### What vitamins should I take?

**Men**
**Age 20 to 35**

The *highlighted choices* are the ones we’d consider most important—so if you feel negative toward supplementation, at least choose these in your multi and supplements.

#### Vitamins

<table>
<thead>
<tr>
<th>Vitamin</th>
<th>Optimum</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>More than 1,250 IU twice a day is too much (unless you have an eye condition called wet macular degeneration)</td>
</tr>
<tr>
<td>B6</td>
<td>2 mg twice a day</td>
</tr>
<tr>
<td>B12</td>
<td>400 mcg twice a day (25 mcg)</td>
</tr>
<tr>
<td>C</td>
<td>250 mg twice a day (remember it’s water-soluble, so you need several doses over the day), or 50 mg twice a day if you’re taking a statin drug (for example, Zocor, VYTORIN, Lipitor, Pravachol, or Crestor)</td>
</tr>
<tr>
<td>D3</td>
<td>Make sure you get the D3; 500 IU twice a day.</td>
</tr>
<tr>
<td>E</td>
<td>200 IU twice a day (400 IU of mixed tocopherols is the form of vitamin E I favor). Reduce this to 50 IU twice a day from supplements if you’re taking a statin drug.</td>
</tr>
<tr>
<td>F (folate)</td>
<td>200 mcg twice a day (folic acid or folate, or folacin, which is sometimes listed as vitamin B9)</td>
</tr>
<tr>
<td>Thiamin</td>
<td>12.5 mg twice a day</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>12.5 mg twice a day</td>
</tr>
<tr>
<td>Niacin</td>
<td>At least 15 mg twice a day, preferably more (check with your doctor if you’re taking a statin drug)</td>
</tr>
<tr>
<td>Biotin</td>
<td>150 mcg twice a day</td>
</tr>
<tr>
<td>Pantothenic acid</td>
<td>150 mg twice a day</td>
</tr>
</tbody>
</table>

#### Minerals

<table>
<thead>
<tr>
<th>Mineral</th>
<th>Optimum</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>500 mg twice a day in divided doses (you cannot absorb more than 600 mg at a time so need to space out)</td>
</tr>
<tr>
<td>Magnesium</td>
<td>200 mg twice a day</td>
</tr>
<tr>
<td>Selenium</td>
<td>100 mcg twice a day</td>
</tr>
<tr>
<td>Zinc</td>
<td>7.5 mg twice a day</td>
</tr>
<tr>
<td>Potassium</td>
<td>Four fruit servings plus a normal diet should do it.</td>
</tr>
</tbody>
</table>

#### Additional vitamin-like substances you should get daily (once a day):

<table>
<thead>
<tr>
<th>Substance</th>
<th>Optimum</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lycopene</td>
<td>Ten tablespoons of tomato sauce a week (400 mcg) should do it.</td>
</tr>
<tr>
<td>Lutein</td>
<td>A leafy green vegetable a day (40 mcg) should do it.</td>
</tr>
<tr>
<td>Quercetin</td>
<td>Hefty portions of onion, garlic, celery, or lemon juice in addition to the above at least once a day should do it.</td>
</tr>
<tr>
<td>Omega-3</td>
<td>either 1 gm of distilled fish oil or 6 walnuts, preferable 25 to 30 minutes before lunch and before dinner, or both (we like both); or 600 mg of DHA supplement (from algae), or 2 ounces of fatty fish a day</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>1 half teaspoon a day</td>
</tr>
<tr>
<td>Red Pepper</td>
<td>As much as you want (more is better for appetite suppression) early in the day</td>
</tr>
<tr>
<td>Tumeric</td>
<td>As much as you want but at least ½ teaspoon of strong mustard or a curry dish a day</td>
</tr>
</tbody>
</table>

#### Choices you might consider (talk to your doctor about these, and all choices):

<table>
<thead>
<tr>
<th>Choice</th>
<th>Optimum</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coenzyme Q10</td>
<td>200 mg a day if on a statin, or hypertensive or diabetic</td>
</tr>
<tr>
<td>Coffee &amp; Green Tea</td>
<td>2 or more cups of each</td>
</tr>
</tbody>
</table>