## Women Age 50 and over

## What vitamins should I take?

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

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 mg twice a day (25 mg)         C       400 mg twice a day (25 mg)         D3       Make sure you get the D3, 500 IU twice a day.         P3       Make sure you get the D3, 500 IU twice a day.         F       200 IU twice a day (400 IU of mixed toopherols is the form of vitamin E1 favor). Reduce this to 50 IU twice a day from sopplements if you're taking a statin drug.         F (folate)       200 mg twice a day.         D4       Make sure you get the D3, 500 IU twice a day.         Khofkovin       12.5 mg twice a day.         Khofkovin       12.5 mg twice a day.         Nition       12.5 mg twice a day.         Nition       12.5 mg twice a day.         Pentothemic acid       150 mg twice a day.         Nition       15 mg twice a day.         Mineresize       600 mg three times a day in divided doses (you cannot absorb more than 600 mg at a time so need to space out).         Magenesium       300 mg twice a day.         Pentothemic acid       150 mg twice a day.         Selenium       100 mg twice a day.         Zuckium       600 mg three times a day in divided doses (you cannot absorb more than 600 mg at a time so need to space out).	Vitamins	////////Optimum///////////////////////////////////
B12       400 mg twice day (25 mg)         C       400 mg twice day (remember if swater-soluble, so you need several doses over the day), or 50 mg twice a day if you're taking a statin drug (for example, Zoor, YTORIN, Lipitor, Pravadol, or Crestor)         D3       Make sure you get the D5 200 UI twice a day.         E       200 IU twice a day (folic acid or folate, or folicin, which is sometimes listed as vitamin B9)         Thiamin       12.5 mg twice a day         Kiboflavin       12.5 mg twice a day.         Rikoflavin       12.5 mg twice a day.         Nitaria       150 mg twice a day.         Nitaria       150 mg twice a day.         Nitaria       150 mg twice a day.         Minerals       150 mg twice a day.         Minerals       500 mg twice a day.         Minerals       500 mg twice a day.         Magnesium       300 mg twice a day.         Magnesium       300 mg twice a day.         Additional vitamin-like substances you should do it.       Additional vitamin-like substances you should do it.         Additional vitamin-like substances you should do it.       Additional vitamin-like substances you should do it.         Virein       A leafy prem seque the day.       Should do it.         Virein       A leafy prem seque the day.       Should do it.         Deretissium       100 mg twice a day.<	Α	More than 1,250 IU twice a day is too much (unless you have an eye condition called wet macular degeneration)
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Coffee & Green Tea 2 or more cups of each	Aspirin	162 mg a day (check with your doctor) with 2 glasses of warm water
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