



Nutritional Supplements

Supplement	Definition	Sources	Symptoms & Problems
Vitamin A (retinol)	Eyes, immune function, skin, essential to cell growth and development	Milk, eggs, liver, fortified cereals, orange or green vegetables, fruits	Night blindness, poor immune function, zinc deficiency, fat malabsorption
Vitamin B1 (thiamin)	Converts carbs to sugar, breaks down fats and protein healthy digestion, nervous system, skin, hair, eyes, mouth, liver, immune system	Pork, organ meats, wholegrain/enriched cereals, brown rice, wheat germ, bran, brewer's yeast, blackstrap molasses	Decreased heart function, age-related cognitive decline, Alzheimer's, fatigue
Vitamin B2 (riboflavin)	Metabolism, converts carbs to sugar, breaks down fat & protein, healthy digestion, nervous system, skin, hair, eyes, mouth, liver, antioxidant properties	Brewer's yeast, almonds, organ meats, whole grains, wheat germ, mushrooms, soy, dairy, eggs, green vegetables	Poor iron absorption, anemia, decreased free radical protection, cataracts, poor thyroid function, B6 deficiency, fatigue, elevated homocysteine
Vitamin B3 (niacin)	Energy, digestion, nervous system, skin, hair, eyes, mouth, liver, eliminates toxins, sex/stress hormone production, improves circulation and cholesterol	Beets, brewer's yeast, meat, poultry, organ meats, fish, seeds, nuts	Cracking, scaling skin, digestive problems, confusion, anxiety, fatigue, reduced endurance
Vitamin B6 (pyroxidine)	Used in 100 enzymes for protein metabolism, RBC production, reduces homocysteine, healthy nerve & muscle cells, DNA.RNA, B12 absorption, immune function	Poultry, tuna, salmon, shrimp, beef liver, lentils, soybeans, seeds, nuts, avocados, bananas, carrots, brown rice, bran, wheat germ, whole-grain flour	Depression, sleep and skin problems, elevated homocysteine, increase heart disease risk

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Vitamin B12 (cobalamin)	Healthy nerve cells, DNA/RNA, red blood cell production, iron function	Fish, meat, poultry, eggs, dairy products	Anemia, fatigue, weakness, constipation, loss of appetite, weight loss, numbness and tingling in the hands and feet, depression, confusion, dementia, poor memory, mouth or tongue soreness
Vitamin D (ergocalciferol)	Calcium and phosphorus levels, calcium absorption, bone mineralization	Sunlight, milk, egg yolk, liver, fish	Osteoporosis, decreased calcium, absorption, thyroid problems
Vitamin E (a-tocopherol)	Antioxidant, regulates oxidation reactions, stabilizes cell membrane, immune function, protects against cardiovascular disease, cataracts, macular degeneration	Wheat germ, liver, eggs, nuts, seeds, cold-pressed vegetable oils, dark leafy greens, sweet potatoes, avocado, asparagus	Dry skin and hair, rupturing of red blood cells, anemia, easy bruising, PMS, hot flashes, eczema, psoriasis, cataracts, poor wound healing, muscle weakness, sterility
Biotin	Carbohydrate, fat, amino acid metabolism (the building blocks of protein)	Meats, vegetables, unprocessed grains, brewer's yeast, corn cauliflower, kale, broccoli, tomatoes, avocado, legumes, lentils, egg yolks, milk, sweet potatoes, seeds, nuts, wheat germ, salmon	Depression, nervous system abnormalities, premature graying, hair loss, skin problems
Folate	Brain function, mental health, DNA/RNA during infancy, adolescence and pregnancy, with B12 to regulate RBC production, iron function, reduce homocysteine	Fortified cereals, grains, tomato juice, green vegetables, black-eyed peas, lentils, beans	Anemia, impaired immune function, fatigue, insomnia, premature hair loss, high homocysteine, heart disease risk
Pantothenate	RBC production, sex and stress-related hormones, immune function, healthy digestion, helps use other vitamins	Meat, vegetables, whole grains, brewer's yeast, avocado, legumes, lentils, egg yolks, milk, sweet potatoes, seeds, nuts, wheat germ, salmon	Reduced stress tolerance, poor wound healing, skin problems, fatigue
Calcium	Bones and teeth, helps heart, nerves, muscles, other body systems work properly, needs other nutrients to function	Dairy, wheat flour, soy flour, molasses, brewer's yeast, Brazil nuts, broccoli, cabbage, dark leafy greens, hazelnuts, oysters, sardines, canned salmon	Osteoporosis, osteomalacia, osteoarthritis, muscle cramps, irritability, acute, anxiety, colon cancer risk

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Carnitine	Energy, heart function, oxidize amino acids, for energy, metabolize ketones	Red meat, dairy, fish, poultry, tempeh (fermented soy beans), wheat, asparagus, avocados, peanut butter	Elevated cholesterol, abnormal liver function, muscle weakness, reduced energy, impaired glucose control
Co-Q10	Powerful antioxidant, stops oxidation of LDL cholesterol, energy production, important to heart, liver, kidney function	Oily fish, organ meats, whole grains	Congestive heart failure, high blood pressure, angina, mitral valve prolapse, fatigue, gingivitis, weak immune system, stroke cardiac arrhythmias
Magnesium	Used in 300 biochemical reactions, muscle/nerve function, keeps heart rhythm steady, immune system, strong bones, regulates calcium, copper, zinc, potassium, Vitamin D	Green vegetables, beans, peas, nuts, seeds, whole, unprocessed grains	Loss of appetite, nausea, vomiting, fatigue, weakness, numbness, tingling, cramps, seizures, personality changes, abnormal heart rhythms, heart spasms
Selenium	Antioxidant, works with vitamin E, immune function, prostaglandin production	Brewer's yeast, wheat germ, liver, butter, cold water fish, shellfish, garlic, whole grains, sunflower seeds, Brazil nuts	Destructive changes to heart, pancreas, sore muscles, increased fragility of red blood cells, weak immune system
Zinc	Supports 100 enzymes, immune system, wound healing, sense of taste/smell, DNA synthesis, normal growth, development during pregnancy, childhood, adolescence	Oysters, red meat, poultry, beans, nuts, seafood, whole grains, fortified breakfast cereals, dairy	Growth retardation, hair loss, diarrhea, delayed sexual maturation, impotence, eye and skin lesions, loss of appetite/taste, weight loss, delayed wound healing, mental lethargy
Alpha Lipoic Acid	Energy, blood flow to nerves, glutathione levels in brain, insulin sensitivity, effectiveness of vitamins C,E, other antioxidants	Supplementation, spinach, broccoli, beef, Brewer's yeast, some organ meats	Diabetic neuropathy, reduced muscle mass, risk of atherosclerosis, Alzheimer's, failure to thrive, brain atrophy, increased lactic acid production
N-Acetyl Cysteine (NAC) & Glutathione	Glutathione productions, lowers homocysteine, lipoprotein (a), heal lungs of free radical damage, inflammation, decrease muscle fatigue, liver, detoxification, immune function	Meats, ricotta, cottage cheese, yogurt, wheat germ, granola, oat flakes	Free radical overload, elevated homocysteine, increased cancer risk, cataracts, macular degeneration, impaired immune function, impaired toxin elimination