



Fat-Soluble Vitamins (Remain in the body.)

| VITAMINS & MINERALS  | ACTION   | FOOD SOURCES  |
|--|--|---|
| <b>A</b><br>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. |
| <b>ASTAXANTHIN</b>   | Fights cancer and free radicals.   | Salmon, lobster, shrimp.  |
| <b>BETA CAROTENE</b>   | Aids in cancer prevention.   | Green, yellow, and orange fruits/vegetables.                      |
| <b>LUTEIN</b>  | Protects against eye disorders, particularly macular degeneration.                         | Green fruits/vegetables, especially leafy greens.                 |
| <b>LYCOPENE</b>  | May reduce risk of cancer, heart disease, and more.  | Tomatoes cooked in oil, watermelon.                               |
| <b>ZEAXANTHIN</b>  | Antioxidant necessary for eye health.  | Yellow corn, mangoes, oranges, egg yolks.                         |
| <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.            |
| <b>E</b><br>(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.  |
| <b>K</b>   | Helps with blood clotting, bone formation, and bone repair.                                | Leafy, green vegetables, green tea, alfalfa.                      |

| RDA<br>(Recommended Dietary Allowances and Adequate Intakes) |
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| 700 micrograms for women;<br>900 micrograms for men          |
| Not established  |
| Not established  |
| Not established  |
| Not established  |
| Not established  |
| 15 micrograms;<br>20 micrograms for ages 71 and older        |
| 15 milligrams (mg)   |
| 90 micrograms for women;<br>120 micrograms for men           |



Water-Soluble Vitamins

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|---|---|--|
| <b>B 1</b> (thiamine)                         | Enhances brain function and energy.   | Brown rice, dairy, egg yolks, legumes, soy.  |
| <b>B 2</b> (riboflavin)                       | Essential for energy and immune support.  | Cheese, eggs, fish, poultry, spinach, yogurt.  |
| <b>B 3</b> (niacin)                           | Aids healthy circulation and nerves; lowers cholesterol.  | Brewer's yeast, broccoli, carrots, eggs, fish, nuts, wheat germ.                                 |
| <b>B 5</b> (pantothenic acid)                 | Fights stress; enhances stamina.  | Whole wheat, eggs, legumes, peas.  |
| <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. |
| <b>FOLIC ACID OR FOLATE</b> (B9)              | Important in genetic, metabolic, and nervous system health; reduces risk of some birth defects. | Leafy greens, liver, asparagus, brewer's yeast.  |
| <b>B 1 2</b>                                  | Needed for blood formation and nervous system health.   | Kidneys, liver, clams, crab, fish, eggs, dairy.  |
| <b>BIOTIN</b>                                 | Promotes healthy hair, nails, and skin.   | Brewer's yeast, dairy, fish, meat, rice bran.  |
| <b>CHOLINE</b><br>Not strictly water soluble. | Helps transmission of nerve impulses; supports brain function and fat metabolism.               | Egg yolks, legumes, meat, whole grains.  |
| <b>C</b> (ascorbic acid)                      | Antioxidant for immune, eye, and skin health.   | Berries, citrus fruits, leafy greens.  |

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| 1.1 mg for women;<br>1.2 mg for men                                      |
| 1.1 mg for women;<br>1.3 mg for men                                      |
| 14 mg for women;<br>16 mg for men  |
| 5 mg   |
| 1.3 mg;<br>1.5 mg for women 51 and older;<br>1.7 mg for men 51 and older |
| 400 micrograms;<br>600 micrograms during pregnancy                       |
| 2.4 micrograms   |
| 30 micrograms  |
| 425 mg for women;<br>550 mg for men                                      |
| 75 mg for women;<br>90 mg for men  |



Important Minerals (Remain in the body.)

|                   |  |   |
|-------------------|--|---|
| <b>BORON</b>      | Necessary for bone building, cellular energy, and enzyme function.             | Apples, carrots, leafy greens, raw nuts, whole grains.                |
| <b>CALCIUM</b>    | Essential for strong bones and teeth and healthy gums; balance with magnesium. | Dairy foods (and fortified substitutes), leafy greens, sardines.      |
| <b>CHROMIUM</b>   | Helps glucose metabolism; enhances energy.                                     | Brewer's yeast, brown rice, meat, whole grains.                       |
| <b>COPPER</b>     | Helps build blood cells, bone, and collagen.                                   | Meat, nuts, seafood, soybeans, whole grains.                          |
| <b>IRON</b>       | Essential to blood cell production, growth, immune health, and energy.         | Eggs, fish, liver, meat, leafy greens, whole grains.                  |
| <b>MAGNESIUM</b>  | Balances calcium; needed for bone and cardiovascular health.                   | Dairy, fish, leafy greens, meat, molasses, seafood, seeds, soybeans.  |
| <b>MANGANESE</b>  | Needed for fat and protein metabolism and energy production.                   | Avocados, nuts, seeds, sea vegetables, whole grains.                  |
| <b>MOLYBDENUM</b> | Activates enzymes; promotes cell function.                                     | Legumes, beef liver, cereal grains, dark leafy greens, peas.          |
| <b>POTASSIUM</b>  | Protects against high blood pressure.  | Fruits, dairy, fish, whole grains.                                    |
| <b>SELENIUM</b>   | Anticancer antioxidant; works best with vitamin E.                             | Brazil nuts, brewer's yeast, brown rice, meat, seafood, whole grains. |
| <b>SILICON</b>    | Needed for formation of collagen for bones and connective tissue.              | Alfalfa, bell peppers, brown rice, root vegetables, soy.              |
| <b>VANADIUM</b>   | Necessary for healthy bones and teeth; improves insulin use.                   | Dill, fish, meat, olives, some vegetable oils, whole grains.          |
| <b>ZINC</b>       | Important in immune and reproductive health.                                   | Eggs, legumes, seafood, whole grains.                                 |

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| Not established  |
| 1,000 mg;<br>1,200 mg for women age 51 and older;<br>1,200 mg for men 71 and older |
| 25 micrograms for women;<br>35 micrograms for men                                  |
| 900 micrograms   |
| 18 mg for women (8 mg after age 50);<br>8 mg for men                               |
| 320 mg for women;<br>420 mg for men  |
| 1.8 mg for women;<br>2.3 mg for men  |
| 45 micrograms  |
| 4.7 grams  |
| 55 micrograms  |
| Not established  |
| Not established  |
| 8 mg for women;<br>11 mg for men   |

SELECTED SOURCES "Dietary Reference Intakes (DRIs): Recommended Dietary Allowances and Adequate Intakes, Vitamins," Food and Nutrition Board, Institute of Medicine, National Academies, www.NationalAcademies.org/hmd, 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.od.nih.gov, 2015

These statements have not been evaluated by the Food and Drug Administration. This information is not intended to provide medical advice on personal health conditions, nor to replace recommendations made by healthcare professionals or product manufacturers.



Doing what's best for your body can really be good for your soul... at Solgar, we get it.

