

MICRONUTRIENTS -MINERALS AND VITAMINS

Nutrient	Causes of Deficiencies	Health Disharmonies	Benefits	Food Sources	Toxicity	Complimentary Sources
A 5,000 IU Adults 3,000 IU Children	Malabsorption of bile acids, liver disease, zinc deficiency	Xerophthalmia - Eye diseases, Night blindness, dry and damaged skin, and other tissues	Supports vision, skin, bone growth, immunity, reproduction, immunity, antioxidant, aids the body in fighting against cancer,	Fish liver oil, apricot (dried), broccoli, butternut grapefruits, squash, carrots, liver (beef), potatoes (sweet), pumpkin, tomatoes (juice)	Pregnant women should not take over 10,000 a day. An excess of 50, 000 IU's day is toxic.	Vitamin C, D, E, F, Calcium, Phosphorus, zinc
Beta-Carotene	Malabsorption of bile acids, liver disease, zinc deficiency Alcohol, oral contraceptives, smoking,	Arthritis, autoimmune diseases, mental instabilities, Candida albicans, cancer.	Protects against cancer, reduce the prevalence of heart disease and/or stroke, combats against autoimmune deficiencies,	yellow, orange, and green leafy fruits and vegetables carrots, spinach, lettuce, tomatoes, sweet potatoes, broccoli, cantaloupe, and winter squash.	There is no toxic level.	Omega oils, fatty acids.
C (ascorbic Acid) 500 Mg the maximum daily recommended is 3,000 mgs However, it has to be	Alcohol, antidepressants, anticoagulants, oral contraceptives, steroids.	Rough, Bumpy Skin, Corkscrew-Shaped Body Hair, Bright Red Hair Follicles, Spoon-Shaped Fingernails With Red Spots or Lines, Dry, Damaged Skin,	Common cold, enhances the immune system, reduces cardiovascular disease, increases eye health, slows premature aging	citrus fruit, grapefruits, oranges, and orange juice, peppers, strawberries, blackcurrants, broccoli, brussels sprouts, potatoes,	Levels over 3,000 mgs. When toxic vitamin C will cause loose bowels.	Most vitamins and minerals, calcium, magnesium, bioflavonoids, vitamin D

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taken no more than 1,000 at a time for best absorption.		Easy Bruising, Slowly Healing Wounds, Painful, Swollen Joints.		Tomatoes, Rose hips		
B1 (Thiamin) 100 Mg	white rice, alcoholism,	loss of appetite, Beriberi, heart disease, heart attack circulatory imbalance, loss of muscle strength, nerve damage, death, poor short term memory,	Anti-beriberi, releases acetylcholine breaks down carbohydrates, aid in eye and hand coordination, stabilizes emotions, assist in the manufacturing stomach Hydrochloric Acid, relieves constipation, helps stimulate the muscular systems and nervous system, pregnant women and breast-feeding mothers need more of this vitamin as well as people with hyperthyroid. Due to age, elders need to increase thiamin.	Blackstrap molasses, brewer's yeast, brown rice, eggs, meat (organ), milk (soya), nuts (pistachio), peas (green), squash (Acorn), water melon	Cooked fish and shellfish destroy thiamin. Tannins in tea and coffee reduce thiamin's absorption. Heat destroys Thiamin	B Vitamin complex, B2, C, E, Folic Acid, Niacin, Manganese, Sulfur magnesium,
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B2 (Riboflavin) 1.6 men	skipping meals, alcoholism,	Inflammation of the mouth, skin and eyes, intestinal disorders,	Supports energy, metabolism of fats, carbohydrates, and proteins,	Beans (soya), Dairy products, eggs, Grains (whole),	Heat destroys Riboflavin,	Daily replenishment vitamin B6,

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1.3 women		reproductive imbalances,	regulates the thyroid gland, metabolism and eliminates toxins from drugs, carcinogens and steroids, vision and skin, as an antioxidant, maintains glutathione's balance in the small intestine,	meat (organ), nuts (almonds), vegetables (leafy green) yeast (Brew's)		
B3 (Niacin & Niacinamide) Water soluble Men 16 mg Women 14 mg Note: Niacin causes flushing, which is it causing blood circulation,	Corn, food processing, storage,	Diarrhea, skin disharmonies, dementia, Alzheimer's, pellagra, elevated cholesterol, schizophrenia, mental illness, dizziness, insomnia, fatigue, headaches, loss of appetite, low blood sugar, muscular weakness, joint pain, hypertension, arteriosclerosis,	Aids in the digestion of carbohydrate, fats and proteins, synthesis fatty acids maintain cholesterol balance, proper blood circulation, healthy skin, nervous system function, production of hydrochloric acid in the stomach, synthesis of sex hormones, enhances memory,	Avocado's, cooked whole grains, legumes, seeds, mushrooms, prunes, figs, green leafy vegetables, brew's yeast, meat (pork, beef, chicken, fish), dairy products (note: meat & dairy products are high in cholesterol)	Pregnant women, diabetic, people with glaucoma, gout, liver disharmonies, and peptic ulcers should use caution when taking Niacin. 500 mg a day can cause liver damage.	Tryptophan, B1, B2, B6 must be replenished daily (it is the factor that turns the urine yellow)

