

VITAMINS & MINERALS

| NUTRIENTS | TYPE | NATURAL SOURCES | BEST IF TAKEN WITH | DEFICIENCY SYMPTOMS | TOXICITY SYMPTOMS |
|---|---------------|---|---|---|--|
| Dosage | | | | | |
| Calcium | Mineral | Skim milk, nonfat yogurt, kale, cheeses, collard greens, canned salmon & sardines with bones, mustard greens, broccoli, figs, calcium-fortified orange juice, carob, oats, prunes, asparagus, sesame seeds, soybeans, tofu, watercress, whey | Boron, essential fatty acids, lysine, magnesium, manganese, phosphorus, vitamins A, C, D, E, cobalt, folic acid, iron, zinc | Muscle spasms, rickets, osteomalacia, osteoporosis | Generally considered non-toxic. Calcium supplements are not recommended for those individuals with kidney disease or a history of kidney stones. |
| 1,000-1,500 mg | | | | | |
| Chromium | Trace Mineral | Brewer's yeast, broccoli, ham, grape juice, brown rice, cheese, whole grains, dried beans, calves liver, chicken, corn, corn oil, dairy products, eggs, potatoes, mushrooms, wine, beer | None required | Rare: alterations in metabolism of fats, carbohydrates, proteins, amino acids | Generally considered non-toxic. Exposure to industrially inhaled chromium has been linked to lung cancer. |
| 200-600 mcg | | | | | |
| Copper | Trace Mineral | Shellfish, nuts, seeds, cocoa powder, beans, whole grains, mushrooms, calves liver, avocados, barley, beets, broccoli, lentils, oats, oranges, radishes, raisins, salmon, green leafy vegetables | Cobalt, folic acid, iron, zinc | Osteoporosis, inability of body to manufacture collagen, fatigue, baldness, slow growth, slows nervous system development, retardation | Nausea, vomiting, abdominal pain, diarrhea, headaches, metallic taste, hemolytic anemia |
| 0.5-2 mg | | | | | |
| Fluoride | Trace Mineral | Fluoridated water, tea, canned salmon, mackerel, kidney, liver | None required | Dental caries, brittle bones | Mottled teeth, osteomalacia, osteoporosis |
| 1.5-4 mg | | | | | |
| Folic Acid | Water Soluble | Fortified cereals, pinto beans, navy beans, asparagus, spinach, broccoli, okra, brussels sprouts, barley, beef, bran, brown rice, brewer's yeast, cheese, chicken, dates, green leafy vegetables, lamb, legumes, lentils, liver, milk, mushrooms, oranges, split peas, pork, tuna, whole grains | Multivitamin | Anemia, irritability, weakness, sleep disturbances, pallor, sore & reddened tongue | Generally considered non-toxic |
| 400-1,200 mcg | | | | | |
| Iodine | Mineral | Iodized salt, shellfish, saltwater fish, milk, seaweed | Iron, manganese, phosphorus | Growth and sexual development can be delayed in children, goiter | Generally considered non-toxic, if under 1,000 mcg/day. High doses can cause headaches, metallic taste in mouth and rash. |
| 0-150 mcg (Most individuals) 150-300 mcg (For those) | | | | | |
| Manganese | Trace Mineral | Canned pineapple juice, wheat bran, wheat germ, whole grains seeds, nuts, cocoa, shellfish, tea, dairy products, apples, apricots, avocados, bananas, brewer's yeast, cantaloupe, grapefruit, green, leafy vegetables, peaches, figs, salmon, soybeans, tofu | Calcium, iron, vitamin B complex, vitamin E | Rare: atherosclerosis, confusion, tremors, elevated cholesterol levels, impaired vision & hearing, skin rash, irritability, increased blood pressure, pancreatic damage, sweating, increased heart rate, mental impairment, grinding of teeth | Generally considered non-toxic. Exposure to industrially inhaled manganese has been linked to psychiatric and nervous disorders. |
| 15-30 mg | | | | | |
| Molybdenum | Trace Mineral | Beans, whole grains, cereals, milk, milk products, dark green, leafy vegetables, legumes, peas, meats | None required | Rare: increased heart rate, mouth & gum disorders, impotence in older males, increased respiratory rate, night blindness | Generally considered non-toxic. |
| 75 mcg | | | | | |
| Phosphorus | Mineral | Halibut, non-fat yogurt, salmon, skim milk, chicken breast, extra lean ground beef, oatmeal, lima beans, broccoli, asparagus, corn, dairy products, eggs, dried fruits, highly carbonated beverages, legumes, nuts, sesame, pumpkin, sunflower seeds | Calcium, iron, manganese, sodium, vitamin B6 (pyridoxine) | Fatigue, irritability, decreased appetite, bone pain, weakness, skin sensitivity | Rarely toxic. Symptoms may include brittle bones related to loss of calcium (osteoporosis). |
| 1,200 mg | | | | | |
| Potassium | Trace Mineral | Dried apricots, baked potatoes | None required | Dry skin, acne, chills, diarrhea, impaired cognitive function, muscle spasms, arrhythmia, edema, decreased reflex response, thirst, glucose intolerance | Rarely toxic. Symptoms may include arrhythmia & heart failure (doses exceeding 18gm/day). |