

Women Age 20 to 40

What vitamins should I take?



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

Optimum

A	More than 1,250 IU twice a day is too much (unless you have an eye condition called wet macular degeneration)
B6	2 mg twice a day
B12	400 mcg twice a day (25 mcg)
C	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)
D3	Make sure you get the D3; 500 IU twice a day.
E	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.
F (folate)	400 mcg twice a day (folic acid or folate, or folicin, which is sometimes listed as vitamin B9)
Thiamin	12.5 mg twice a day
Riboflavin	12.5 mg twice a day
Niacin	At least 15 mg twice a day, preferably more (check with your doctor if you're taking a statin drug)
Biotin	150 mcg twice a day
Pantothenic acid	150 mg twice a day

Minerals

Calcium	500 mg twice a day in divided doses (you cannot absorb more than 600 mg at a time so need to space out)
Magnesium	200 mg twice a day
Selenium	100 mcg twice a day
Zinc	7.5 mg twice a day
Potassium	Four fruit servings plus a normal diet should do it.

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

Lycopene	Ten tablespoons of tomato sauce a week (400 mcg) should do it.
Lutein	A leafy green vegetable a day (40 mcg) should do it.
Quercetin	Hefty portions of onion, garlic, celery, or lemon juice in addition to the above at least once a day should do it.
Omega-3	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
Cinnamon	1 half teaspoon a day
Red Pepper	As much as you want (more is better for appetite suppression) early in the day
Tumeric	As much as you want but at least ½ teaspoon of strong mustard or a curry dish a day

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

Coenzyme Q10	200 mg a day if on a statin, or hypertensive or diabetic
Coffee & Green Tea	2 or more cups of each