



VitaChart



Vitamin *	Daily Dosage	Augmenting Nutrients	Anti-Vitamins	Sources	Bodily Parts Affected	Bodily Functions Facilitated	Deficiency Symptoms	Therapeutic Applications
A Fat Soluble	RDA 4,800-6,000 IU SR 10,000-35,000 IU Toxicity 50,000 IU ↑ Toxicity Symptoms: ankle swelling, appetite & weight loss, dry shedding skin, fatigue, hair loss, nausea, throbbing headaches, vomiting	B complex, choline, C (helps prevent toxic effects of A), D, E*, F, calcium, phosphorus, zinc	alcohol, coffee, cold weather, cortisone, diuretics, excessive iron, diuretics, laxatives, liver disease, mineral oil, nitrates, strenuous physical activity within 4 hours of consumption, sugar, tobacco, vitamin D deficiency, zinc deficiency	alfalfa, broccoli, carrots, cheese, eggs, fish, fish liver oil, green & yellow fruits & vegetables, kale, liver, milk products, spirulina, carrots (raw) 1 med. 10,000 IU beef (beef) 1 lb. 22,000 IU spinach (cooked) 1 cup 14,000 IU	bones, eyes, hair, immune system, skin, soft tissue, teeth	body tissue repair & maintenance (resist infection), nutrition of cornea, permeability of membranes, RNA synthesis, thyroid & adrenal gland stimulant, visual purple production (necessary for night vision)	acne, allergies, appetite loss, blepharitis, colds, dry hair, eye sties, fatigue, insomnia, itching/burning eyes, loss of smell, night blindness, rough dry skin, sinus trouble, soft tooth enamel, susceptibility to infections	acne, alcoholism, allergies, arthritis, asthma, bronchitis, cholesterol (high), colitis, conjunctivitis, cystitis, diabetes, eczema, glaucoma, heart diseases, hepatitis, infections and communicable diseases, migraine headaches, psoriasis, sinusitis, tinnitus, tooth & gum disorders
B complex Water Soluble	RDA see B vitamins SR see B vitamins Toxicity not known	C, E, Calcium, Phosphorus, B complex supplement should always be taken along with any individual B vitamin	alcohol, antibiotics, coffee, infections, oral contraceptives, sleeping pills, stress, sugar (excessive), sulfa drugs	brewer's yeast, desiccated liver, organ meats, wheat germ, whole grains, yogurt (produces intestinal bacteria needed for synthesis of B vitamins)	eyes, gastrointestinal tract, hair, liver, mouth, nerves, skin	energy, metabolism (carbohydrate, fat, protein), muscle tone maintenance (gastrointestinal tract)	acne, anemia, appetite loss, bad breath, cholesterol (high), circulation (poor), constipation, dark tongue color, depression, digestive disturbances, fatigue, hair (dull, dry, falling), hypertension, insomnia, leg muscles (tender & painful), nervousness, skin (dry, rough)	alcoholic psychosis, allergies, anemia, appetite loss, barbiturate overdose, constipation, cystitis, fatigue, heart abnormalities, hypersensitivity, hypoglycemia, meniere's syndrome, menstrual difficulties, migraine headaches, nervous disorders, stress
B1 Thiamine Water Soluble	RDA 1-1.5 mg SR 10-25 mg Toxicity not known	B complex*, B2, folic acid, niacin, C, E, manganese*, sulphur	alcohol, antacids, barbiturates, coffee, diuretics, fever, hypothyroidism, raw clams, sugar (excessive), stress, surgery, tannic acid (tea), tobacco	blackstrap molasses, brewer's yeast, brown rice, fish, meat, nuts, organ meats, poultry, wheat germ 1 lb. 2 mg sunflower seeds (hulled) 1 cup 3 mg	brain, ears, eyes, hair, heart, nervous system	appetite, blood building, carbohydrate metabolism, circulation, digestion (hydrochloric acid production), energy, growth, learning capacity, stomach, heart, pain inhibitor	appetite loss, constipation, depression, digestive disturbances, fatigue, irritability, memory loss, nervousness, numbness of hands & feet, pain & noise sensitivity, pains around the heart, shortness of breath	alcoholism, anemia, beriberi, congestive heart failure, constipation, diabetes, indigestion, nausea, mental illness, multiple sclerosis, pain (alleviates) rapid heart rate, stress
