

## Chart: Vitamins and Minerals

Nutrient	RDA	Synergistic substances	Inhibitors	Effect on Body	Ailments treated	Symptoms of deficiency	Potential toxic effect	Food sources
Vitamin A	Men: 3,000 IU Women: 2,300 IU	Calcium, Phosphorous, Zinc, C, D, E, F, Choline, B complex	Alcohol, coffee, cortisone, mineral oil, excess iron	Tissue repair, infection resistance, promotes a healthy immune system, produces visual purple for night vision, helps bones, teeth, hair and skin	Teeth and gums, allergies, asthma, heart disease, arthritis, migraines, stress, eczema, hepatitis, colds, bronchitis, athlete's foot, alcoholism, acne, diabetes, cystitis	Rough skin with blemishes, dry hair, fatigue, itchy/burning eyes, night blindness, sinus and nasal trouble, prone to infection, allergies	Liver toxicity, dry rough skin and cracked lips, irritability, headache, birth defects	Foods high in beta carotene such as carrots, sweet potatoes, pumpkin, fortified cereals, eggs, milk, liver, green vegetables, orange fruits such as apricots, peaches, papayas and mangos
B Complex	See under each specific Vitamin B	Calcium, Phosphorus, C, E	Coffee, alcohol, infection, sleeping pills, birth control pills, stress, sugar	Metabolism, gastro-intestinal muscle tone, liver, eyes, nerves, hair, mouth, skin	Menstruation, alcohol abuse, migraines, weight, nausea, stress, hypoglycemia, allergies, hair loss, anemia, cystitis, heart disease, hypersensitive child	Indigestion, constipation, high cholesterol, fatigue, dull hair, insomnia, dry skin, acne, anemia	See under each specific Vitamin b	See under each specific Vitamin b
B1 Thiamine	Minimum dose: M: 1.2 mg W: 0.9 mg  High dose: 30-100 mg	Folic Acid, Niacin, Manganese, Sulfur, C, E, B2, B Complex	Fever, sugar, stress, raw clams, tobacco, surgery, alcohol, coffee	Circulation, growth, helps the body to convert carbohydrates into energy, brain capacity, organ and muscle tone, digestion, appetite, metabolism, blood building, hair, eyes, nervous system, heart function	Pain, heart rate and failure, stress, nausea, indigestion, constipation, alcoholism, diabetes, anemia, mental illness	Indigestion, heart pain, short of breath, numb extremities, loss of appetite fatigue, irritability, nervousness, noise and pain sensitivity	Very high doses may promote tumour growth	Whole grains, brown rice, fortified foods, legumes, soy foods and peas, oysters, pork

