

VITAMIN CHEAT SHEET

VITAMIN

WHAT WE USE IT FOR

GOOD SOURCES

A

For healthy vision, skin, bones, teeth & reproduction

Liver, Eggs, Fish, Milk, Carrots, Sweet Potato, Pumpkin, Spinach

B1

THIAMIN

Helps convert food into energy and is critical for nerve function

Pork, Soy, Watermelon, Tomato, Spinach

B2

RIBOFLAVIN

Helps convert food into energy and supports healthy skin, hair, blood & brain

Dairy, Meat, Green Leafy Veggies, Enriched Wheat, Oysters

B3

NIACIN

Helps convert food into energy and is essential for healthy nervous system

Beef, Chicken, Shrimp, Avocado, Peanuts, Tomato, Spinach

B6

PYRIDOXINE

Helps make red blood cells and improves sleep, appetite & mood

Chicken, Tofu, Banana, Watermelon, Fish, Legumes

B7

BIOTIN

Helps convert food to energy & break down glucose

Whole Grains, Eggs, Almonds, Soybeans, Fish

B9

FOLATE

Vital for new cell creation and DNA synthesis

Legumes, Spinach, Leafy Greens, Chickpeas, Tomato, Asparagus

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B12

Breaks down fatty acids & amino acids, helps make red blood cells

Dairy, Beef, Pork, Poultry, Fish, Eggs

C

Acts as an antioxidant, helps make new cells, & improves immune system

Fruit & Fruit Juices, Pepper, Broccoli, Tomato, Spinach

D

Strengthens and helps form bones & teeth via calcium & phosphorus

Egg Yolk, Fatty Fish, Liver, Sunlight

E

Acts as an antioxidant, helps stabilize cell membranes

Nuts, Avocado, Tofu, Whole Grains, Seeds

K

Essential for blood clotting and helping to regulate blood calcium

Broccoli, Brussels Sprouts, Liver, Leafy Greens

Nutritional Supplements Guide

W. Marvin Davis



Nutritional Supplements Guide:

The Health Professional's Guide to Popular Dietary Supplements Allison Sarubin-Fragakis, 2007 Twenty nine new dietary supplements have been added to this edition This guide comprehensively explores the media claims drug supplement interactions dosage information and relevant research for more than 100 of today s most popular dietary supplements Completely revised updated and indexed information is provided for dietetics professionals and their clients Written by industry experts this guide s recommendations are reliable and backed by credible clinical research *User's Guide to Women's Health Supplements* Laurel Vukovic, 2003 Women have their own distinctive biological and health issues which include menstruation pregnancy menopause and breast cancer This book explains how vitamins minerals and herbs can help women feel better and stay healthier **User's Guide Eye Health Supplements** Bill Sardi, 2003 Cataracts and age related muscular degeneration are the most common vision threatening eye diseases Both interfere with vision and many lead to blindness Yet many natural supplements such as lutein and zeaxanthin play normal roles in protecting the eyes This User s Guide to Eye Health Supplements explains how these and other nutrients can reduce your risk of eye disease **Dietary supplements an advertising guide for industry. , The Health Professional's Guide to Dietary Supplements** Shawn M. Talbott, Kerry Hughes, 2007 This quick glance reference helps students and health professionals educate themselves and their patients clients about the scientific evidence for and against more than 120 popular dietary supplements Supplements are logically grouped into 12 chapters based on their primary desired effect such as weight loss joint support and sports performance enhancement The authors give each supplement a one to five star rating based on the level of scientific substantiation for each of its major claimed effects The book highlights crucial safety issues regarding each supplement and sets forth recommended dosages for particular effects A quick reference appendix lists all the supplements alphabetically with their star ratings [The Book of Supplement Secrets](#) Tim Mielke, 2009-03-01 Do you want to know how supplement manufacturers can legally deceive you into buying lower grade supplements Are you completely confused when you read the ingredient labels on supplements Do you want to know which supplements actually work and have been proven effective in their proper dose If you answered yes to any or all of these questions then The Book of Supplement Secrets may save you thousands of dollars in the long run when purchasing your nutritional supplements The fact is certain nutritional supplements work Some have been proven effective over and over again both in the laboratory and in the real world The key is that you need to know what you re really buying You need to educate yourself I have outlined some of the most important and most effective supplements to help you maximize your body s potential What you may not know is that there are guidelines for each one that are usually not mentioned If you don t follow the rules of proper supplementation your body and your wallet suffer the consequences Take the guess work and confusion out of purchasing nutritional supplements with The Book of Supplement Secrets **Consumer's Guide to Dietary Supplements and Alternative Medicines** W. Marvin