B2 riboflavin Water Soluble	RDA 1.2-1.7 mg SR 10-15 mg Toxicity not known	B complex* B6**, niacin, C, phosphorus*	alcohol, coffee, sodium bicarbonate, sugar (excessive), tetracyclines, tobacco	blackstrap molasses, brewer's yeast, eggs, fruit, green leafy vegetables, legumes, nuts, organ meat, poultry, tongue, whole grains almonds (raw) 1 cup 1 1/2 mg milk (whole) 1/2 cup 1 mg	eyes, hair, nails, skin, soft body tissue	antibody & red blood cell formation, cell respiration, metabolism (carbohydrate, fat, protein)	blurred vision, cataracts, corner of mouth cracks & sores, dizziness, itching burning eyes, light sensitivity & eye fatigue, oily skin, poor digestion, red sore tongue, retarded growth	acne, alcoholism, arthritis, athlete's foot, baldness, cataracts, diabetes, diarrhea, indigestion, stress
B6 pyridoxine Water Soluble	RDA 2.0-2.2 mg SR 10-50 mg Toxicity not known	B complex*, B1, B2, pantothenic acid, C, magnesium, potassium, linoleic acid, sodium	alcohol, coffee, estrogens, oral contraceptives, penicillamine, post-menopausal drugs, radiation (exposure), tobacco	avocados, bananas, blackstrap molasses, brewer's yeast, cabbage, desiccated liver, fish, green leafy vegetables, meat, organ meat, peanuts, prunes, raisins, soybeans, walnuts, wheat germ, whole grains almonds 1/2 lb. 1 1/2 mg blueberries 1 cup 1 mg	blood, muscles, nerve, skin	antibody formation, carbohydrate absorption, DNA & RNA synthesis, fat & protein utilization (weight control), hemoglobin & hydrochloric acid production, magnesium & linoleic acid function, sodium/potassium balance (nerves), tryptophane conversion (niacin)	acne, anemia, appetite loss, arthritis, conjunctivitis, depression, dizziness, facial oiliness, hair loss, infant convulsions, irritability, learning disabilities, nausea, nervous disorders, nervousness, sleepiness, sore lips & tongue, weakness	atherosclerosis, breath holding (children), cholesterol (high), cystitis, eczema, facial oiliness, hypoglycemia, mental retardation, nervous disorders, nervous disorders, nausea in pregnancy, oral cavity preventive, post operative nausea, rheumatic & arthritic conditions, sexual disorders (males), stress, water retention preventive
B12 cobalamin Water Soluble	RDA 3.0 mcg SR 20-100 mcg Toxicity not known	B complex*, B6*, C, calcium, choline, folic acid, inositol, potassium, sodium	alcohol, B6 deficiency, calcium deficiency, coffee, hydrochloric acid deficiency, laxatives, liver disease, oral contraceptives, tobacco	beef, eggs; fish, milk & milk products, organ meats, pork, spirulina cottage cheese 1 cup 1 mcg liver (beef) 1 lb. 363 mcg trout (rainbow) 1 lb. 22 mcg	nerves, red blood cells	appetite, blood cell formation, cell longevity, healthy nervous system, iron absorption, metabolism (carbohydrate, fat, protein)	appetite loss, diminished reflex responses, fatigue, irritability, memory impairment, mental depression & confusion, nervousness, pernicious anemia, walking and speaking difficulties, weakness (arms/legs)	alcoholism, allergies, anemia, arthritis, bronchial asthma, bursitis, epilepsy, fatigue, hepatitis, hypoglycemia, insomnia, osteoporosis, shingles, stress
