

KNOW YOUR SUPPLEMENTS



	How does it work?	How would I know if I was lacking this nutrient?	Who might need this supplement?	Who should NOT take this supplement?	Medicines that might increase my need for this nutrient (for full list ask pharmacist)	What is the usual dose?	Which foods can I get this nutrient from?
Fish Oils	Contain Omega 3s like DHA and EPA which have numerous anti-inflammatory effects on all cells in the body. DHA is especially important in the brain.	Symptoms include fatigue, poor memory, dry skin, heart problems, mood swings or depression, and poor circulation	Those on a vegetarian or vegan diet	People who take blood thinners should consult with physician before taking fish oils. People about to undergo surgery should check with physician	None	A 3.5 oz serving of an oily fish TWICE WEEKLY, or about 100mg DHA daily	Mackerel, Tuna, Salmon, Sardines, Algae based supplements for vegetarians
Probiotics	Good bacteria that live in our gut. Help keep bad bacteria in check	Poor digestion, weakened immune system	Those with recent antibiotic intake, travel, stress and illness can wipe out the good bacteria from our system	People who take immunosuppressants should check with physician before taking probiotics	Antibiotics	10 -20 billion units a day for adults. 5-10 billion units a day for children	Yogurt, Fermented Foods, Buttermilk, Cheese, Kefir, Kombucha Tea
Vitamin D	Helps the body absorb and retain calcium, slowing down bone loss	Low bone density, osteoporosis, rickets	Those on a vegetarian, vegan or low-fat diet; infrequent exposure to sunlight	Generally very safe, but check with physician if you have: High calcium levels Parahyperthyroidism Lymphoma Renal Disease	Steroids, Orlistat, Phenobarb, Phenytoin (Dilantin®) Cholestyramine	1000 -2000 units daily	Fish Liver Oils, fortified milk products. 1 cup milk = 98IU 30z can salmon = 360IU 1 cup fortified Orange Juice = 50 IU
Magnesium	Used to form bone, protein and fatty acids. Activates Vitamin B and is needed for producing energy in the body	Premenstrual Syndrome, Osteoporosis, Heart Disease, Constipation, tight muscles	People with stomach problems (eg Crohn's disease,) Diabetes or Alcoholism	People with renal disease or bleeding disorders should consult physician before taking magnesium	Birth Control, some diuretics, Steroids, Digoxin, stomach meds such as Omeprazole, Lansoprazole, Esomeprazole etc	Male: 420mg elemental daily Female: 320mg elemental daily (For doses to treat specific complaints, see pharmacist)	Green leafy veg, nuts, meat, grains, milk ½ cup bran cereal = 129mg 1 cup brown rice = 80mg ½ cup cooked spinach = 78mg
Turmeric and Bromelain	Anti-inflammatories used for digestion and joint pain	Inflamed joints or digestive complaints	People looking for an alternative to conventional anti-inflammatories	People with gallstones, taking blood thinners, diabetics or patients about to undergo surgery should check with physician before taking turmeric and bromelain. People allergic to latex should avoid Bromelain	None	Up to 4 capsules daily with meals	Pineapple, turmeric spice as a herb or tea
Vitamin B12	Needed to convert fats, carbohydrates and protein into energy. It also assists in making red blood cells	Anemia, tiredness, sore tongue and easy bruising, tingling sensation in fingers and toes	Vegetarian or vegan diet, pregnancy or breastfeeding, Over age of 60 years	People with megaloblastic anemia should not take Vitamin B12	Aspirin, Metformin, acid reducers such as Ranitidine, Omeprazole etc, some seizure medicines	2.4ug per day Since many people do not absorb B12 very well, supplements usually range from 500mg to 5,000mg	Fortified cereals, meat, fish, poultry 3oz steamed crab = 8.8ug 3oz beef = 3.1ug