

	VITAMINS & MINERALS	ACTION	FOOD SOURCES	RDA (Recommended Dietary Allowances and Adequate Intakes)
Fat-Soluble Vitamins (Remain in the body.)	A 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.	700 micrograms for women; 900 micrograms for men
	ASTAXANTHIN	Fights cancer and free radicals.	Salmon, lobster, shrimp.	Not established
	BETA CAROTENE	Aids in cancer prevention.	Green, yellow, and orange fruits/vegetables.	Not established
	LUTEIN	Protects against eye disorders, particularly macular degeneration.	Green fruits/vegetables, especially leafy greens.	Not established
	LYCOPENE	May reduce risk of cancer, heart disease, and more.	Tomatoes cooked in oil, watermelon.	Not established
	ZEAXANTHIN	Antioxidant necessary for eye health.	Yellow corn, mangoes, oranges, egg yolks.	Not established
	D	Critical for bone and tooth health; may help prevent autoimmune diseases and some cancers.	Cod liver oil, fatty fish, egg yolks, fortified dairy.	15 micrograms; 20 micrograms for ages 71 and older
Water-Soluble Vitamins	E (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.	15 milligrams (mg)
	K	Helps with blood clotting, bone formation, and bone repair.	Leafy, green vegetables, green tea, alfalfa.	90 micrograms for women; 120 micrograms for men
	B 1 (thiamine)	Enhances brain function and energy.	Brown rice, dairy, egg yolks, legumes, soy.	1.1 mg for women; 1.2 mg for men
	B 2 (riboflavin)	Essential for energy and immune support.	Cheese, eggs, fish, poultry, spinach, yogurt.	1.1 mg for women; 1.3 mg for men
	B 3 (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 5 (pantothenic acid)	Fights stress; enhances stamina.	Whole wheat, eggs, legumes, peas.	5 mg
	B 6	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
	FOLIC ACID OR FOLATE (B9)	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 1 2	Needed for blood formation and nervous system health.	Kidneys, liver, clams, crab, fish, eggs, dairy.	2.4 micrograms
	BIOTIN	Promotes healthy hair, nails, and skin.	Brewer's yeast, dairy, fish, meat, rice bran.	30 micrograms
	CHOLINE 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
	C (ascorbic acid)	Antioxidant for immune, eye, and skin health.	Berries, citrus fruits, leafy greens.	75 mg for women; 90 mg for men
	Important Minerals (Remain in the body.)	BORON	Necessary for bone building, cellular energy, and enzyme function.	Apples, carrots, leafy greens, raw nuts, whole grains.
CALCIUM		Essential for strong bones and teeth and healthy gums; balance with magnesium.	Dairy foods (and fortified substitutes), leafy greens, sardines.	1,000 mg; 1,200 mg for women age 51 and older; 1,200 mg for men 71 and older
CHROMIUM		Helps glucose metabolism; enhances energy.	Brewer's yeast, brown rice, meat, whole grains.	25 micrograms for women; 35 micrograms for men
COPPER		Helps build blood cells, bone, and collagen.	Meat, nuts, seafood, soybeans, whole grains.	900 micrograms
IRON		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
MAGNESIUM		Balances calcium; needed for bone and cardiovascular health.	Dairy, fish, leafy greens, meat, molasses, seafood, seeds, soybeans.	320 mg for women; 420 mg for men
MANGANESE		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
MOLYBDENUM		Activates enzymes; promotes cell function.	Legumes, beef liver, cereal grains, dark leafy greens, peas.	45 micrograms
POTASSIUM		Protects against high blood pressure.	Fruits, dairy, fish, whole grains.	4.7 grams
SELENIUM		Anticancer antioxidant; works best with vitamin E.	Brazil nuts, brewer's yeast, brown rice, meat, seafood, whole grains.	55 micrograms
SILICON		Needed for formation of collagen for bones and connective tissue.	Alfalfa, bell peppers, brown rice, root vegetables, soy.	Not established
VANADIUM		Necessary for healthy bones and teeth; improves insulin use.	Dill, fish, meat, olives, some vegetable oils, whole grains.	Not established
ZINC		Important in immune and reproductive health.	Eggs, legumes, seafood, whole grains.	8 mg for women; 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.



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