Biotin B complex Water Soluble	RDA 100-200 mcg SR 300-600 mcg Toxicity not known	B complex*, B12, folic acid, inositol, potassium, sulphur	alcohol, antibiotics, coffee, raw egg white (avidin)	brewer's yeast, egg yolk, legumes, milk, organ meats, whole grains liver (beef) 1 lb. 454 mcg peanuts (roasted) 1 cup 50 mcg	hair, muscles, skin	cell growth, fatty acid production, metabolism (carbohydrate, fat, protein), vitamin B utilization	depression, dry skin, fatigue, grayish skin color, insomnia, muscular pain, nausea, poor appetite	baldness, depression, dermatitis, eczema, leg cramps, muscle pain
Choline B complex Water Soluble	RDA none stated SR 100-1,000 mg Toxicity not known	A, B complex, B12, folic acid, inositol*, inoleic acid, protein	alcohol, coffee, sugar (excessive)	brewer's yeast, egg yolk, fish, lecithin, legumes, organ meats, soybeans, wheatgerm	gallbladder, hair, kidneys, liver, thymus gland	gallstone prevention, lecithin formation, liver & gallbladder regulation, metabolism (fats, cholesterol), nerve transmission	bleeding stomach ulcers, growth problems, heart trouble, high blood pressure, impaired liver & kidney function, intolerance to fats	alcoholism, arteriosclerosis, baldness, cholesterol (high), constipation, ear noises, hardening of the arteries, headaches, heart trouble, high blood pressure, hypoglycemia, liver damage
Folic Acid folacin B complex Water Soluble	RDA 400 mcg SR 400-1,000 mcg Toxicity not known	B complex*, B12*, biotin, pantothenic, C*	alcohol, aspirin, celiac disease, coffee, fever, heat (cooking), oral contraceptives, stress, sulfa drugs, tobacco	beets, cabbage family, citrus fruits, eggs, green leafy vegetables, milk products, organ meats, seafood, whole grains spinach 1/2 cup 250 mcg salmon 1/2 cup 870 mcg	blood, glands, liver	appetite stimulant, cell growth & reproduction, circulation, DNA & RNA production, hydrochloric acid production, liver performance, nucleic acid formation, protein metabolism, red blood cell formation	anemia, digestive disturbances, graying hair, growth problems, insomnia, tongue inflammation, memory impairment	alcoholism, anemia, arteriosclerosis, baldness, circulatory problems, epilepsy, fatigue, menstrual problems, mental illness, stomach ulcers, stress
Inositol B complex Water Soluble	RDA none stated SR 100-1,000 mg Toxicity not known	B complex*, B12, choline* inoleic acid	alcohol, coffee	blackstrap molasses, brewer's yeast, citrus fruits, lecithin, meat, milk, nuts, organ meats, vegetables, whole grains orange (fresh) 1 med 400 mg peanuts (roasted w/skin) 1 cup 400 mg	brain, hair, heart, intestines, kidneys, liver, muscles	artery hardening retardation, cholesterol reduction, hair growth, lecithin formation, metabolism (fat & cholesterol)	cholesterol (high), constipation, eczema, eye abnormalities, hair loss	atherosclerosis, baldness, cholesterol (high), constipation, heart disease, overweight
Niacin niacinamide B complex Water Soluble	RDA 13-19 mg SR 50-150 mg Toxicity niacin ↑	B complex*, B1, B2, B6 (tryptophane conversion), C, phosphorus, proteins	alcohol, antibiotics, coffee, corn, liver disease, sugar, starches (excessive)	eggs, lean meats, milk products, organ meats, peanuts, poultry, seafood, whole grain breads & cereals liver (beef) 1 lb. 40 mg peanuts 18 mgs peanuts 1 cup 24 mgs	brain, liver, nerves, skin, soft tissue, tongue	circulation, cholesterol level reduction, growth, histamine activator, hydrochloric acid production, metabolism (protein, fat, carbohydrates), sex hormone production	appetite loss, cancer sores, depression, fatigue, halitosis, headaches, mental weakness, memory impairment, muscular eruptions, nausea, nervous disorders, skin eruptions	acne, arthritis, baldness, diarrhea, digestive problems, dizziness, halitosis, high blood pressure, hypercystitis, leg cramps, meniers syndrome, migraine headaches, poor circulation, schizophrenia, stress, tooth decay
