



The Family Table

Our Recommendations for your daily Vitamin/Mineral Intake

VITAMINS:	OPTIMAL DAILY RANGE FOR ADULTS:
Vitamin A (retinol).....	2500-5000 IU
Use of more than 2500 IU in pregnancy or in childbearing age should be avoided.	
Vitamin A (from beta-carotene).....	5000-10,000 IU
Additional supplements should contain a complete breakdown of Vitamin A components.	
Vitamin D3.....	400-5000 IU
Need may be greater if thyroid or bone loss issues. Lack of sun exposure warrants higher doses.	
Vitamin E (d-alpha tocopherol).....	200-800 IU
May be taken separately at higher doses as mixed tocopherols.	
Vitamin K (phytonadione).....	60-300 mcg
Vitamin C (best as Ascorbate but common as Ascorbic Acid).....	300-2000 mg
May be taken separately at higher doses.	
Vitamin B-1 (thiamin).....	25-100 mg
Vitamin B-2 (riboflavin).....	25-50 mg
Niacin.....	10-100 mg
Niacinamide.....	10-30 mg
Vitamin B-6 (pyridoxine).....	25-100 mg
Biotin.....	100-300 mcg
Pantothenic acid.....	.25-100 mg
Folic acid.....	800 mcg
Vitamin B-12.....	.400 mcg
Extra supplementation best as methyl or hydroxy sublingual or injectable form.	
Choline.....	10-100 mg
Inositol.....	10-100 mg
MINERALS:	
Boron.....	2-6 mg
Calcium (as mixed salt forms).....	250-1000 mg
Higher doses may be indicated for certain conditions.	
Chromium.....	200-400 mcg
Higher doses may be necessary for diabetics.	
Copper.....	50-150 mcg
Iodine.....	50-150 mcg
Iron.....	15-30 mg
Post-menopausal women and men rarely need.	
Any additional supplementation should be taken at a separate dosing time.	
Magnesium (as mixed salt forms).....	250-500 mg
Higher doses may be indicated for certain conditions.	
Manganese.....	10-15 mg
Molybdenum.....	10-25 mcg
Potassium.....	200-500 mg
Selenium.....	200 mcg
Silica.....	1-25 mg
Vanadium.....	50-100 mcg
Zinc.....	15-30 mg

Keep a balance between vitamins & minerals for proper utilization in the body.

References:

1. Groff J., Gropper S. Advanced Nutrition & Human Metabolism, Third Edition. Belmont, CA: Wadsworth/Thompson Learning; 2000: 245-471
2. Marz R., Medical Nutrition. Portland, OR: Omni-Press 1997: 102-241
3. LaValle J., et. al. Natural Therapeutics Pocket Guide. Hudson, OH: Lexi-Comp, INC, 2000: 19-30

Multi is best if...

1. More than once daily
2. Greater than the RDA
3. Can be dissolved easily

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