

Should I Take a Supplement?

IN GENERAL –

A vitamin-mineral supplement made for seniors may help.

Store brands are just as good as name brands.

Make sure your doctor and pharmacist know all the drugs and supplements you are taking.

SUPPLEMENTS YOU MAY NEED



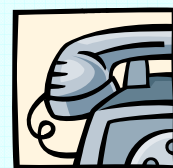
B₁₂

Folic Acid

Calcium

Vitamin D

The FDA does not pre-approve supplements like drugs. They have to prove them unsafe later. Call 1-800-322-1088 to report adverse reactions.





Unsafe Supplements

Comfrey	Germander
Kava	Organ and glandular
Pennyroyal oil	Extracts
Lobelia	Yohimbe
Aristolochia	Bitter Orange
Chaparral	Androstenedione
Ephedra	

Question the Claims



1. Who is promoting the supplement?
2. Are they trying to sell or educate?
3. Is there valid research in respected journals that support the claims?
4. Does it sound too good to be true?
5. Are they pushing you to promote to others?
6. Could this supplement be harmful?

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Dr. Scott Angle, Dean and Director

How Much Is Recommended for Older Adults?

Vitamin Name	For Women	For Men	Upper safe limit
Vitamin A	2,333 I.U.*	3,000 I.U.	10,000 I.U.
Thiamin	1.1 mg.+	1.2 mg.	Not known
Riboflavin	1.1 mg.	1.3 mg.	Not known
Niacin	14 mg.	16 mg.	35 mg.
Vitamin B₆	1.5 mg.	1.7 mg.	100 mg.
Vitamin B₁₂	2.4 mcg.++	2.4 mcg.	Not known
Folate (synthetic added to food is folic acid)	400 mcg. (200 mcg. from folic acid)	400 mcg. (200 mcg. from folic acid)	1,000 mcg. from folic acid
Pantothenic acid	5 mg.	5 mg.	Not known
Biotin	30 mcg.	30 mcg.	Not known
Choline	425 mg.	550 mg.	3,500 mg.
Vitamin C	75 mg.	90 mg.	2,000 mg.
Vitamin D	For both – 400 I.U. up to age 70 and 600 I.U. after age 70		2,000 I.U.
Vitamin E	15 mg.	15 mg.	1,000 mg.
Vitamin K	90 mg.	120 mg.	Not known

* I.U. stands for International Units

+ Mg. stands for milligrams

++ Mcg. stands for micrograms

Mineral Name	For Women	For Men	Upper Safe Limit
Calcium	1,200 mg.	1,200 mg.	2,500 mg.
Chromium	20 mcg.	30 mcg.	None known
Copper	900 mcg.	900 mcg.	10,000 mcg.
Fluoride	3 mg.	4 mg.	10 mg.
Iodine	150 mcg.	150 mcg.	1,100 mcg.
Iron	8 mg	8 mg	45 mg.
Magnesium	320 mg.	420 mg.	350 mg. from supplements No concern from food
Manganese	1.8 mg.	2.3 mg.	11 mg.
Phosphorus	700 mg.	700 mg.	3,000 mg.
Potassium	Not available	Not available	Unsure
Selenium	55 mcg.	55 mcg.	400 mcg.
Zinc	8 mg.	11 mg.	40 mg.

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