Pantothenic Acid B complex Water Soluble	RDA 4-7 mg SR 50-200 mg Toxicity not known	B complex*, B6, B12, biotin, folic acid, C	alcohol, coffee	bran, brewer's yeast, broccoli, brown rice, carrots, cauliflower, cheese, eggs, fish, peas, legumes, lima beans, mushrooms, oats, organ meats, peanuts, royal jelly, salmon, soybeans, spinach, walleyer (beef) 1/2 lb. 10 mgs mushrooms (cooked) 1 cup 3 mgs	adrenal glands, digestive tract, immune system, nerves, skin	antibody formation (detoxifier), antihistamine action, carbohydrate/protein/fat conversion (energy), cortisone production, growth stimulation, stress tolerability, vitamin D utilization	abdominal pains, burning feet, eczema, fainting sensations, fatigue, hair loss, impaired muscular coordination, insomnia, intestinal disorders, irritability, lowered blood pressure, lowered resistance to infections, muscle cramps, nervousness, premature aging, rapid pulse, respiratory infections	adrenal exhaustion, allergies, arthritis, baldness, cortisone therapy (reduces side effects), cystitis, digestive disorders, duodenal ulcers, eczema, fatigue, gout, hypertension, hypoglycemia, infections, kidney trouble, neuritis, stress, tooth decay, wound healing
Paba para aminobenzoic acid Water Soluble	RDA none stated SR 10-100 mg Toxicity ↑	B complex*, folic acid, C	alcohol, coffee, sulfa drugs	blackstrap molasses, bran, brewer's yeast, eggs, liver, milk, rice, organ meats, wheat germ, whole wheat	glands, hair, intestines, skin	blood cell formation, hair pigmentation, intestinal bacteria activity, protein metabolism	adrenal exhaustion, constipation, depression, digestive disorders, fatigue, gray hair, headaches, irritability, stress	baldness, graying hair, infertility, overactive thyroid, parasitic diseases, rheumatic fever, stress, sunburn protection External: burns (pain of), dark skin spots, dry skin, sunburn, warts
Pangamic Acid B15 Water Soluble	RDA none stated SR not known Toxicity not known	B complex*, C, E	alcohol, coffee	brewer's yeast, brown rice, meat (rare), seeds (sunflower, sesame, pumpkin), whole grains, organ meats	glands, heart, kidneys, nerves	cell oxidation & respiration, metabolism (protein, fat, sugar), glandular & nervous system stimulation	heart disease, nervous & glandular disorders	alcoholism, asthma, arteriosclerosis, breath shortness, cholesterol (high), diabetes, emphysema, heart disease, insomnia, poor circulation, premature aging, rheumatism
C ascorbic acid Water Soluble	RDA 50-60 mg SR 250-5,000 mg Toxicity 5,000-15,000 mg ↑	all vitamins & minerals, bioflavonoids, calcium, magnesium*	antihistamines, aspirin, barbiturates, cortisone, high fever, oral contraceptives, stress, tetracyclines, tobacco, vitamin A deficiency	fresh fruits & vegetables orange juice, 1 cup 125 mg broccoli (cooked) 1 cup 140 mg peppers (green) 1 cup 100 mg	adrenal glands, blood, capillary walls, connective tissue (skin, ligaments, bones), gums, heart, teeth	antioxidant, anti stress, anti toxic, collagen production, digestion, fine bone & tooth formation, healing (burns & wounds), iodine conservation, increases iron absorption from food, red blood