

VITAMINS	ACTION	FOOD SOURCES	SUPPLEMENT DOSAGE	NOTES
<b>A</b> (retinol) Pro-vitamin A, plus carotenoids (see below)	Antioxidant needed for eye and skin health, immunity; fights cancer.	Animal foods, fish liver oil, brightly colored fruits/vegetables.	700–900 IU for teens and adults; 770 IU during pregnancy, 1,300 IU while breast-feeding (add carotenoids below).	Unless a known deficiency exists, pregnant women and older adults may risk toxicity at higher levels.
<b>BETA CAROTENE</b>	Aids in cancer prevention.	Green and yellow fruits/vegetables.	5,000–25,000 IU in carotenoid complex.	Look for <b>natural</b> beta carotene in supplements.
<b>ASTAXANTHIN</b>	Fights cancer and free radicals.	Not available in significant amounts from the diet.	1 mg twice daily with food containing some oil.	May prevent aging of the arteries, brain, and eyes.
<b>LUTEIN</b>	Protects against eye disorders, particularly macular degeneration.	Green fruits/vegetables, especially leafy greens.	Available in 6 mg and 20 mg capsules.	Use with zeaxanthin.
<b>LYCOPENE</b>	Reduces risk of cancer, heart disease, and more.	Tomatoes cooked in oil, watermelon.	5–35 mg daily.	Higher doses may prevent male infertility.
<b>ZEAXANTHIN</b>	Antioxidant needed for eye health.	Yellow corn, mango, oranges, egg yolks.	90 micrograms.	Use with lutein.
<b>D</b>	Critical for bone and tooth health; helps prevent cancer and autoimmune diseases.	Cod liver oil, fatty fish, egg yolks, fortified dairy.	200–600 IU for adults.	Take with calcium; avoid doses above 1,000 IU.
<b>E</b> (d-alpha tocopherol and vitamin E succinate)	Antioxidant that protects against Alzheimer's, cancer, and heart disease.	Wheat germ, almonds and other nuts, cold-pressed vegetable oils.	Start with 100 IU daily; increase to 400 IU for prevention.	Avoid synthetic E (dl-alpha tocopherol).
<b>K</b>	Helps with blood clotting, bone formation and repair.	Leafy green vegetables, green tea, alfalfa.	80 micrograms; 90 micrograms for women 19 and older.	Discuss with your physician if taking anticoagulant drugs.
<b>B1</b> (thiamine)	Enhances brain function and energy.	Brown rice, dairy, egg yolks, legumes, soy.	25–300 mg.	Exercise, refined food, and stress increase need.
<b>B2</b> (riboflavin)	Essential to energy, immune support.	Cheese, eggs, fish, poultry, spinach, yogurt.	25–300 mg.	Elderly need more of this vitamin.
<b>B3</b> (niacin)	Aids healthy circulation and nerves; lowers cholesterol.	Brewer's yeast, broccoli, carrots, eggs, fish, nuts, wheat germ.	25–300 mg; best taken in frequent, small doses.	Flushing occurs with high doses; avoid time-release niacin.
<b>B5</b> (pantothenic acid)	Fights stress; enhances stamina.	Whole wheat, eggs, legumes, peas.	25–500 mg.	Lowers blood lipids; useful in lupus.
<b>B6</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.	25–300 mg; avoid higher doses.	Useful for carpal tunnel, PMS, and during pregnancy and lactation.
<b>FOLIC ACID</b> (B9)	Important in genetic, metabolic, and nervous system health.	Leafy greens, liver; also asparagus, brewer's yeast.	400–800 micrograms.	May lower coronary risk; deficiency linked to dysplasia.
<b>B12</b>	Needed for blood formation, nervous system health.	Kidneys and liver; also clams, crab, fish, eggs, dairy.	25–500 micrograms.	Works synergistically with B6 and folic acid.
<b>BIOTIN</b>	Promotes healthy hair, nails, and skin.	Brewer's yeast, dairy, fish, meat, rice bran.	100–300 micrograms.	Deficiency elevates blood sugar levels.