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B2 Riboflavin	Minimum dose: M: 1.3 mg W: 1.1 mg  High dose: 30-100 mg	Niacin, Phosphorus, C, B6, B complex	Tobacco, sugar, alcohol, coffee	Red blood cell formation, metabolism, cell respiration, eyes, nails, skin, hair, soft tissue	Arthritis, digestion, stress, diarrhea, athlete's foot, diabetes, cataracts, acne, hair loss, alcoholism	Mouth sores, itchy/burning eyes, indigestion, dizziness, cataracts, retarded growth	Not determined	Meat, Oysters, eggs, legumes (like peas and lentils), dairy products, leafy greens, nuts, broccoli, asparagus
Niacin niacinamide B3	Minimum dose: M: 16 mg W: 14 mg  high dose:  500-1,000 mg	Phosphorus, C, B1, B2, B Complex	Antibiotics, sugar, starch, alcohol, corn, coffee	Cholesterol breakdown, sex hormones, metabolism, digestion, general growth, circulation, nervous system, brain, liver, skin, tongue	Hair loss, diarrhea, stress, bad circulation, leg cramps, halitosis, migraines, tooth decay, high blood pressure, acne	Canker sores, depression, nervous disorders, insomnia, skin sores, nausea, muscular weakness, halitosis, fatigue, headache, lack of appetite	Itching, skin flushing, Liver toxicity, insulin resistance	Poultry, red meat, fish, legumes, peanut butter, nuts
Pantothenic Acid B5	10 - 100 mg	Biotin, Folic Acid, C, B6, B12, B Complex	Coffee, alcohol	Metabolism, general growth, vitamin absorption, antibody production, digestion, nervous system, skin, adrenal gland	Hypoglycemia, hair loss, tooth decay, stress, indigestion, cystitis, allergies, arthritis	Ulcers, hypoglycemia, hair loss, muscle cramping, premature aging, nervous disorders, sore feet, vomiting, intestinal disorders, diarrhea, eczema	It does not appear to be toxic in high dosage, although diarrhea, digestive disturbances and water retention have been reported on dosage exceeding 10 g a day.	It is widely found in both plants and animals including meat, vegetables, cereal grains, legumes, eggs, milk, mushrooms, brewers yeast
B6 pyridoxine	Minimum dose: M: 1.3-1.7 mg W: 1.3-1.5 mg  High dose: 100 mg	Potassium, Magnesium, Sodium, EFAs, Pantothenic Acid, C, B1, B2, B complex	Birth control pills, radiation, tobacco, coffee, alcoho	Protein metabolism, immunity, neurotransmitter synthesis (e.g. serotonin and	High cholesterol, hair loss, nervous disorders, nausea, stress, weight, arterosclerosis, oily face, mental	Depression, dizziness, weakness, learning disabilities, irritability, arthritis, anemia, baldness,	Nerve damage (neuropathy)	Meat, fish, poultry, eggs, potatoes, fortified cereals, peanuts, soybeans , bananas, beans,

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B6 pyridoxine (continued)				dopamine), treats peripheral neuropathy and PMS	retardation, hypoglycemia, muscle disorders, cystitis, PMS (water retention)	acne		seeds, nuts
Vitamin B12 (cobalamin)	Minimum dose: 2.4 mcg  High dose: 1,000 mcg weekly or monthly for deficiency	Choline, Inositol, Potassium, Sodium, C, B6, B complex	Laxatives, alcohol, tobacco, coffee	Blood building, cell life, metabolism, nervous system, appetite	Allergies, fatigue, shingles, hypoglycemia, stress, asthma, bursitis, anemia, epilepsy, weight, insomnia, arthritis	Nervousness, anemia, weakness, motion and speech impediments	Rare cases of eye damage	Fish, shellfish, meat, fortified soy and rice milk, fermented soy products
Biotin Vitamin H, Vitamin B7	30 - 200 µg suggested	Folic Acid, Sulfur, Pantothenic Acid, C, B12, B Complex	Egg whites (uncooked), coffee, alcohol	Fatty acid production, It converts glucose and fatty acids into energy, muscle tone, skin, Vitamin B absorption, cell growth, hair, metabolism	Hair loss, eczema, dermatitis, leg cramps	Fatigue, dry or colourless skin, poor appetite, insomnia, muscle pain, depression	slower release of insulin, skin rash, lower vitamin C and vitamin B6 levels, and higher blood sugar levels.	Oats, organ meats, yeast and eggs (cooked); also whole-wheat products, dairy products, fish and tomatoes.
Vitamin C (ascorbic acid)	Minimum dose: M: 90 mg W: 75 mg smokers add 35 mg  High dose: 500-2,000 mg	All vitamins and minerals, Magnesium, Calcium, Bioflavonoids	Aspirin, antibiotics, tobacco, fever, cortisone, stress	Collagen production, tissue healing, iodine conservation, blood building, bone and tooth production, digestion, immune system, shock protection	Weight, high cholesterol, arthritis, infections, viruses, stress, tooth decay, colds, allergies, cystitis, atherosclerosis, heart disease, hypoglycemia, hepatitis, hair loss, assists iron and calcium absorption	Bleeding gums, nosebleeds, frequent infection, indigestion, cavities, capillary ruptures, anemia, bruising	Diarrhea, nausea, Vomiting, Heartburn, Abdominal bloating and cramps, Headache, Insomnia, Kidney stones	citrus fruits, red berries, kiwifruits, tomatoes, red and green capsicums, broccoli, spinach,

