

Preventive Medicine Clinics of the Desert
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Vitamins, Minerals and Food Supplements

Review all of your vitamins, minerals and food supplements, then total the amount of each of the following nutrients and record the, This way you can see what you are actually taking.

Vitamin/Mineral	RDA/ Maximum levels*	Total Daily Amount	Comments/Notes
Vitamins			
Vitamin A - <i>Retinoids (Retinol, Retinoids, Carotenoids, Beta-Carotene)</i>	5,000-50,000 IU		
Vitamin B1 - <i>Thiamine</i>	25-300 mg		
Vitamin B2 - <i>Riboflavin</i>	25-300 mg		
Vitamin B3 - <i>Niacin</i>	25-300 mg		
Vitamin B5 - <i>Pantothenic Acid</i>	25-500 mg		
Vitamin B6 - <i>Pyridoxine</i>	1.5-2 mg		
Vitamin B7 - <i>Vitamin H or Biotin</i>	100-200 mcg		
Vitamin B9 - <i>Folic Acid / Folacin / Folate</i>	400-1,200 mcg		
Vitamin B12 - <i>Cyanocobalamin</i>	25-500 mcg		
Vitamin C - <i>Ascorbic Acid</i>	60-5,000 mg		
Vitamin D	400-5,000 IU		
Vitamin E - <i>Tocopherol</i>	30-1,200 IU		
Vitamin K	70-140 mcg		
Minerals			
Calcium	1,000-1,500 mg		
Chromium	200-600 mg		
Copper 0.5-2 mg. We suggest against taking Iron, unless it is prescribed for you .	Best to avoid Iron in most circumstances		
Fluorine	1.5-4 mg		
Iodine	0-150 mcg		
Iron 15-25 mg (Men) 18-30 mg (Women). because of anemia.	Best to avoid Iron in most circumstances		

Vitamin/Mineral	RDA/Max*	Amount	Comments/Notes
Magnesium	500-750 mg		
Manganese	15-30 mg		
Molybdenum	150-500 mcg		
Phosphorus	800-1,200 mg		
Potassium	1,875-3,500 mg		
Selenium	100-400 mcg		
Silicon	No standard		
Sodium	2,400 mg		
Zinc	15-50 mg		
Misc. Supplements			
CalMag	2 twice daily		
Carnitine	2-4 gms/day		
Coenzyme Q10	100-600 mg		
Cholest Free	2 twice daily		
Dehydroepiandrosterone (DHEA)	25-300 mg		
EnDuracin	2 twice daily		
Grape Seed Extract	50-200 mg		
Green Tea Extract	300-400 mg		
Omega-3 Fatty Acid- α -Linolenic Acid	1.5-10 gms		
Omega-6 Fatty Acid	3-12 grams		
OsteoSupport	1 twice daily		
Policosanol	10-30 mg		
Saw Palmetto	160-320 mg		

*The above dosages range from the RDA or minimum dose, to a maximum dose. Some nutrients have toxic effects other do not, but maximum dosages should not be exceeded without instructions from a physician.