

VITAMIN CHEAT SHEET

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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

Guide To Vitamin Supplements

Jack Challem, Melissa Diane Smith



Guide To Vitamin Supplements:

Dr. Colbert's Guide to Vitamins and Supplements Don Colbert, 2016-12-06 From the author of the NEW YORK TIMES best selling books The Seven Pillars of Health and I Can Do This Diet along with best sellers Toxic Relief the Bible Cure series Living in Divine Health Deadly Emotions Stress Less and What Would Jesus Eat Dr Don Colbert has sold more than TEN MILLION books Dr Colbert's unique balanced natural health approach will help readers to make sense of the overwhelming information available on vitamins and supplements empowering them to make well informed decisions specific to their health goals Whether it is to slow the aging process lose weight balance hormones boost energy or heal and prevent specific health conditions and diseases this book will be an important tool in the hands of health conscious readers Don Colbert MD who has published more than forty books now offers all of his advice for nutritional supplements in one volume explaining how to Choose the best multivitamins and individual supplements and recognize harmful and expensive ingredients to avoid Create the right combination of nutrients and the proper dosage to reach your specific health goals slowing the aging process losing weight balancing hormones boosting energy or healing and preventing disease Eat the right foods to boost the benefits of your supplement program and reach your goals faster Break any dietary and lifestyle habits that could be interfering with your body's ability to fully benefit from the nutrients you ingest **The Pocket Guide to Vitamins** Angela Dowden, 2014-01-02 We all know that a good diet full of vital vitamins and minerals is key to staying fit and healthy But with busy schedules processed foods and entrenched diet and lifestyle habits can you be sure your body is getting enough essential nutrients Even the smallest deficiency can result in fatigue joint pain a weakened immune system and problematic skin Vitamin supplements are a simple and easy way to ensure you get the right nutrients every day Written by nutritionist Angela Dowden The Pocket Guide to Vitamins offers sound sensible advice on the uses vitamins minerals herbs and other supplements and helps you choose the right ones for your needs Covering key products such as fish oils probiotics and popular herbs it also offers advice on supplements for specific health concerns The Pocket Guide to Vitamins is a handy accessible guide based on the latest research to help you decide whether you are getting all the nutrients you need whether a supplement might help and how to choose the right product for you **The Athlete's Guide to Sports Supplements** Kimberly Mueller, Josh Hingst, 2013-06-18 A countless number of new renamed and variations of sport supplements flood the market each year Many of these are accompanied by slick marketing campaigns promising too good to be true results For athletes seeking a safe effective edge to their training and performance supplements can be a confusing and serious matter The Athlete's Guide to Sports Supplements separates fact from fiction provides quick answers to the most common questions and delivers information you can trust Sport nutrition and supplement experts Kimberly Mueller and Josh Hingst provide concise descriptions for 120 of today's most popular supplements For each entry you'll discover what it is how it works potential performance benefits research studies and outcomes dosage recommendations and possible health concerns You'll

also find recommendations for master s athletes those competing in extreme environments and those with special dietary needs such as food allergies diabetes and vegetarian Best of all each supplement is listed alphabetically providing quick and easy navigation throughout the book Alternatively use the supplement finder to locate supplements for a particular purpose such as recovery endurance and strength And for ease of searching many of the supplements are thoroughly cross referenced by scientific and popular names With more than 120 supplements recommendations for all athletes at all levels and expert advice that you can immediately apply *The Athlete s Guide to Sports Supplements* is the one training and performance resource you ll turn to again and again *User's Guide to Vitamin C* Hyla Cass,Jim English,2002-11 Vitamin C can reduce your risk of developing cancer and heart disease improve your mood and energy levels and even lessen cold and flu symptoms The problem is that many people simply do not get enough vitamin C from their diets This work explains the health benefits of this essential nutrient and how it can enhance your health *The Encyclopedia of Vitamins, Minerals, and Supplements* Tova Navarra,2014-05-14 Presents information on vitamins minerals and dietary supplements in a dictionary format with over 900 entries ***The Complete Guide to Strength Training*** Anita Bean,2001-01-01 This guide presents the latest scientifically proven ways of increasing strength using highly effective methods and optimal nutrition *User's Guide to Vitamin E* Jack Challem,Melissa Diane Smith,2002 Building on the tremendous interest in health alternative medicine and nutritional supplementation the User s Guide to Nutritional Supplements Series is designed to answer the consumer s basic questions about diseases conventional and alternative therapies and individual dietary supplements Written by leading experts and science writers The User s Guide to Nutritional Supplements Series covers a range of popular alternative medicine and health issues including specific major diseases alternative therapies and vitamins minerals herbs and other nutritional supplements The User s Guide to Vitamin E explains this remarkable vitamin s benefits and how you can easily put it to work for you ***The Consumer Guide to Vitamins*** Angela Dowden,Grahame Lacey,1995-12-01 *User's Guide to Vitamins and Minerals* Jack Challem,Liz Brown,2002 Building on the tremendous interest in health alternative medicine and nutritional supplementation the User s Guide to Nutritional Supplements Series is designed to answer the consumer s basic questions about diseases conventional and alternative therapies and individual dietary supplements Written by leading experts and science writers The User s Guide to Nutritional Supplements Series covers a range of popular alternative medicine and health issues including specific major diseases alternative therapies and vitamins minerals herbs and other nutritional supplements The User s Guide to Vitamins Minerals explains how these remarkable nutrients can make a big difference in your health *A Guide to Understanding Dietary Supplements* Shawn M. Talbott,2003 Contains an analysis of dietary supplements including information on over 140 vitamins and minerals with facts on which ones work and which ones do not ***The Rough Guide To Girl Stuff*** Kaz Cooke,2009-05-01 The Rough Guide to Girl Stuff is packed with everything a girl needs to know to get her through the teen years From friends body changes clothes