Davis,2006-09-26 Learn the benefits and hazards of certain dietary supplements The term dietary supplement can include vitamins minerals herbal and botanical products Consumers freely use supplements for the promoted claims of benefits but often without consideration of the potential risks The Consumer s Guide to Dietary Supplements and Alternative Medicines is a critical balanced look at the different classes of supplement products and whether many claims of benefits are true or simply product hype Respected supplement authority Dr W Marvin Davis exposes what is truth what is fiction and what is not known for many supplements you may be taking If you take dietary supplements or even think about taking them this book clears the mystery behind the product claims The term dietary supplement can include vitamins minerals herbal and botanical products Consumers freely use supplements for the promoted claims of benefits but often without consideration of the potential risks The Consumer s Guide to Dietary Supplements and Alternative Medicines is a critical balanced look at the different classes of supplement products and whether many claims of benefits are true or simply product hype This book by respected supplement authority Dr W Marvin Davis exposes what is truth what is fiction and what is not known for many supplements you may be taking If you take dietary supplements or even think about taking them this book clears the mystery behind the product claims The Consumer s Guide to Dietary Supplements and Alternative Medicines brings you the benefit of Dr Davis s extensive knowledge about physicians the pharmaceutical industry and research in pharmacology and toxicology in order to shatter misconceptions about supplements and the supplement industry The book s no nonsense discussion about this much hyped industry is even handed and straightforward and provides clear headed advice every consumer of supplements needs The guide explores various supplements interactions with prescription drugs the placebo effect as a factor for beneficial claims historical instances of supplements that have proved hazardous to consumers and receiving directions for supplement use from an unconventional medical healthcare practitioner It clearly explains the potentials of supplements through the use of illustrative clinical case studies from medical literature in simplified easy to understand language This extensive source is comprehensively referenced and includes tables of supplements with their possible benefits and hazards The Consumer s Guide to Dietary Supplements and Alternative Medicines exposes the truth about therapeutic fundamentals of supplements why there is strong resistance to supplements as unconventional remedies by physicians the pharmaceutical industry s perspective on supplements six major myths about dietary supplements liver support remedies soy formulations cancer cures the fountain of youth actions of hormonal and antioxidant products vitamins minerals amino acids and enzymes new biochemicals such as alpha lipoic acid and choline derivatives carotenoids anthocyanins and flavonoids aloe vera the unappreciated pharmacology of ascorbate historical instances in which consumers have avoided catastrophe the future of the supplement field much much more The Consumer s Guide to Dietary Supplements and Alternative Medicines may be the best available resource of important information for every concerned health conscious consumer considering dietary supplements of any kind Dr. Colbert's Guide to Vitamins and Supplements Don

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Sports Nutrition and or current former doctoral students from the Exercise and Sport Nutrition Laboratory located at Texas A M University Nutritional Supplements in Sports and Exercise Second Edition presents cutting edge information and is valuable to sports nutritionists exercise physiologists strength and conditioning personal trainers athletic trainers athletic coaches registered dietitians and college professional sport affiliates **User's Guide to Heart-Healthy Nutrients**

Michael Janson,2004 In this concise Users Guide Michael Janson describes the best nutritional and herbal supplements for preventing and reversing heart disease Some of these supplements such as coenzyme Q10 and hawthorn many be less well known than others but they are still powerful natural health promoting substances Dr Janson also provides clear guidelines for how to use these supplements safely **The AARP Guide to Pills** Maryanne Hochadel,2006 Essential information on

more than 1 200 prescription and nonprescription medicines including generics **Nutritional Supplements in Sport, Exercise and Health** Louise Burke,Linda M. Castell,Samantha J. Stear,2015 **Guide to Nutritional Supplements**

