

HOW MUCH DO YOU KNOW ABOUT YOUR VITAMINS & SUPPLEMENTS?

Vitamins and supplements play an important role in bodily functions such as metabolism, immunity and digestion. If you want to get the most out of your vitamins and supplements, there are a few things you should know.



1 VITAMIN D

- Vitamin D can be found in fatty fish (salmon, tuna, and mackerel), cheese, egg yolk and yogurt.
- It takes 10 to 15 minutes daily of direct sunlight on the skin to trigger vitamin D production.



2 IRON

- Animal food sources richest for iron include lean meats, seafood, nuts, beans, and leafy greens.
- Drinking orange juice with iron helps with absorption.
- Wait two hours before taking iron after drinking caffeine.
- Do not take with calcium.



3 MAGNESIUM

- Nuts, seeds, whole grains, beans, leafy vegetables, milk, and yogurt are good sources of magnesium.
- Magnesium supports muscle and nerve function as well as energy production. Deficiency can cause general fatigue, muscle weakness and osteoporosis for the long term.



4 FISH OIL

- Fish oil is good for your heart and brain function.
- You can store the fish oil in the refrigerator or take it at bedtime to avoid the unpleasant taste.
- 1 g is a good dose to start, avoid taking more than 4 g a day.



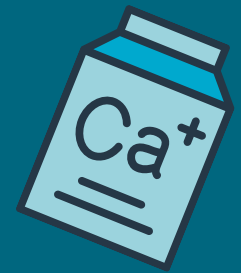
5 VITAMIN C

- Do not take more than 2000 mg/day, or you may have some diarrhea, heartburn and dizziness.
- The recommended daily amount of vitamin C is 90 milligrams for adult men and 75 milligrams for adult women.
- Best taken with a meal.



6 CALCIUM

- You will want to take vitamin D with calcium to help your body absorb them.
- Calcium is best absorbed with food. There is a liquid form you can request from the pharmacy.
- You will need anywhere from 1000 to 1200 mg of calcium every day.



7 ZINC

- Can be used to aid the immune system, ease cold and flu symptoms, or help with health and growth.
- Take this with a meal and separate from other medications.



8 VITAMIN B-12

- Vitamin B-12 can be used to treat some types of anemia.
- It may cause tiredness, dizziness, headache, or diarrhea.
- Should be taken with a meal.



9 FOLATE

- Folate can be used to treat some types of anemia and aid in diet needs before, during and after pregnancy.
- This drug is usually well tolerated but you should call the doctor if you experience any bothersome or lasting side effects.



10 FIBER

- Fiber can be used to treat constipation or to increase fiber in your diet.
- After taking, space out other drugs by 2 hours.
- Take this medication with a full glass of water and make sure to drink lots of noncaffeinated liquids.