cell formation (hemorrhaging prevention), shock & infection resistance (colds), vitamin protection (oxidation)	anemia, bleeding gums, breath shortness, capillary wall ruptures (bruise easily), dental cavities, low infection resistance (colds), muscle degeneration, nosebleeds, poor digestion, stress, weakened cartilages	alcoholism, allergies, arteriosclerosis, arthritis, baldness, cholesterol (high) colds, cystitis, drug addiction, hypoglycemia, heart disease, hepatitis, insect bites, prickly heat, sinusitis, stress, tooth decay

Bioflavonoids vitamin P, citrin, flavonols flavones, hesperidin, rutin Water Soluble	RDA SR Toxicity	none stated 500-3,000 mg not known	vitamin C	same as vitamin C (especially tendency to bleed & bruise easily)	fruits (skin and pulp), apricots, cherries, grapes, grapefruit, lemons, plums	blood, capillary walls, connective tissue (skin, gums, ligaments, bones), teeth	blood vessel wall maintenance, bruising minimization, cold & flu prevention, strong capillary maintenance	Same as vitamin C especially tendency to bruise or bleed easily	asthma, bleeding gums, colds, dizziness (caused by inner ear), eczema, hemorrhoids, high blood pressure, leg cramps, rheumatic fever, rheumatism, ulcers
D Fat Soluble	RDA SR Toxicity	200-400 IU 400-1200 IU 25,000 IU ††	A, choline, C, F, calcium, phosphorus	laxatives, mineral oil, phenobarbital	egg yolks, organ meats, bone meal, sunlight liver (beef), ¼ lb milk, 1 cup salmon/tuna (canned), ¼ lb.	bones, heart, nerves, skin, teeth, thyroid gland	calcium & phosphorus metabolism (bone formation), heart action, nervous system maintenance, normal blood clotting, skin respiration	burning sensation (mouth & throat), diarrhea, insomnia, myopia, nervousness, poor metabolism, softening bones & teeth	acne, alcoholism, allergies, arthritis, cholesterol (high), colds, conjunctivitis, cystitis, diabetes, eczema, myopia, osteomalacia, osteoporosis, psoriasis, rickets, skin/eye & respiratory problems, stress, tooth decay & pyorrhea (preventive)
E Tocopherol Fat Soluble	RDA SR Toxicity	8-10 IU 100-200 IU 4,000-30,000 IU †	A, B complex*, B1, inositol*, C, F, magnesium, manganese*, selenium	air pollution, chlorine, inorganic iron (chelated iron does not affect E), laxatives, linoleic acid, mineral oil, oral contraceptives, rancid fat & oil	butter, dark green vegetables, eggs, fruits, nuts, organ meats, vegetable oils, wheatgerm safflower/corn oils, 1 tbsp. 14 mg almonds, 1 cup 21 mg brown rice (cooked), ¼ cup 2 ½ mg	arteries, blood vessels, heart, lungs, nerves, pituitary gland, skin	aging retardation, aids fertility, anti-clotting factor, anti-oxidant, blood cholesterol reduction, blood flow to heart, capillary wall strengthening, circulation, diuretic, lung protection (anti-pollution), male potency, muscle & nerve maintenance, neutralizes toxins, speeds healing, utilization of oxygen	dry, dull or falling hair, enlarged prostate gland, gastrointestinal disease, heart disease, impotency, miscarriages, muscular wasting, muscle weakness, sterility	allergies, arthritis, atherosclerosis, baldness, cholesterol (high), cystitis, diabetes, eye disorders, gastrointestinal problems, heart disease, liver disease, menstrual problems, menopause, migraine headaches, myopia, peptic ulcers, phlebitis, skin diseases, thrombosis, varicose veins External: burns, scars, warts, wounds, wrinkles
