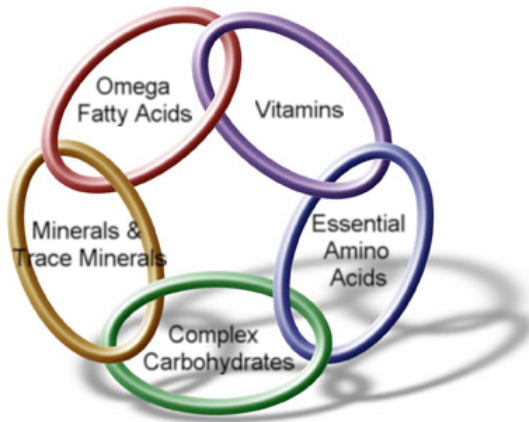




# News Updates



## Nutrients and Dosages for maintaining Good Health

The nutrients listed below are recommended for good health. Daily dosages are suggested; however, before using any supplements, you should consult with your health care provider. The dosages given here are for adults and children weighing 100 pounds and over. Appropriate dosages for children vary according to age and weight. A child weighing between 70 and 100 pounds should be given three-fourths the adult dose; a child weighing under 70 pounds (and over the age of six) should be given half the adult dose. A child under the age of six years should be given nutritional formulas designed specifically for young children. Follow the dosage directions on the product label.

### Daily Dosages

Vitamin A	10,000 IU
Beta-carotene	15,000 IU
Vitamin B1 (thiamine)	50 mg
Vitamin B2 (riboflavin)	50 mg
Vitamin B3 (niacin) (niacinamide)	100 mg 100 mg
Pantothenic acid (vitamin B5)	100 mg
Vitamin B6 (pyridoxine)	50 mg
Vitamin B12	300 mcg
Biotin	300 mcg



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Choline	100 mg
Folic acid	800 mcg
Inositol	100 mg
Para-aminobenzoic acid (PABA)	50 mg
Vitamin C with mineral ascorbates	3,000 mg
Bioflavonoids (mixed)	500 mg
Hesperidin	100 mg
Rutin	25 mg
Vitamin D	400 IU
Vitamin E	600 IU
Vitamin K (use natural sources such as alfalfa, green leafy vegetables)	1 00 mcg
Essential fatty acids (EFAS) (primrose oil, flaxseed oil, salmon oil, and fish oil are good sources)	As directed on label
<b>Minerals</b>	<b>Daily Dosages</b>
Calcium	1,500 mg
Chromium (GTF)	150 mcg
Copper	3 mg
Iodine (kelp is a good source)	225 mcg
Iron	18 mg
Magnesium	750-1,000 mg



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Manganese	10 mg
Molybdenum	30 mcg
Potassium	99 mg
Selenium	200 mcg
Zinc	50 mg
<b>Optional Supplements</b>	<b>Daily Dosages</b>
Coenzyme Q10	30 mg
Garlic	As directed on label.
L-Carnitine	500 mg
L-Cysteine	50 mg
L-Lysine	50 mg
L-Methionine	50 mg
L-Tyrosine	500 mg
Lecithin	200-500 mg
Pectin	50 mg
RNA-DNA	100 mg
Silicon	As directed on label.
Superoxide dismutase (SOD)	As



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	directed on label.
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(Source: Prescriptions for Nutritional Healing, James Balch, MD)

**Caution:** Iron should be taken only if a deficiency exists. Always take iron supplements separately, rather than in a multivitamin and mineral formula. Do not take iron with a supplement containing vitamin E.

Note: The daily recommended allowance of sodium for adults is 500 mg.