

Vitamin	Function	Overdose/Toxicity	Good Sources	Recommended Dietary Allowances (RDA's) µg = micrograms mg = milligrams	Therapeutic Indication and Recommended dose
Vitamin D	<ul style="list-style-type: none"> • Bone health; builds strong bones 	<ul style="list-style-type: none"> • irregular heart beat • Abdominal pain 	<ul style="list-style-type: none"> • Fish (i.e. salmon, tuna, sardines) and fish liver oils • Milk, nonfat, reduced fat and whole, vitamin D-fortified • Margarine • Egg • Liver, beef, cooked 	Males and females, infants, childrens and adults = Vitamin D2 400 international units (IU) daily	Osteoporosis prophylaxis: Vitamin D 400 to 800 IU daily Vitamin D deficiency: 50,000 IU twice weekly for 6 months
Calcium	<ul style="list-style-type: none"> • Supports bone and teeth structure • Maintains normal muscles, nerves and immune functions 	<ul style="list-style-type: none"> • frequent urination • Feel confused 	<ul style="list-style-type: none"> • Milk • Yogurt • Natural cheese (i.e. cheddar) • Processed cheese (i.e. American) 	Males & females <ul style="list-style-type: none"> • 0 to 6 months = 210 mg/day • 7 to 12 months = 270 mg/day • 1 to 3 years = 500 mg/day • 4 to 8 years = 800 mg/D • 9 to 18 years = 1300 mg/day • 19 to 50 years = 1000 mg/day • 51+ years = 1200 mg/day Pregnancy & lactation <ul style="list-style-type: none"> 14 to 18 years = 1300 mg/day 19 to 50 years = 1000 mg/day 	Osteoporosis prevention: 1500 mg of elemental calcium daily
Magnesium	<ul style="list-style-type: none"> • Maintains normal muscles, nerves and immune functions • Bone health 	<ul style="list-style-type: none"> • Nausea and vomiting • Low blood pressure • Heart problems 	<ul style="list-style-type: none"> • Halibut • Nuts • Soy foods • Spinach • Fortified cereals 	<ul style="list-style-type: none"> • Males 14-18 = 410 mg/D • Males 19-30 = 400 mg/D • Males 31+ = 420 mg/D • Females 14-18 = 360 mg/D • Females 19-30 = 310 mg/D • Females 31+ = 320 mg/D • Pregnancy = 350 mg/D • Lactation = 310 mg/D 	Dietary supplement: 54 to 483 mg magnesium daily in divided doses Premenstrual syndrome, oral: 200 to 360 mg/day Osteoporosis: 250 mg taken at bedtime on an empty stomach, increased to 250 mg three times daily High cholesterol: 360 to 600 mg/day
Phosphorus	<ul style="list-style-type: none"> • Works with calcium to build and maintain bones and teeth • Helps convert food to energy 	<ul style="list-style-type: none"> • Lowers blood calcium 	<ul style="list-style-type: none"> • Dairy products • Egg yolks • Meat, poultry, and fish • Legumes • Soft drinks 	<ul style="list-style-type: none"> • Males & females 14-18 = 1250 mg/D • Males & females 19+ = 700 mg/D 	N/A
Potassium	<ul style="list-style-type: none"> • Vital for muscle contractions and nerve transmission • Important for heart and kidney function • Helps regulate fluid balance 	<ul style="list-style-type: none"> • Slower heart beat • Kidney failure 	<ul style="list-style-type: none"> • Milk and yogurt • Many fruits and vegetables (especially oranges, bananas, and potatoes) 	<ul style="list-style-type: none"> • Males & females 14+ = 4.7 g/D • Lactation = 5.1 g/D 	Replacement: 40 to 100 milliequivalents (mEq) per day
Zinc	<ul style="list-style-type: none"> • Important in function of many enzymes • Wound healing 	<ul style="list-style-type: none"> • Nausea and vomiting • Abdominal pain 	<ul style="list-style-type: none"> • Seafood • Meats • Eggs • Whole grains 	<ul style="list-style-type: none"> • Males 14+ = 11 mg/D • Females 14-18 = 9 mg/D • Pregnancy = 11 mg/D • Lactation = 12 mg/D 	Acne: 90 to 135 mg daily Dietary supplement: 9 to 25 mg daily

Whole foods are the preferred source of important vitamins and minerals for your health. Always look to foods first, before considering a supplement.