<b>CHOLINE</b> (not strictly water soluble)	Helps transmission of nerve impulses; supports brain function and fat metabolism.	Lecithin (13% choline), egg yolks, legumes, meat, whole grains.	10–100 mg of phosphatidylcholine.	Beneficial for arteriosclerosis and Parkinson's disease.
<b>INOSITOL</b>	Protects against hardening of the arteries.	Brewer's yeast, fruits/veggies, legumes, meat.	25–500 mg.	Useful for depression and panic disorder; caffeine may deplete levels.
<b>C</b> (ascorbic acid)	Antioxidant for immune and eye health.	Berries, citrus fruits, leafy greens.	500–5,000 mg.	Protects against cancer and heart disease.
<b>BIOFLAVONOIDS</b> (vitamin P)	Help absorption of C; protect capillaries and circulation.	Black currants, cranberries, buckwheat, peppers.	200–500 mg.	Use therapeutically for sports injuries.
<b>L-CARNITINE</b>	Supports energy production.	Meat and other animal foods.	500 mg; more for therapeutic use.	Consider for fibromyalgia and fatigue.
<b>COENZYME Q10</b>	Antioxidant essential for energy.	Beef, peanuts, sardines, spinach.	30–100 mg with E.	Protects against cancer, heart and gum disease.
<b>ENZYMES</b>	Catalysts for chemical reactions in the body.	Raw foods.	Take as directed; found in some multiples.	Promote nutrient absorption and storage.
<b>CALCIUM</b>	Essential for strong bones and teeth, healthy gums.	Dairy foods (and fortified substitutes), leafy greens, sardines.	1,000–1,200 mg in 500 mg doses; take with magnesium and vitamin D.	May also help prevent colon cancer and hypertension.
<b>CHROMIUM</b>	Helps glucose metabolism; enhances energy.	Beer, brewer's yeast, brown rice, meat, whole grains.	50–200 micrograms.	Anyone with diabetes should take under professional supervision.
<b>COPPER</b>	Helps build blood cells, bone, and collagen.	Meats, nuts, seafood, soybeans, whole grains.	900 micrograms; 1:10 copper-to-zinc ratio.	Hidden sources include copper pans and plumbing.
<b>IRON</b>	Essential to blood cell production, growth, immune health, and energy.	Eggs, fish, liver, meat, leafy vegetables, whole grains.	18 mg for women of childbearing age.	8 mg for men and postmenopausal women, unless tests indicate iron (not B12) deficiency.
<b>MAGNESIUM</b>	Vital for enzyme activity and energy; helps prevent birth defects.	Dairy, fish, leafy greens, meat, molasses, seafood, seeds, soybeans.	500–750 mg (higher for heart patients).	Deficiencies linked to chronic fatigue, depression, insomnia, PMS.
<b>MANGANESE</b>	Needed for fat and protein metabolism, energy production.	Avocados, nuts, seeds, sea vegetables, whole grains.	1.8 mg for women; 2.3 mg for men.	Upper intake level: 11 mg.
<b>MOLYBDENUM</b>	Activates enzymes; promotes cell function.	Legumes, beef liver, cereal grains, dark leafy greens, peas.	45 micrograms.	Upper intake level: 3,000 mg.
<b>POTASSIUM</b>	Protects against high blood pressure.	Fruits, dairy, fish, whole grains.	3,500–4,500 mg.	Upper intake level: 18 g.
<b>SELENIUM</b>	Anticancer antioxidant; works best with vitamin E.	Brazil nuts, brewer's/torula yeast, brown rice, meat, seafood, whole grains.	Up to 200 micrograms.	Most U.S. soils are deficient in this mineral, so supplementation is useful.
<b>SILICON</b>	Needed for formation of collagen for bones and connective tissue.	Alfalfa, bell peppers, brown rice, root vegetables, soy, horsetail.	2–20 mg.	Elderly may need more; works synergistically with other minerals.
<b>VANADIUM</b>	Necessary for healthy bones and teeth; improves insulin use.	Dill, fish, meat, olives, some vegetable oils, whole grains.	10–100 micrograms.	Not easily absorbed; athletes may require more.
<b>ZINC</b>	Important in immune/reproductive health.	Eggs, legumes, seafood, whole grains.	8–11 mg.	Upper intake level: 40 mg.

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