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B 5 (Pantothenic Acid)	Uncooked egg whites, processed grains,	Skin imbalances, pregnant women could become borderline deficient, depression, hair loss, diabetes, inflammation of the skin, insomnia, loss of appetite, muscular pain, nausea, tongue soreness, Note- Pantothenic Acid decreases when foods are frozen or canned, there is an increased need for this vitamin when women use oral contracepts, tingling and numbness of the hands, fatigue,	It is known as the Anti-Stress vitamin, needed in the synthesis of the mitochondria of cells, repair DNA, hormonal production, antibody builder, found in all body cells, tissues and organs, extracts energy from carbohydrates, fats, and proteins, elevates low blood sugar, synthesis cholesterol and hormones such as melatonin, and neurotransmitters, fights inflammation, prevents duodenal ulcers, prevents fatigue, heals wounds, speeds surgery recovery time, it is the major factor in the conversation of Coenzyme A, which aids in the development of hemoglobin (red blood cells), assists in the detoxification of drugs and other toxins, builds nervous cell's myelin	Algae, yeast, molds, all plants, brewer's yeast, cooked egg whites, meat (organ), dairy products, whole grains, molasses, saltwater fish, chicken, bran, soy beans, whole grains, nuts, wheat germ mushrooms, potatoes, legumes, tomatoes, broccoli, Royal Jelly, whole Rye	None it is eliminated in urine	Synthesized from healthy bacteria in the large intestine, leucine,

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			sheath, helpful in the treatment of anxiety and depression, aids in the normal functions of the gastrointestinal system			
B6 (Pyridoxine) 50 – 1,000 mgs Pyridoxine Hydrochloride best bioavailable	Light sensitive, destroyed by high temperatures, alcohol and estrogen drugs deplete B6,	Premenstrual syndrome, carpal tunnel syndrome, mood swings, immune disharmonies, cardiovascular disease.	Produces RNA and DNA	Brewer's yeast, carrots, chicken, beans, soybeans, nuts (walnuts), fresh vegetable, saltwater fish, whole wheat, wheat germ, eggs, spinach,	High doses 500mg	B complex, vitamin C, B1, magnesium, potassium, sodium, linoleic acid.
B12 (Cobalamin) 1,200 micrograms	Antigout medication' anticoagulant drugs' potassium supplements	Malabsorption for elders, nerve damage, fertility health issues, insomnia, bone loss, digestive disorders	Reduce Parkinson's disease, protect against neurological deterioration, prevents anemia, increases sleep,	Meats, brewer's yeast, eggs' sea vegetables' soybean products'	There is no toxicity because it is water soluble.	Folic acid, B - complex, B -6, vitamin C, Choline, potassium, sodium, calcium
B 9 (Folic Acid)	Tobacco, anticonvulsants, alcohol, estrogen,	Anemia, gastrointestinal disorders, mood disorders, neural tube defects in babies, heart disease.	Treats anemia, mental health, reduces fatigue, prevents heart disease, promotes skin health, prevents neural tube defects.	Dark green vegetables, broccoli, brussels sprouts, leafy green vegetables, cabbage, kale, spring greens and spinach, peas,	Rare	B Complex, Biotin, vitamin C

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				chickpeas, kidney beans, liver (but avoid this during pregnancy), breakfast cereals fortified with folic acid.		
Biotin 30 mgc 35 mgc for breastfeeding mothers	Anti-convulsive medication can lower Biotin, antibiotic diatribe health bacteria in the colon reducing Biotin,	Hair loss, anemia, depression, hypertension, sweet cravings, insomnia, loss of appetite, muscle pain and weakness, nausea, tongue soreness, cradle cap in babies,	Aids in the absorption of fatty acids, carbohydrates, and proteins, builds antibodies, incidental in the utilization of other B vitamins, seeds surgery recovery time, needed for skin, nails and hair growth, reduces stress, promotion of healthy sweat glands, development of bone marrow and nervous tissues, aids in the prevention of duodenal ulcers, combats the harmful effects of antibiotics on the intestinal flora, increases immunity to fight infections and	Brewer's yeast, egg yolks, liver, nuts, beans, kidneys, fish, oatmeal,	none	B Complex, B 12, vitamin C, sulfur.

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			diseases, heals wounds, aids in arthritis,			
Choline 425-550 mg		Liver disease, fatty liver, nerve disorders, dementia, high cholesterol, DNA disorders	Eliminate atherosclerosis, works to decrease Alzheimer's reduces high blood pressure, glaucoma	Lecithin, brewer's yeast, egg yolks, green leafy vegetables, wheat germ,	High doses result in digestive disorders, nausea, body fishy smell	vitamin A, B Complex, inositol folic acid, linoleic acid.
Inositol	Baldness, neurological disharmonies, high cholesterol, eczema,	Maintains a healthy heart, promotes cardiovascular health, aid in the reversal of myelin Sheath deterioration of the nervous system,	Brian health, nerves system, maintains healthy bones, increases reproductive health, digestive enhancement, it assists in the production of the body's lecithin.	Citrus fruits, nuts, liver, milk, corn, whole grains, seeds,	None found	B Complex, vitamin B 12, Choline, linoleic acid
Paba Para-aminobenzoic Acid	Penicillin, sulfa drugs,	Fatigue, skin disharmonies, anemia, premature graying of head hair, vertigo, fertility disorders, Lupus Erythematosus, vertigo,	Stimulates the metabolism, Improves skin, hair, intestinal health,	Brewer's yeast, wheatgerm, liver, eggs, molasses, yogurt, whole grains.	High doses can cause liver damage, nausea, vomiting.	None.