F Unsaturated fatty acids Fat Soluble	RDA SR Toxicity	non stated 10% of total calorie intake not known	A, C, D, E, phosphorus	radiation, x-rays	vegetable oils (safflower, soy, corn, wheat germ, sunflower seeds)	cells, glands (adrenal, thyroid), hair, mucous membranes, nerves, skin	artery hardening prevention, blood coagulation, blood pressure normalizer, cholesterol destroyer, glandular activity, growth, vital organ respiration	acne, allergies, diarrhea, dry skin, dry brittle hair, eczema, gall stones, nail problems, underweight, varicose veins	allergies, baldness, bronchial asthma, cholesterol (high), eczema, gallbladder problems or removal, heart disease, leg ulcers, psoriasis, rheumatoid arthritis, overweight, underweight



Minerals



Minerals ☆☆	Daily Dosage	Augmenting Nutrients	Anti-Minerals	Sources	Bodily Parts Affected	Bodily Functions Facilitated	Deficiency Symptoms	Therapeutic Applications
Calcium	RDA SR Toxicity	vitamins A*, C*, D*, F iron*, exercise, magnesium*, manganese, phosphorus*, protein (especially lysine), silicon, sunlight	diuretics, excessive sugar, lack of exercise, phenobarbital, phosphorus, stress (excessive), tetracyclines, oxalic & phytic acids, too much saturated fat in diet, vitamin D deficiency	bone meal, green leafy vegetables, legumes, liver, milk and dairy products, molasses, nuts, salmon (w/bones), sardines, seaweeds, shellfish, yogurt, almonds, 1 cup American cheese, 1 slice liver (beef), ¼ lb.	blood, bones, heart, skin, soft tissue, teeth	bone/tooth formation, blood clotting, heart rhythm, nerve tranquilization, nerve transmission, muscle growth & contraction, permeability of cell membranes	arm and leg numbness, brittle fingernails, eczema, fragile bones, heart palpitations, hypertension, insomnia, irritability, muscle cramps, nervousness, osteomalacia, osteoporosis, periodontal disease, rickets, tooth decay	arthritis, aging symptoms (backache, bone pain, finger tremors, foot/leg cramps, insomnia, menstrual cramps, menopause problems, nervousness, overweight, pre-menstrual tension, rheumatism)
Chromium	RDA SR Toxicity	50-200 mcg 200-300 mcg not known	aging, insufficient protein iron (excessive), processed foods, refined carbohydrates, repeated pregnancies	black pepper, cheeses, clams, corn oil, meats, mushrooms	blood, circulatory system	blood sugar level, glucose metabolism (energy)	disturbed amino acid metabolism, increased serum cholesterol, impaired glucose tolerance, protein/calorie malnutrition	atherosclerosis, diabetes, hypoglycemia, multiple pregnancies, protein-calorie malnutrition
Copper	RDA SR Toxicity	2-3 mg 2-4 mg 40 mg ††	cobalt, iron*, zinc, molybdenum	avocado, cauliflower, legumes, liver, molasses, nuts, organ meat, raisins, seafood (especially oysters), whole grains, brazil nuts, 1 cup soybeans, 1 cup	blood, bones, circulatory system, hair, skin	bone formation, hair & skin color, healing processes, hemoglobin & red blood cell formation, mental processes & emotional states	depression, diarrhea in infants, elevated serum cholesterol, fractures and bone deformities, general weakness, impaired respiration, osteoporosis, skin sores	anemia, atherosclerosis, baldness
Iron	RDA SR Toxicity	10-18 mg 15 mg-50 mg 100 mg ††	vitamins B12, C*, calcium*, cobalt, copper*, cysteine, folic acid, phosphorus, vitamin E	blackstrap molasses, dark green leafy vegetables, desiccated liver, eggs, fish, lean meat, legumes, liver, organ meats, oysters, poultry, shellfish, tongue, wheat germ, whole grains, liver (beef), ¼ lb. shredded wheat, 1 biscuit	blood, bones, nails, skin, teeth	hemoglobin production, stress & disease resistance, growth in children	breathing difficulties, brittle nails, iron deficiency anemia (pale skin, fatigue), constipation, sore or inflamed tongue	alcoholism, anemia, colitis, menstrual problems, impaired absorption, blood loss
