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Vitamins & Minerals (Quick Study: Health)

WORLD'S QUICK REFERENCE GUIDE				
VITAMINS & MINERALS				
NUTRIENTS/ TYPE/DOSE	NATURAL SOURCES	BEST IF TAKEN WITH	DEFICIENCY SYMPTOMS	TOXICITY SYMPTOMS
Biotin Water Soluble Vitamin 10-100 mcg	Egg yolk, milk, yeast, brewer's yeast, whole wheat, wheat germ, soybeans, sunflower, alfalfa, whole wheat	None required	Depression, hair loss, brittle nails, muscle aches, decreased glucose metabolism	Generally considered nontoxic
Boron Mineral 1-3 mg	Onion, legumes, nuts, vegetables	None required	Osteoporosis, arthritis	Very low toxicity
Calcium Mineral 1,000-1,500 mg	Milk, milk, yogurt, cheese, fish, shrimp, collard greens, canned salmon and sardines with bones, processed cheese, almonds, figs, calcium-fortified orange juice, cereals, tofu, prunes, apricots, raisins, seeds, soybeans, rice, watercress, celery	Bone, cobalt, essential fatty acids, folic acid, iron, lysine, magnesium, manganese, phosphorus, vitamins A, C, D, E, K	Muscle spasms, ticks, osteoporosis, osteoporosis	Generally considered nontoxic; calcium supplements are not recommended for individuals with kidney disease or a history of kidney stones
Choline Water Soluble Vitamin 100-500 mg	Beet 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, confusion, increased sweating
Chromium Trace Mineral 200-400 mcg (found in chromium picolinate or HCl derivative)	Beer, yeast, broccoli, lentils, grape juice, brown rice, whole grains, dried beans, water, wheat, alfalfa, oats, corn, rice, dairy products, eggs, prunes, raisins, apricots, raisins	None required	Diabetes, alterations in metabolism of fats, carbohydrates, proteins, and amino acids	Generally considered nontoxic; exposure to industrially related chromium has been linked to lung cancer
Cobalamin Q10 (CoQ10) Fat Soluble Vitamin 60-300 mcg	Only fish, organ meats, whole grains	Good fat	Heart disease and arrhythmia, high blood pressure, dizziness, stomach issues	Heart disease, dizziness, nausea, in children, may increase the effect of some blood thinners and blood-lowering medications
Copper Trace Mineral 0.5-2 mg	Shellfish, eggs, seeds, organ meats, whole grains, mushrooms, walnut, liver, almonds, barley, barley, brown rice, lentils, oats, oranges, cashews, apricots, raisins, green leafy vegetables	Cobalt, folic acid, iron, zinc	Osteoporosis, inability of body to metabolize collagen, fatigue, lethargy, slow growth, slow wound healing, development and maturation	Nausea, vomiting, abdominal pain, diarrhea, headache, metal in taste, bloody stools
Fluoride Trace Mineral 1.5-4 mg	Chlorinated water, tea, canned salmon, seafood, kidney, liver	None required	Dental caries, brittle bones	Neurotoxicity, osteosarcoma, osteoporosis
Folic Acid Water Soluble Vitamin 400-1,000 mcg (found as folate in foods)	Fortified cereal, grain, beans, navy beans, soybeans, lentils, broccoli, chickpeas, Brussels sprouts, barley, oat, bran, brown rice, banana, yeast, whole wheat, dates, green leafy vegetables, leafy greens, lentils, liver, milk, raisins, oranges, apples, pears, peas, whole grains	Multivitamins	Anemia, irritability, weakness, sleep disturbances, pale skin and mouth, tongue	Generally considered nontoxic
Iodine Mineral 150 mcg (found in iodized salt) 100-200 mcg (found in sea salt) (found as iodine in food)	Seaweed, salt, shellfish, seawater, milk, milk, seaweed	Iron, manganese, phosphorus	Growth and sexual development delays in children, goiter	Generally considered nontoxic if under 1,000 mcg/d; high doses cause thyroid issues, irritability, brittle nails, and can cause thyroid issues in children
Iron Mineral 15-25 mg (male) 18-30 mg (female)	Lean red meat, organ, liver, whole grains, prunes, raisins, apricots, eggs, fish, liver, green leafy vegetables, whole grains, milk, prunes, raisins, banana, lentils, dates, cherries, pears, lentils, prunes, raisins, apricots, raisins	None required	Anemia, dry or brittle hair, fatigue, depression, fatigue, lack of energy, decreased immune system, decreased resistance to infection, and so on	Generally considered nontoxic if under 15 mg/d; high doses cause constipation, nausea, vomiting, and diarrhea; severe overdose of iron can be fatal if medical attention is not sought
Lithium Mineral 5-15 mg (as needed or as prescribed)	Fruit, olive green, leafy vegetables, liver, liver, seafood, legumes	None required	Depression, violent behavior	Brain or thyroid issues, confusion, dizziness, tremor, muscle weakness, weight gain, increased thirst, increased urination, increased sweating, increased heart rate, increased blood pressure, increased blood sugar, increased blood cholesterol, increased blood triglycerides, increased blood glucose, increased blood calcium, increased blood sodium, increased blood potassium, increased blood magnesium, increased blood zinc, increased blood copper, increased blood manganese, increased blood selenium, increased blood chromium, increased blood cobalt, increased blood molybdenum, increased blood vanadium, increased blood nickel, increased blood tin, increased blood antimony, increased blood bismuth, increased blood cadmium, increased blood arsenic, increased blood mercury, increased blood lead, increased blood barium, increased blood strontium, increased blood yttrium, increased blood zirconium, increased blood niobium, increased blood hafnium, increased blood tantalum, increased blood tungsten, increased blood rhenium, increased blood ruthenium, increased blood rhodium, increased blood palladium, increased blood silver, increased blood gold, increased blood platinum, increased blood iridium, increased blood osmium, increased blood selenium, increased blood tellurium, increased blood polonium, increased blood astatine, increased blood francium, increased blood actinium, increased blood thorium, increased blood protactinium, increased blood uranium, increased blood neptunium, increased blood plutonium, increased blood americium, increased blood curium, increased blood berkelium, increased blood californium, increased blood einsteinium, increased blood fermium, increased blood mendelevium, increased blood nobelium, increased blood lawrencium, increased blood roentgenium, increased blood darmstadtium, increased blood tennessine, increased blood oganesson



Synopsis

Weâ™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 mineralâ•as well as the various disorders theyâ™re used for and the recommended amountsâ•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!

Book Information

Series: Quick Study: Health

Misc. Supplies: 6 pages

Publisher: QuickStudy; Lam Chrt edition (December 31, 2011)

Language: English

ISBN-10: 1423218434

ISBN-13: 978-1423218432

Product Dimensions: 8.5 x 11 x 0.1 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (66 customer reviews)

Best Sellers Rank: #42,332 in Books (See Top 100 in Books) #26 inÂ Books > Health, Fitness & Dieting > Nutrition > Vitamins & Supplements #47 inÂ Books > Medical Books > Medicine > Surgery > General Surgery

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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