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Vitamins & Minerals (Quick Study: Health)

WORLD'S #1 QUICK REFERENCE GUIDE

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VITAMINS & MINERALS

NUTRIENTS/TYPE/DOSEAGE	NATURAL SOURCES	BEST IF TAKEN WITH	DEFICIENCY SYMPTOMS	TOXICITY SYMPTOMS
Water-Soluble Vitamins Biotin Water-Soluble Vitamin 100-1000 mg	Egg yolks, yeast, salmon, poultry, pork, nuts, and rice bran	None required	Lary fringitis, frequent infections	Generally considered nontoxic
Biotin Water-Soluble Vitamin 500 mg	Egg yolk, yeast, eggs, fishmeal, beef liver, cod, salmon, yeast, milk, oranges, tomatoes, wheat-germ bran	None required	Dermatitis, hair loss, fatigue, muscle aches, decreased glucose tolerance	Generally considered nontoxic
Boron Mineral 1-3 mg	Dried legumes, nuts, vegetables	None required	Osteoporosis, arthritis	Very low toxicity
Calcium Mineral 1,000-1,500 mg	Milk, milk, yogurt, cheese, almonds, leafy greens, animal-skin and surface milk bones, mineral greens, broccoli, figs, calcium-fortified cereals, pasta, cauliflower, apricots, sardines, oranges, raisins, almonds, walnuts, soybeans, soy milk	None, or with essential fatty acids, folic acid, iron, lysine, magnesium, manganese, phosphorus, vitamins A, C, D, E, etc.	Muscle spasms, ticks, constipation, osteoporosis	Generally considered nontoxic; calcium supplements are not recommended for individuals with kidney disease or a history of kidney disease
Choline Water-Soluble Vitamin 100-500 mg	Beef liver, heart, whole eggs, cod, shrimp, salmon, Brussels sprouts, broccoli, wheat germ, cauliflower, navy beans, milk, almonds, peanuts	Good fat	Fatty liver, muscle damage	Fatty body odor, vomiting, diarrhea, increased sweating
Chromium Trace Mineral 200-400 mcg Found in chromium picolinate or Cr chelate	Beetroot, yeast, broccoli, lentils, grape juice, brown rice, oatmeal, whole grains, dried beans, walnuts, blueberries, raisins, corn, milk, dairy products, eggs, prunes, molasses, oranges, yeast	None required	None	Altered glucose tolerance, impaired wound healing, decreased insulin sensitivity
Coenzyme Q10 (CoQ10) Fat-Soluble Vitamin 60-200 mg	Organ meats, egg yolks, whole grains	Good fat	Heart disease and arrhythmia, high blood pressure, fatigue, weakness	None
Copper Trace Mineral 0.5-2 mg	Shellfish, nuts, seeds, grains, beans, whole grains, mushrooms, whole grain cereals, barley, beef, broccoli, lentils, corn, oranges, oysters, raisins, sesame seeds, vegetables	Cobalt, folic acid, iron, zinc	Osteoporosis, inability of body to produce collagen, fatigue, weakness, slow growth, slow wound-healing, development and retention	Nausea, vomiting, abdominal pain, diarrhea, headache, mental fog, lethargy, anemia
Fluoride Trace Mineral 1.5-4 mg	Dairy products, water, tea, canned salmon, seafood, baking soda	None required	Dental caries, brittle bones	Stomach cramps, constipation, osteoporosis
Folic Acid Water-Soluble Vitamin 400-1,000 mcg Found in folic acid	Fortified cereal, grain, beans, navy beans, lentils, chickpeas, almonds, sesame seeds, Brussels sprouts, barley, hazelnuts, brown rice, brown lentils, green beans, chickpeas, dates, grape juice, raspberries, Swiss chard, spinach, soybeans, soy milk, sweet potatoes, oranges, peaches, pork, trout, whole grains	Multivitamins	Anemia, irritability, weakness, sleep disturbances, pallor, sore and inflamed tongue	Generally considered nontoxic
Iodine Mineral 150 mcg (range 150-600 mcg) 100-300 mcg (for those who use or live near salt water)	Dairy milk, shellfish, seawater fish with seaweed	Iron, manganese, phosphorus	Growth and sexual development delays in children, goiter	Generally considered nontoxic if under 1,000 mcg/d; high doses can cause hypothyroidism, metallic taste in mouth, and rarely cause a 30,000 mcg/d have been associated with thyroid cancer
Iron Mineral 15-45 mg (male) 18-30 mg (female)	Lean red meat, organ meats, fish, fortified cereals, raisins, prunes, nuts, soybeans, eggs, fish, fruits, green leafy vegetables, whole grains, milk, prunes, beans, Brewer's yeast, dates, peaches, pears, lentils, prunes, raisins, sesame seeds	None required	Anemia, dry or scaly hair, dizziness, fatigue, hair loss, cracked lips, or tongue, constipation, decreased mental capacity, etc.	Generally considered nontoxic if under 100 mg/d; high doses can cause abdominal cramps, vomiting, and diarrhea even if a small amount of iron can be stored in the body
Lithium Mineral 5-10 mg (as available as lithium)	Fruits, whole grains, leafy vegetables, beef liver, seafood, legumes	None required	Depression, violent behavior	None at normal levels; overdoses can cause tremors, hyperreflexia or parosmia (taste) (100 mg/d or higher), avoid during pregnancy and lactation