Magnesium	RDA SR Toxicity	300-400 mg 400-800 mg 30,000 mg ††	vitamins B6*, C, D, calcium*, phosphorus	calcium (excessive intake), vitamin D, diuretics, excessive oxalic or phytic acids, highly refined diet, oral contraceptives, protein, tetracyclines, too much fat in diet	bone meal, bran, brown rice, green vegetables, honey, kelp tablets, nuts, organ meats, seafood, seaweeds, spinach bran flakes, 1 cup 90 mg peanuts (roasted w/skin), 1 cup 420 mg tuna fish (canned), ¼ lb. 150 mg	acid/alkaline balance, blood sugar metabolism (energy), metabolism (calcium & vitamin C), protein structuring (DNA, RNA)	aching muscles, anxiety, confusion, decreased blood pressure and body temperature, disorientation, easily aroused anger, hyperactivity, insomnia, muscle tremors, nervousness, noise sensitivity, rapid pulse, sound sensitivity	alcoholism, cholesterol (high), depression, heart conditions, hypertension, kidney stones, nervousness, overweight, protein-calorie malnutrition, prostate troubles, stomach acidity, tooth decay
Manganese	RDA SR Toxicity	2.5-5 mg 3-5 mg †	calcium, phosphorus, vitamin B1, E	calcium/phosphorus (excessive intake), iron (excessive intake), refined foods	bananas, bran, buckwheat, celery, cereals, egg yolks, green leafy vegetables, legumes, liver, nuts, pineapples, seeds, wheat germ, whole grains	enzyme activation, reproduction & growth, sex hormone production, tissue respiration, vitamin B1 metabolism, vitamin utilization, fat & carbohydrate metabolism	ataxia (muscle coordination failure), dizziness, ear noises, elevated blood cholesterol, impaired glucose tolerance, increased fat deposition, loss of hearing	allergies, asthma, diabetes, fatigue, nervous instability, rheumatoid arthritis, sterility
Phosphorus	RDA SR Toxicity	800-1200 mg 1000-2000 mg not known	vitamins A, D*, F, calcium*, iron, manganese	aluminum, antacids, iron inorganic magnesium (antacids, milk of magnesia), phytic acid, white sugar (excessive)	eggs, fish, glandular meats, grains, meat, poultry, seaweeds, yellow cheese calf liver ¼ lb. 600 mg milk/yogurt 1 cup 230 mg eggs (cooked), 1 med 110 mg	bone/tooth formation, cell growth & repair, energy production, heart muscle contraction, kidney function, metabolism (calcium, sugar), nerve & muscle activity, vitamin utilization	appetite loss, bone pain, fatigue, irregular breathing, nervous disorders, overweight, weight loss	arthritis, stunted growth in children, stress, tooth & gum disorders
Potassium	RDA SR Toxicity	1875-5625 mg 2500-5600 mg not known	vitamin B6, manganese, sodium**	alcohol, coffee, cortisone, diuretics, highly processed foods, laxatives, penicillin, salt (excessive), sugar (excessive), stress	apricots, blackstrap molasses, broccoli, Brussels sprouts, dates, figs, lima beans, peaches, peanuts, raisins, red meats, seafood, seaweed (kelp), spinach, tomato juice, tofu, yellow vegetables bananas, 1 med 500 mg potatoes (baked), 1 med 900 mg sunflower seeds, 1 cup 900 mg	heart beat, rapid growth, muscle contraction, nerve tranquilization	ache, constipation, continuous thirst, decreased blood pressure, dry skin, edema, increased cholesterol levels, insomnia, muscle damage, muscle & general weakness, nervousness, respiratory distress, salt retention, slow irregular heart beat, weak reflexes	acne, alcoholism, allergies, burns, colic in infants, diabetes, high blood pressure, heart disease (angina pectoris, congestive heart failure, myocardial infarction)
