



**Fat-Soluble Vitamins** (Remain in the body.)

VITAMINS & MINERALS	ACTION	FOOD SOURCES	RDA (Recommended Dietary Allowances and Adequate Intakes)
<b>A</b> The five carotenoids below are converted into vitamin A in the body.	Antioxidant needed for eye and skin health and immunity; may help fight cancer.	Animal foods, fish liver oil, brightly colored fruits/vegetables.	2,300 IU for women; 3,000 IU for men
<b>ASTAXANTHIN</b>	Fights cancer and free radicals.	Salmon, lobster, shrimp.	Not established
<b>BETA CAROTENE</b>	Aids in cancer prevention.	Green, yellow, and orange fruits/vegetables.	Not established
<b>LUTEIN</b>	Protects against eye disorders, particularly macular degeneration.	Green fruits/vegetables, especially leafy greens.	Not established
<b>LYCOPENE</b>	May reduce risk of cancer, heart disease, and more.	Tomatoes cooked in oil, watermelon.	Not established
<b>ZEAXANTHIN</b>	Antioxidant necessary for eye health.	Yellow corn, mangoes, oranges, egg yolks.	Not established
<b>D</b>	Critical for bone and tooth health; may help prevent autoimmune diseases and some cancers.	Cod liver oil, fatty fish, egg yolks, fortified dairy.	600 IU; 800 IU for ages 71 and older
<b>E</b> (d-alpha tocopherol and vitamin E succinate)	Antioxidant that protects against Alzheimer's disease, cancer, and heart disease.	Wheat germ, almonds and other nuts, cold-pressed vegetable oils.	22.5 IU
<b>K</b>	Helps with blood clotting, bone formation, and bone repair.	Leafy, green vegetables, green tea, alfalfa.	90 micrograms for women; 120 micrograms for men
<b>B 1</b> (thiamine)	Enhances brain function and energy.	Brown rice, dairy, egg yolks, legumes, soy.	1.1 mg for women; 1.2 mg for men
<b>B 2</b> (riboflavin)	Essential for energy and immune support.	Cheese, eggs, fish, poultry, spinach, yogurt.	1.1 mg for women; 1.3 mg for men
<b>B 3</b> (niacin)	Aids healthy circulation and nerves; lowers cholesterol.	Brewer's yeast, broccoli, carrots, eggs, fish, nuts, wheat germ.	14 mg for women; 16 mg for men
<b>B 5</b> (pantothenic acid)	Fights stress; enhances stamina.	Whole wheat, eggs, legumes, peas.	5 mg
<b>B 6</b>	Needed for growth and maintenance; reduces high levels of homocysteine.	Bananas, brewer's yeast, brown rice, carrots, chicken, eggs, fish, oatmeal, whole-grain cereals.	1.3 mg; 1.5 mg for women 51 and older; 1.7 mg for men 51 and older
<b>FOLIC ACID OR FOLATE (B9)</b>	Important in genetic, metabolic, and nervous system health; reduces risk of some birth defects.	Leafy greens, liver, asparagus, brewer's yeast.	400 micrograms; 600 micrograms during pregnancy
<b>B 1 2</b>	Needed for blood formation and nervous system health.	Kidneys, liver, clams, crab, fish, eggs, dairy.	2.4 micrograms
<b>BIOTIN</b>	Promotes healthy hair, nails, and skin.	Brewer's yeast, dairy, fish, meat, rice bran.	30 micrograms
<b>CHOLINE</b> Not strictly water soluble.	Helps transmission of nerve impulses; supports brain function and fat metabolism.	Egg yolks, legumes, meat, whole grains.	425 mg for women; 550 mg for men
<b>C</b> (ascorbic acid)	Antioxidant for immune, eye, and skin health.	Berries, citrus fruits, leafy greens.	75 mg for women; 90 mg for men



**Water-Soluble Vitamins**



<b>BORON</b>	Necessary for bone building, cellular energy, and enzyme function.	Apples, carrots, leafy greens, raw nuts, whole grains.	Not established
<b>CALCIUM</b>	Essential for strong bones and teeth and healthy gums; balance with magnesium.	Dairy foods (and fortified substitutes), leafy greens, sardines.	1,200 mg for women; 1,000 mg for men
<b>CHROMIUM</b>	Helps glucose metabolism; enhances energy.	Brewer's yeast, brown rice, meat, whole grains.	25 micrograms for women; 35 micrograms for men
<b>COPPER</b>	Helps build blood cells, bone, and collagen.	Meat, nuts, seafood, soybeans, whole grains.	900 micrograms
<b>IRON</b>	Essential to blood cell production, growth, immune health, and energy.	Eggs, fish, liver, meat, leafy greens, whole grains.	18 mg for women (8 mg after age 50); 8 mg for men
<b>MAGNESIUM</b>	Balances calcium; improves bone and cardiovascular health.	Dairy, fish, leafy greens, meat, molasses, seafood, seeds, soybeans.	320 mg for women; 420 mg for men
<b>MANGANESE</b>	Needed for fat and protein metabolism and energy production.	Avocados, nuts, seeds, sea vegetables, whole grains.	1.8 mg for women; 2.3 mg for men
<b>MOLYBDENUM</b>	Activates enzymes; promotes cell function.	Legumes, beef liver, cereal grains, dark leafy greens, peas.	45 micrograms
<b>POTASSIUM</b>	Protects against high blood pressure.	Fruits, dairy, fish, whole grains.	4,700 mg
<b>SELENIUM</b>	Anticancer antioxidant; works best with vitamin E.	Brazil nuts, brewer's yeast, brown rice, meat, seafood, whole grains.	55 micrograms
<b>SILICON</b>	Needed for formation of collagen for bones and connective tissue.	Alfalfa, bell peppers, brown rice, root vegetables, soy.	Not established
<b>VANADIUM</b>	Necessary for healthy bones and teeth; improves insulin use.	Dill, fish, meat, olives, some vegetable oils, whole grains.	Not established
<b>ZINC</b>	Important in immune and reproductive health.	Eggs, legumes, seafood, whole grains.	8 mg for women; 11 mg for men

**Important Minerals** (Remain in the body.)



SELECTED SOURCES "Dietary Reference Intakes (DRIs): Recommended Dietary Allowances and Adequate Intakes, Vitamins," Food and Nutrition Board, Institute of Medicine, National Academies, 2010 ■ *An Evidence-Based Approach to Vitamins and Minerals: Health Benefits and Intake Recommendations* by Jane Higdon and Victoria J. Drake (\$69.95, Thieme, 2012) ■ "Micronutrient Information Center," Linus Pauling Institute, <http://lpi.oregonstate.edu>, 2015 ■ "Nutrient Recommendations," National Institutes of Health, <http://ods.nih.gov>, 2015 ■ *Supplement Your Prescription* by Hyla Cass, MD (\$14.95, Basic Health, 2008)

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