

VITAMINS & MINERALS	ACTION	FOOD SOURCES	RDA (Recommended Dietary Allowances and Adequate Intakes)
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
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
BORON	Necessary for bone building, cellular energy, and enzyme function.	Apples, carrots, leafy greens, raw nuts, whole grains.	Not established
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
IODINE	Makes thyroid hormones. Helps bone and brain development during pregnancy and infancy.	Cod, tuna, seaweed, shrimp, milk, yogurt, cheese, iodized salt.	150 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.	310 mg for women 19-30; 320 mg for women 31 and up; 400 mg for men 19-30; 420 mg for men 31 and up
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
ZINC	Important in immune and reproductive health.	Eggs, legumes, seafood, whole grains.	8 mg for women; 11 mg for men

FAT-SOLUBLE VITAMINS (Remain in the body.)

WATER-SOLUBLE VITAMINS

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, www.NationalAcademies.org/hmd ■ "Micronutrient Information Center," Linus Pauling Institute, http://lpi.oregonstate.edu ■ "Nutrient Recommendations," National Institutes of Health, http://ods.od.nih.gov

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