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Vitamin D	9-50 years: 200 IU 51-70 years: 400 IU > 70 years: 600 IU Osteopenia or osteoporosis: 1,000 IU	Choline, Calcium, Phosphorus, A, C, F	Mineral oil	Bone formation, assists Calcium absorption, nervous system, blood clotting, skin respiration, heart, thyroid gland, skin	Cystitis, stress, eczema, allergies, alcoholism, psoriasis, acne, arthritis	Diarrhea, nervousness, bad metabolism, soft bones and teeth, insomnia, oral burning	Feeling sick, loss of appetite, feeling very thirsty, passing urine often, constipation or diarrhea, abdominal pain, muscle weakness or pain, feeling confused, feeling tired	Fortified milk, egg yolk, fatty fish /oil, your body manufactures it through sunlight on your skin!
Vitamin E d-alpha tocopherol	22 IU  High dose: 200 IU	Inositol, Manganese, Selenium, Phosphorus, A, C, F, B1, B Complex	Chlorine, mineral oil, rancid fats, birth control pills	Lowers blood pressure and cholesterol, anti-clot effect on blood, stronger capillaries, fertility, sexual potency, lung preservation, muscle and nerve preservation, slows aging	Hair loss, crossed eyes, heart disease, menopause, menstruation, phlebitis, weight, varicose veins, allergies, diabetes, arthritis, high cholesterol, stress, angina, cystitis	Dry hair, gastrointestinal disease, impotency, miscarriage, enlarged prostate, muscle wastage	Possible increase in heart disease, excess bleeding	Wheat germ, vegetable oils, nuts, green leafy vegetables, avocados, whole grains
Folate / Folic acid Vitamin B9	0.4 mg  High dose: 0.4 -1.0 mg	Biotin, Pantothenic Acid, C, B12, B Complex	Tobacco, coffee, stress, alcohol	General growth, needed to make DNA, helps the body to make red blood cells, blood builder, reproduction, digestion, metabolism, appetite, liver, glands	Arteriosclerosis, hair loss, mental disturbances, stress, ulcers, menstruation, fatigue, diarrhea, anemia, alcoholism	Indigestion, stunted growth, gray hair, anemia	High dose can mask B12 deficiency leading to nerve damage	Leafy greens, dried beans, legumes, oranges, broccoli, asparagus, cauliflower , poultry,

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Calcium	1,000-1,200 mg	Iron, Magnesium, Manganese, Phosphorus, A, C, D, F	Stress, not enough exercise	Blood clotting, bone and tooth formation, nerve transmission, muscle growth, heart rhythm, nervous system, skin, soft tissue	Foot/leg cramps, premenstrual tension, weight, symptoms of aging, arthritis, menopause, insomnia, menstruation, nervous disorders, rheumatism, osteoporosis	Insomnia, muscle cramps, tooth decay, numbness, heart palpitations, nervous disorders	Calcium deposits in soft tissues	Dairy products, milk, cheese, yoghurt, cottage cheese, soy foods, rice milk, fish bones, broccoli, green leafy vegetables,
Chromium	20-120mcg daily  high dose (toxic) >200mcg	None	None	Increased ability to use glucose, stable blood sugar level	Hypoglycemia, diabetes	Glucose intolerance (diabetes), arterosclerosis	may cause concentration problems and fainting	Meats, poultry, fish, some cereals
Iodine	150-1.100 mcg daily	None	None	Metabolism and energy, physical and mental progress, thyroid gland, production of thyroid hormones, hair, teeth, nails, skin	Goiter, hair problems, hyperthyroidism, arterosclerosis	Dry hair, irritability, cold extremities, nervous disorders, weight	Elevated thyroid stimulating hormone (TSH) concentration, headaches, nausea, racing heart, and very high fever	Marine origin, processed foods, iodized salt, kelp, seaweed
Iron	M: 8 mg W: 18 mg	Folic Acid, Calcium, Cobalt, Copper, Phosphorus, C, B12	Excess Phosphorus, tea, coffee, excess Zinc	Stress, disease resistance, blood building, makes hemoglobin which carries oxygen, makes energy in the mitochondria	Colitis, anemia, menstruation, alcoholism	Laboured breathing, anemia, constipation, brittle nails	Iron overload disorders, heart disease, liver cirrhosis	Meat, legumes, tofu, leafy greens, breakfast cereals