,2009-09-02 The rapidly expanding world of nutrition functional foods and nutraceuticals is increasingly complex This Guide to Nutritional Supplements provides a concise and complete reference to the most common nutritionally significant elements Including dietary guidelines intake measurements and other contextual information this Guide is the ideal reference for nutritionsts and dieticians facing an increasing public awareness of supplements and who many be augmenting their diets with OTC supplements Focused on the nutritional values impacts and interactions of supplements Provides a science based approach to determining the appropriate selection and application of supplements for improved diet and nutrition **User's**

Guide to Natural & Safe Pain Relief Kenneth Frank,2006 Since the widely publicized dangers of COX 2 inhibitor drugs such as Vioxx and other painrelieving medications people have been seeking safer means to reduce the pain associated with arthritis and other diseases In this User s Guide Dr Kenneth Frank advises readers on the many beneficial pain relieving supplements including fish oils B vitamins glucosamine MSM and more traditional homeopathic remedies Dr Frank also explains how improving some of your eating habits can actually reduce both inflammation and pain Book jacket The H.E.R.B.A.L. Guide Robert Alan Bonakdar,2012-03-28 The H E R B A L Guide will greatly assist clinicians in counseling patients about use of herbal and dietary supplements and integrating these supplements into the comprehensive clinical management of common conditions The opening section offers practical advice on the clinician patient dialogue about supplements Subsequent chapters discuss key issues regarding labeling dosing regulation interactions and reactions efficacy clinical trials and the role of each member of the health care team in management of supplements Major sections present case studies of patients with common conditions and quick reference guides to the use of natural medicines in clinical management of specific disorders **Basic Health Publications User's Guide to Natural Hormone Replacement**

Kathleen Barnes,2005-09 With the health risks associated with conventional hormone replacement therapy women are searching for safe and effective ways to reduce hot flashes prevent osteoporosis and reduce the risk of heart disease during

menopause In this User s Guide health writer Kathleen Barnes describes a variety of natural and safe options for navigating the biological changes that come with mid life She suggests vitamins herbs and other supplements that scientific studies have found helpful in easing a natural transition and for lowering the long term risk of age related diseases **Nutrition Guide for Physicians and Related Healthcare Professions** Ted Wilson,Norman J. Temple,George A. Bray,2022-01-03 This fully updated and expanded third edition is a reference guide on nutrition and its clinical implications for health and disease through the life cycle The book endeavors to address the needs of those who would most benefit from up to date information on recent advances in the field of nutrition Written by experts in the field chapters cover a diverse range of nutritional areas that present a succinct overview of recent thinking and discoveries that have the greatest capacity to aid physicians and other healthcare professionals in improving the nutritional health of their clients The text is divided into eight parts Part one and two address the nutrient requirements and special nutrition related issues for people across all stages of the lifespan from pregnancy and infancy through the adolescent years to the older adult years Part three summarizes the role of nutrition in the prevention and management of chronic conditions frequently seen in clinical practice including obesity diabetes bone disorders coronary heart disease hypertension and cancer Part four describes different dietary patterns the Mediterranean diet the DASH diet the vegetarian diet and the ketogenic diet Part five describes nutrition challenges specific to surgery and several different acute diseases and disorders gastrointestinal disorders food allergy and intolerance diseases of the liver and pancreas kidney disease eating disorders bariatric surgery sarcopenia and drug interactions with food Part six looks at different aspects of the diet coffee tea dietary fat dietary sugars energy drinks alcohol dietary fiber vitamins minerals and the gut microbiome Part seven examines a range of factors that influence dietary health decisions creating nutritional behavior change methods for assessing nutritional status Dietary Reference Intakes an overview of the diet and food guides food labels and sources of nutrients Finally part eight looks at dietary supplements including the problem of dishonest marketing and false and misleading information in the area of nutrition The growing nutritional impact of COVID 19 is discussed throughout the book where appropriate Nutrition Guide for Physicians and Related Healthcare Professions Third Edition serves as a comprehensive guide that is organized by age lifespan nutrition therapy in relation to chronic disease and COVID diet and its role in prevention dietary requirements and recommendations and influencing health decisions for the patient It is a valuable resource of practical and easy to access information on nutrition for physicians nurses pharmacists and others in their daily practice

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