Selenium	RDA SR Toxicity	50-200 mcg † 50-200 mcg † 200 mcg †	iron, vitamin A, C, E	mercury, cadmium, silver, arsenic, sulfates	animal meats, brewer's yeast, broccoli, cabbage, eggs, fish, onion, organ meats, seafood, tomatoes, tuna, wheat germ, whole grains, lobster 1 lb. 471 mg	antioxidant, DNA & protein synthesis, immune response, membrane integrity, pancreatic function (possible increased resistance to cancer), retinal blood vessel proliferation, retinal light reception, sexual/reproductive function, tissue elasticity	aging pigment, blood hemolytic problems, cataracts (increased severity), cardiac toxicity of drugs, male sterility, mercury toxicity, pancreatic insufficiency, peroxidation of fats, poor hair and skin tone, repeated infections	arthritis, cancer, heart disease, toxic metal poisoning
Sodium	RDA SR Toxicity	1100-3300 mg 300-3000 mgs 14,000 mg †	vitamin D, potassium**	chlorine/potassium (lack of), diuretics	salt, milk, cheese, seafood	nerve impulse transmission, normal cellular fluid level, nutrient transport to cell membranes (cell permeability), proper muscle contraction	appetite loss, cramps, decreased resistance to infection, eye disturbances, fatigue, flatulence, intestinal gas, muscle shrinkage, vomiting, weakness/laxitude, weight loss	dehydration, fever, heat stroke
Zinc	RDA SR Toxicity	15 mg 30-100 mg not known	A and B6 (high intake), calcium, copper, phosphorus (lack of), phytic acid, vitamin A & D deficiency	alcohol, calcium (high intake), diuretics, excess fiber, oral contraceptives, phosphorus (lack of)	brewer's yeast, fish, liver, meat, mushrooms, onions, oysters, seafood, soybeans, spinach, sunflower seeds, wheat germ, whole grains (preferably sprouted)	bun & wound healing, carbohydrate digestion, prostate gland function, reproductive organ growth & development, sex organ growth & maturity, vitamin B1, phosphorus & protein metabolism	acne, brittle nails, decreased learning ability, delayed sexual maturity, eczema, fatigue, high cholesterol, loss of taste, poor appetite, poor circulation, poor memory, prolonged wound healing, retarded growth, skin problems, splitting hair, sterility, white spots on nails	alcoholism, angina pectoris, atherosclerosis, baldness, blood vessel diseases, cirrhosis, diabetes, internal & external wound & injury healing, high cholesterol (eliminates deposits), infertility, learning disabilities, parasitic infections, prostate problems, psoriasis, surgical trauma

NOTE: For any treatment or diagnosis of illness see your physician. The use of certain dietary supplements may result in allergic reactions in some individuals. Consult your physician. *Water-soluble vitamins should be taken on an empty stomach and before bedtime. **Water-soluble vitamins should be taken with meals.

KEY
†† Available vitamins should be taken at least one hour before meals and no sooner than three hours after meals with a little safflower oil to help assimilation. Water-soluble vitamins should be taken with meals. *Water-soluble vitamins are a process by which a mineral is absorbed.

**Essential for proper function. ††† Essential for proper function. Excessive intake may produce side effects in some individuals. Excessive intake may be toxic to certain individuals if taken regularly.

IU
RDA
SR
Mg
Mcg
International Units
Recommended Daily Allowance
Supplementary Range
Milligrams
Micrograms

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