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Synopsis

We've updated and expanded our popular Vitamins & Minerals study guide to ensure complete coverage of what you need for good long-term health. Every important vitamin and mineral—as well as the various disorders they're used for and the recommended amounts—is listed in a handy table format; types of food containing specific vitamins and minerals are also included. Access to this important information has never been easier!

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Customer Reviews

Misinformation particularly with respect to the supplementation of Iodine. Other so called guidelines in here are from the bureaucracy of medicine rather than what is necessary to achieve optimum health.

These supplements and herbal cheat sheets are not cheat sheets at all, unless you have absolutely NO knowledge of natural medicine what so ever, do not use these. I can not imagine anyone who actually treats people to use these sheets. Lots of out dated info and most inaccurate. Please do not waste your money. If you want a great learning tool get the Prescription for nutritional healing book. Do not use this to give advice to your patients or clients. You will do more harm than good.

Very nice guide and has a lot of useful information on it as a quick, go to reference. A lot of stuff that I never knew and I got these cause my family has been suffering a lot of skin and allergy issues so

we have decided to cut out the chemicals and other things that aren't natural to try and better our health. These guides are handy to have as a quick guide, I reference them all the time. Would recommend to anyone who needs something quick to reference.

A very useful chart which compiles information from many sources into one neat package. That said, one must do additional reading to confirm any suggestions about using Vitamins and Herbs to treat a health related problem, as opinions in this area do vary. Although AMA medicine is not especially good at correcting many health problems, they are fairly good at diagnosing them. So my recommendation is to go to your GP or other AMA specialist to understand the problem you are have before trying to fix it yourself. Then try some Vitamin therapy along with or instead of drugs. The more serious your problem, the more carefully you should make this decision and always read as much as you can about your particular health condition and how the Vitamins and Herbs function in the body. Being informed, is one of the best ways to stay healthy. In some cases, the drugs actually do work effectively. Bottom line is this chart is definitely worth the five bucks they are asking for it.

This is a very nice chart to have. It tells you all the basic information you need to know on the vitamins and minerals without any extra information that you probably don't need to know. I'm in PA school and it was helpful for when I was studying some of the nutritional deficiencies. The one thing I didn't like was that it includes a large section about supplements and which ones to take for certain conditions. The claims there were suspect at best. Otherwise, a nice reference.

I have a large 3-ring binder for laminated quick reference pages. When I first got this one I thought it actually had too much information, but quickly changed my mind. It gives natural source of vitamins and minerals and recommended dosage, what's best to take them with, deficiency symptoms, and toxicity symptoms. It lists dozens of conditions and recommended vitamins and, more important, a list of vitamins and drugs that interact adversely. Instead of spending hours going through a book, you can quickly find the information you want. There are 6 pages of information that is in columns and multi-color blocks for easy reading.

not what I personally want. it is good but repeat not what i am looking for - too much info here. All I want is a list of all vitamins and what they do - for example vitamin B, vitamins B12, Vitamin C. I'll keep looking. have been to health stores but they just don't carry it any more.

I bought this for my own reference to eat healthier. This is better than expected! It came on time and was already laminated as a tri-fold booklet. I love that it is big, about the size of regular printer paper. It is very detailed but also easy to read. I keep it on my fridge, I would love to see what other study sheets this company makes!

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