Vitamin C	3,000-8,000 mg qd
PSORIASIS	
Beta-Carotene	25,000 IU qd
Folic acid	400 mcg qd
Selenium	200 mcg qd
Vitamin A	ADOL
Vitamin B complex	50 mg tid
Vitamin B1	50 mg tid
Vitamin B5	100 mg tid
Vitamin B6	2 mg tid
Vitamin B12	2,000 mcg qd
Vitamin C	2,000-10,000 mg qd
Vitamin D	ADOL
Vitamin E	400-1,200 IU qd
Zinc	50-100 mg qd
ROSACEA	
Vitamin A	25,000 IU qd x 3 months, then reduce to 15,000 IU qd
Vitamin B complex	ADOL
Vitamin B12	100 mcg tid
Vitamin E	400-800 IU qd
Zinc	50 mg qd
SCABIES	
Vitamin A	25,000 IU qd x 3 months, then reduce to 15,000 IU qd
Zinc	50 mg qd
SEBACEOUS CYST	
Beta-Carotene	ADOL
Vitamin A	25,000 mg IU qd x 3 months, then reduce to 15,000 IU qd
Vitamin B complex	ADOL
Vitamin B12	100 mg tid
Zinc	50 mg qd
SEBORRHEA	
Biotin	50 mg tid
Vitamin B complex	ADOL
Vitamin B6	2 mg tid
Zinc	50 mg qd
SKIN CANCER	
Beta-Carotene	15,000 IU qd
Selenium	200 mcg qd
Vitamin A	50,000-100,000 IU qd for 10 days or longer if needed
Vitamin B complex	100 mg qd
Vitamin C	1,000-4,000 mg 2-3 divided doses qd
Vitamin E	Up to 1,000 IU qd
SUNBURN	
Potassium	3,000 mg qd
Vitamin A	100,000 IU qd x 2 weeks, then reduce to 50,000 IU qd, until healed
Vitamin C	10,000 mg qd
Vitamin E	100-1,600 IU qd
WARTS	
Vitamin A	100,000 IU qd x 1 month, then reduce to 50,000 IU qd x 1 month, then reduce to 25,000 IU qd, until wart vanishes
Vitamin B complex	50 mg tid
Vitamin C	4,000-10,000 mg qd
Vitamin E	400-800 IU qd
Zinc	50-80 mg qd

VITAMINS & DRUGS THAT INTERACT ADVERSELY:

Vitamins or Minerals Taken with: The following interaction occurs:
A, B1, Calcium, Copper, Folic Acid, Iron, Phosphorus Antacids Decrease the body's ability to absorb those listed vitamins and minerals.
A, B12, Calcium, D, E, Folic Acid, Iron, K Hypocholesterolemic Drugs: cholestyramine, colestipol Decrease the body's ability to absorb those listed vitamins and minerals.
A, Calcium, D, E, K, Potassium Laxatives: mineral oil, phenolphthalein, senna Decrease the body's ability to absorb those listed vitamins and minerals.
B1, B2, B3, B6, B12, C, Calcium, Folic Acid, Magnesium, Zinc Oral Contraceptives Decrease the body's ability to absorb those listed vitamins and minerals.
B2, B3, B6, D, Folic Acid, Niacin, Riboflavin Antibacterials: isoniazid, rifampin, trimethoprim, boric acid Decrease the body's ability to absorb those listed vitamins and minerals.
B2, B12, D Antipsychotic Drugs: haloperidol, thioridazine, trifluoperazine, chlorpromazine Decrease the body's ability to absorb those listed vitamins and minerals.
B2, Biotin, C, Calcium, D, Folic Acid, Magnesium, Niacin, Potassium Antibiotics: chlortetracycline, gentamicin, neomycin, tetracycline Decrease the body's ability to absorb those listed vitamins and minerals.
B2, Calcium, Folic Acid, Magnesium, Potassium, Zinc Diuretics: furosemide, thiazides, triamterene Decrease the body's ability to absorb those listed vitamins and minerals.
B6 Levodopa No more than 5mg of B6 qd, no restriction necessary if taking Sinemet.
B6, B12, Calcium, C, D, Folic Acid, Iron, Phosphorus, Potassium Anti-inflammatory Drugs: aspirin, colchicine, prednisone, sulfasalazine Decrease the body's ability to absorb those listed vitamins and minerals.
B6, B12, Calcium, D, Folic Acid, K, Magnesium Anticonvulsants: phenobarbital, phenytoin, primidone Decrease the body's ability to absorb those listed vitamins and minerals. Do not take pyridoxine with phenytoin, it may decrease anticonvulsant action of phenytoin.
B6, C Tobacco Decrease the body's ability to absorb those listed vitamins and minerals.
B6, Manganese Anti-hypertensive: hydralazine Decrease the body's ability to absorb those listed vitamins and minerals.
B12 H2 Receptor Antagonists: cimetidine, ranitidine Decrease the body's ability to absorb those listed vitamins and minerals.
B12, Calcium, E, Folic Acid, Iron, Magnesium Anti-cancer Drugs: doxorubicin, cisplatin, methotrexate Decrease the body's ability to absorb those listed vitamins and minerals.
Calcium, Iron, Zinc Penicillamine When minerals are taken with penicillamine, the drug is less effective.
D Antiarrhythmic Digoxin Vitamin D induced hypercalcemia can increase the effectiveness of digoxin, leading to cardiac arrhythmias.
Folic Acid Anti-malarials: chloroquine, pyrimethamine Decrease the body's ability to absorb those listed vitamins and minerals.
K Anticoagulant drugs: warfarin Vitamin K can inhibit the hypoprothrombinemic effect.
Riboflavin Tranquilizers: chlorpromazine Decrease the body's ability to absorb those listed vitamins and minerals.