school stress exercise and sex to smoking embarrassment dieting guys drinking drugs and heartbreak Not to mention how to beat bullies and mean girls earn money find new friends and get on with your family Written by award winning author Kaz Cooke in extensive consultation with medical psychological and practical experts The Rough Guide to Girl Stuff provides a wealth of practical tips and non judgemental advice for teens and their parents Girl Stuff is split in to four key themes Body Head Heart and On the Go and each chapter includes facts hints inspiring lists hundreds of quotes from real girls and details of websites and books for useful tips if you want to find out more Designed to be a friend through the teenage years The Rough Guide to Girl Stuff will be your best friend through every change and challenge Girl Stuff is the book I wanted when I was a teenager a best friend that will honestly answer every question about everything Kaz Cooke

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 Complete Guide to Natural Vitamins,2021-03-26 Discover every vitamin and mineral the body needs to function at its best This book suggests plenty of easy ways to get your recommended dietary allowances as well as tips and tricks for optimising vitamin absorption Listing natural food sources for every vitamin and mineral with tasty recipe ideas for boosting your daily intake The role of each nutrient is explained along with information about medical conditions which can lead to deficiencies Replete with advice for vegans restricted diets pregnancy and different life stages this book shows how vitamins and minerals work together and highlights the ones that benefit common health problems and examines vitamin requirements at different times of the year

A Woman's Guide to a Healthy Stomach Jacqueline Wolf,2011-02-01 Why do my jeans fit only in the morning Why am I always guzzling Pepto Bismol before a big meeting Could my PMS cramps mean something serious Here finally are the answers to these questions and hundreds more about the nagging stomach problems that plague so many women In this reassuring guide Dr Jacqueline L Wolf a leading expert in the field of gastrointestinal health explains the causes and cures for women s most common digestive ailments including bloating constipation diarrhea acid reflux IBS and more serious life altering conditions like Crohn s disease and endometriosis This candid book deals with sensitive issues in a down to earth way and eradicates once and for all the secrecy and shame surrounding these urgent problems

User's Guide to Herbal Remedies Hyla Cass,2004 In this overview of the most popular herbs Hyla Cass describes the top ten herbal supplements Among them are echinacea to boost the immune system during cold and flu season ginseng to increase energy levels St Johns wort to elevate mood and saw palmetto to prevent prostate disease Dr Cass also provides clear guidelines for how to safely use herbal remedies

User's Guide to Brain-Boosting Nutrients James Gormley,Shari Lieberman,2004 In the Users Guide to Brain Boosting Nutrients leading nutritionist and author of the Real Vitamin and Mineral Book Shari Lieberman

teams up with top nutrition writer and former editor of Better Nutrition magazine James Gormley to describe the best brain boosting dietary supplements including vitamin E ginkgo amino acids huperzine A and acetyl L carnitine and how to use them safely and effectively to achieve optimum brain power **Vitamania** Rima Dombrow Apple,1996 Vitamania tells how and why vitamins have become so important to so many Americans Rima Apple examines the claims and counterclaims of scientists manufacturers retailers politicians and consumers from the discovery of vitamins in the early twentieth century to the present She reveals the complicated interests scientific professional financial that have propelled the vitamin industry and its would be regulators From early advertisements linking motherhood and vitamin D to Linus Pauling s claims for vitamin C to recent congressional debates about restricting vitamin products Apple s insightful history shows the ambivalence of Americans toward the authority of science She also documents how consumers have insisted on their right to make their own decisions about their health and their vitamins **FDA Compliance Policy Guides Manual** ,1977

Johns Hopkins Patients' Guide to Lung Cancer Justin F. Klammer,David S Ettinger,Julie R. Brahmer,2010-05-07 Johns Hopkins Patients Guide to Lung Cancer is a concise easy to follow how to guide that puts you on the path to wellness by explaining lung cancer treatment from start to finish It guides you through the overwhelming maze of treatment decisions simplifies the complicated schedule that lies ahead and performs the task of putting together your plan of care in layman s terms Empower yourself with accurate understandable information that will give you the ability to confidently participate in the decision making about your care and treatment *Subject Guide to Books in Print* ,2001

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