

Vitamins & Minerals (Quick Study: Health)

NUTRIENTS TYPE/DOSE	NATURAL SOURCES	BEST IF TAKEN WITH	DEFICIENCY SYMPTOMS	TOXICITY SYMPTOMS
Vitamin A 1500-5000 IU	Carrots, sweet potatoes, spinach, cantaloupe, green leafy veg, cod liver oil	None required	Dark rings, dry skin, hair loss	Headache, dry skin, blurred vision
B1 1.2-2.4 mg	Cereals, meat, fish, eggs, milk, yeast, brewer's yeast, soybeans, lentils, chickpeas	None required	Weakness, loss of appetite, weight loss, tingling, numbness of hands & feet	Headache, blurred vision
B2 1.3-1.8 mg	Milk, eggs, meat, fish, yeast, green leafy veg, liver, kidney, wheat germ, soybeans, lentils, chickpeas	None required	Itchy skin, sore mouth, tongue, weakness, weight loss	Headache, blurred vision
B6 1.3-1.8 mg	Meat, fish, eggs, milk, yeast, green leafy veg, liver, kidney, wheat germ, soybeans, lentils, chickpeas	None required	Weakness, weight loss, depression, numbness of hands & feet	Headache, blurred vision
B12 2.4-2.8 mcg	Meat, fish, eggs, milk, yeast, green leafy veg, liver, kidney, wheat germ, soybeans, lentils, chickpeas	None required	Weakness, weight loss, depression, numbness of hands & feet	Headache, blurred vision
C 75-200 mg	Citrus fruits, strawberries, kiwi, guava, green leafy veg, bell peppers, broccoli, cauliflower, Brussels sprouts, tomatoes, watercress, green beans, green peas, chickpeas, lentils, chickpeas	None required	Weakness, weight loss, depression, numbness of hands & feet	Headache, blurred vision
D 15-25 mcg	Fatty fish, egg yolks, liver, fortified milk, mushrooms, sunlight	None required	Weakness, weight loss, depression, numbness of hands & feet	Headache, blurred vision
E 15-30 mg	Vegetable oils, nuts, seeds, green leafy veg, wheat germ, soybeans, lentils, chickpeas	None required	Weakness, weight loss, depression, numbness of hands & feet	Headache, blurred vision
K 120-160 mcg	Green leafy veg, soybeans, lentils, chickpeas	None required	Weakness, weight loss, depression, numbness of hands & feet	Headache, blurred vision
Magnesium 350-400 mg	Green leafy veg, nuts, seeds, whole grains, legumes, soybeans, lentils, chickpeas	None required	Weakness, weight loss, depression, numbness of hands & feet	Headache, blurred vision
Calcium 1000-1200 mg	Dairy products, fish with bones, almonds, sesame seeds, green leafy veg, figs, oranges, prunes, raisins, figs, apricots, figs, apricots, figs, apricots	None required	Weakness, weight loss, depression, numbness of hands & feet	Headache, blurred vision
Phosphorus 700-1000 mg	Meat, fish, eggs, milk, yeast, green leafy veg, liver, kidney, wheat germ, soybeans, lentils, chickpeas	None required	Weakness, weight loss, depression, numbness of hands & feet	Headache, blurred vision
Zinc 8-11 mg	Meat, fish, eggs, milk, yeast, green leafy veg, liver, kidney, wheat germ, soybeans, lentils, chickpeas	None required	Weakness, weight loss, depression, numbness of hands & feet	Headache, blurred vision
Selenium 55-70 mcg	Meat, fish, eggs, milk, yeast, green leafy veg, liver, kidney, wheat germ, soybeans, lentils, chickpeas	None required	Weakness, weight loss, depression, numbness of hands & feet	Headache, blurred vision
Iodine 150 mcg	Seafood, dairy products, eggs, meat, fish, soybeans, lentils, chickpeas	None required	Weakness, weight loss, depression, numbness of hands & feet	Headache, blurred vision

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Reviews

Excellent electronic book and helpful one. I could comprehend everything out of this published e book. I discovered this pdf from my i and dad suggested this book to discover.
 (Dr. Daphnee Homenick II)

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