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Magnesium	M: 400 mg W: 320 mg	Phosphorus, Calcium, C, D, B6	None	Bone mineralization, active in more than 300 chemical reactions in the body, Metabolism (Calcium, Vitamin C and blood sugar), acid balance, arteries, teeth, nervous system, heart	High cholesterol, kidney stones, nervous disorders, stomach acid, weight, alcoholism, heart disease, prostate	Easily angered, confusion, rapid pulse, tremors, disorientation	Diarrhea, decreased calcium absorption	Whole grains, nuts, green vegetables, legumes
Potassium	4.700mg daily	Sodium, B6	Cortisone, salt, sugar, laxatives, diuretics, alcohol, coffee, stress	Muscle clenching, nervous system, regular heartbeat, rapid growth, skin, kidneys, blood builder, Important in maintaining normal fluid balance; helps control blood pressure; reduces risk of kidney stones	Alcoholism, heart disease, allergies, colic, burns, diabetes, high blood pressure, acne	Excess thirst, slow reflexes, irregular heartbeat, weakness, insomnia, dry skin, acne, constipation, muscular degeneration	stomach upsets, intestinal problems or heart rhythm disorder	Sweet potato, potatoes with skins, broccoli, green leafy vegetables, citrus fruits, bananas, dried fruits, yogurt, tuna, legumes, soybeans
Sodium	2,300 milligrams/day	Potassium, D	Deficiency in Potassium	Cellular fluid, Important for fluid balance, muscle contraction, lymph nodes, nervous system, blood builder	Heat stroke, dehydration, fever	Excess gas, muscle degeneration, weight loss, vomiting, loss of appetite	High blood pressure, Increased water retention, extreme thirst, nausea, dizziness, stomach cramps, vomiting and diarrhea	Foods to which sodium chloride (salt) has been added, like salted meats, nuts, butter, and a vast number of processed foods

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Selenium	Minimum: 55 mcg  High dose: 100-400 mcg	Vitamin E	Not known	Antioxidant, Protects cells from damage, immunity, possible cancer prevention, viral infections, regulates thyroid hormone	Heart disease, Cancer, Immune System, Asthma, Rheumatoid Arthritis,	Fatigue, uncommon weariness, lethargy, or a general inability to perform, Hypothyroidism, heart palpitations, emotional disturbance, moisture on the skin, sensitivity to light and many more	Brittle hair and nails, hair loss, irritability, garlic breath, fatigue, nausea	Whole grains from selenium-rich soils, poultry, meat, seafood, dairy, brazil nuts
Zinc	Minimum dose: M: 11 mg W: 8 mg  High dose: 40 mg	Calcium, Copper, Phosphorus, A	Excess Calcium, deficiency in Phosphorus, alcohol	Growth, immunity, wound healing, taste, sperm production, antioxidant, prostate health, Healing, digestion, reproductive system, metabolism, prostate gland, heart, blood builder	Cirrhosis, healing, high cholesterol, infertility, arterosclerosis, alcoholism, hair loss, diabetes	Sexual immaturity, loss of appetite, wounds that won't heal, stunted growth, sterility, fatigue	Immune suppression, nausea, metallic taste, copper deficiency	Oysters, meat, poultry, fish

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