Vitamins & Minerals

Vitamins and minerals are essential to your health. Although they do not **give** you energy, they do **assist** in energy-yielding reactions and promote body growth and development. Vitamins and minerals are vital for human function, each one playing a different role. Read on to find out what select vitamins and minerals do and where you can find them!

Source: Micromedex. Accessed May 2009



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Visit the McKinley Health Center Web site at:
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Vitamin	Function	Overdose/Toxicity	Good Sources	Dietary Reference Intakes (DRI's) µg = micrograms mg = milligrams	Therapeutic Indication and Recommended dose
Vitamin A (Retinol*)	<ul style="list-style-type: none"> Prevents night blindness Promotes healthy eye function Keeps skin, hair, and nails healthy Help ward off bacterial infection 	<ul style="list-style-type: none"> Joint and bone pain Hair loss Skin changes Headaches Blurred vision Fatigue 	<ul style="list-style-type: none"> Green, yellow, or orange vegetables Cantaloupe Apricots Sweet potatoes 	<ul style="list-style-type: none"> Males 14+ = 900 µg/D Females 14+ = 700 µg/D Pregnancy = 770 µg/D Lactation = 1300 µg/D 	Severe Vitamin A deficiency: 100,000 units daily for 3 days, followed by 50,000 units daily for 2 weeks. Maintenance doses of 10,000 to 20,000 units daily for 2 months are recommended.
Vitamin B6 (Pyridoxine*)	<ul style="list-style-type: none"> Carbohydrates and protein metabolism Helps form red blood cells Proper nerve function 	<ul style="list-style-type: none"> Nerve destruction 	<ul style="list-style-type: none"> Bananas Meats, poultry, fish Potatoes Broccoli Cereals and grains 	<ul style="list-style-type: none"> Males 14-50 = 1.3 mg/D Males 50+ = 1.7 mg/D Females 14-18 = 1.2 mg/D Females 19-50 = 1.3 mg/D Females 50+ = 1.5 mg/D Pregnancy = 1.9 mg/D Lactation = 2.0 mg/D 	Vitamin B6 deficiency; 5 to 25 mg daily for 3 weeks, followed by maintenance therapy with 1.5 to 2.5 mg daily
Vitamin B12 (Cyanocobalamin*)	<ul style="list-style-type: none"> Proper nerve function Helps form red blood cells Builds genetic material 	<ul style="list-style-type: none"> None known 	<ul style="list-style-type: none"> Meats, poultry, fish Milk Eggs Vegans may need supplementation 	<ul style="list-style-type: none"> Males & females 14+ = 2.4 µg/D Pregnancy = 2.6 µg/D Lactation = 2.8 µg/D 	Vitamin B12 deficiency: 25 to 250 µg daily
Vitamin B9 (Folic Acid*)	<ul style="list-style-type: none"> DNA and RNA synthesis Helps form red blood cells Important in growth and development Helps prevent birth defects 	<ul style="list-style-type: none"> None known 	<ul style="list-style-type: none"> Orange and grapefruit juice Green leafy vegetables Poultry Supplement recommended for pregnancy Dried beans 	<ul style="list-style-type: none"> Males & females 14+ = 400 µg/D Pregnancy = 600 µg/D Lactation = 500 µg/D 	Pregnancy vitamin/iron prophylaxis: 0.4 to 1 mg orally once daily Folic acid deficiency: up to 1 mg orally daily
Vitamin C (Ascorbic Acid*)	<ul style="list-style-type: none"> Promotes healing of cuts and wounds Helps resist infection Keeps gums healthy Strengthens blood vessel walls 	<ul style="list-style-type: none"> Diarrhea Kidney stones 	<ul style="list-style-type: none"> Citrus fruits (oranges, grapefruit) Strawberries Cantaloupe Green or red peppers Broccoli 	<ul style="list-style-type: none"> Males 14-18 = 75 mg/D Females 14-18 = 65 mg/D Males 19+ = 90 mg/D Females 19+ = 75 mg/D Pregnancy = 85 mg/D Lactation = 120 mg/D 	Vitamin C deficiency: 100 to 500 mg daily Antioxidant effects: 120 to 450 mg/day High cholesterol: 300 to 3000 mg/day Respiratory infection: 1000 to 2000 mg/day