

VITAMIN, MINERAL AND SUPPLEMENT GUIDELINE AND DOSAGE RECOMMENDATIONS

| Supplement | Reported Supplement Benefit | Some Sources | Recommended Dosage * |
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| Advanced Antioxidants Vitamin A 12, 500 I.U. Vitamin C 500 mg. Vitamin E 200 I.U. Folic Acid 500 mcg. Selenium 50 mcg. | Broad spectrum vitamin/mineral antioxidant. Important for vision, skin health, and immune system. Important for healthy immune system and skin health. Protects against heart disease & cancer; slows aging process. Protects against aging and improves reproduction of cells. Protects against age-related diseases and some cancers. | See the following: Beta-carotene form found in green/orange vegetables and fruits. Citrus fruits, leafy greens, red and green peppers, broccoli. Leafy green vegetables, seeds, nut oils, avocados, soybeans. Leafy green vegetables (spinach, kale, beet greens), avocados. Animal liver, butter, most fish, shellfish, many vegetables. | One tablet per day |
| Alpha Lipoic Acid 100 mg. | Protects against aging process and diabetic damage from inflammation; increases insulin sensitivity in diabetics. | Naturally occurring in body cells; only trace amounts found in foods - available as a supplement. | 100 mg. daily or more if diabetic |
| B12 Sublingual 2.5 mg. | Improves energy, protects nerves and promotes nerve health. | Protein sources of meat, oily fish, egg yolks and milk products. | 2.5 mg. daily |
| Bios Life Fiber 4.5 grams | Improves digestion and lowers cholesterol levels. | Proprietary fiber powder with cholesterol lowering formulation. | Prescription only |
| Biotin Forte 5 mg. w/Folic Acid 800 mcg. | Promotes healthy hair, skin & muscle tissue; improves blood sugar levels; helps with weight reduction in the metabolism of fat. | Trace amounts in meat, esp. liver; fish, poultry, egg yolks, walnuts, and wheat germ. Naturally produced in the intestines. | 5 mg. daily |
| Calcium 650 mg. w/ Vit D3 200 I.U. | Protects against osteoporosis, improves weight loss, regulates muscle contraction and nerve transmission. | Milk products, yogurt, sardines, cauliflower, broccoli, some nuts and seeds. | 1300 + mg. daily |
| Chromium 200 mcg. | Improves glucose metabolism & tolerance; reduces sugar cravings, improves cholesterol levels, and lowers body fat. | Brewer's yeast, beef, liver, whole wheat, apples, spinach. | 200 + mcg. daily |
| Conjugated Linoleic Acid (CLA) 1000 mg. | Improves muscle mass and decreases body fat, supports immune function, and cardiovascular health. | Grass fed beef and dairy products; sunflower, safflower, walnut, corn and soybean oil. | 2000-4000 mg. daily |
| CoQ10 25 mg. | Improves cardiac health, enhances metabolism, protects against premature aging of cells, immune booster. | Salmon and sardines, organ meats and whole grains. Taking cholesterol-lowering Rx? Ask your doctor about dosage. | 25 - 200 mg. daily |
| DHEA (7-Keto) 100 mg. w/ Green Tea Ext. 25 mg. | Reduces skin wrinkling, improves vigor, boosts immune system and improves weight loss efforts. | Natural occurring hormone that declines with age - available as a supplement. | 100 mg. daily over the age of 40 |
| Marine Fish Oil 1000 mg. Omega 3 fatty acid | Anti-inflammatory, improves insulin sensitivity, aids in fat burning, reduces degenerative aging, and is cardioprotective (reduces LDL). | Cold water fish (salmon, sardines, herring, mackerel, sable); walnuts, soybeans, spinach, flaxseeds. | 1000-3000 mg. daily or more if LDL is high |
| Herbal Antioxidants Quercetin 100 mg. Green Tea Ext. 75 mg. Ginko Biloba 20 mg. Grape Seed Ext. 50 mg. | Herbal properties that reduce age-related deterioration in cells. Protects against allergies, asthma and arthritis. Helps burn fat and promotes well-being. Antioxidant properties that improve brain health. Improves cardiac health; reduces inflammatory degeneration. | Maritime Pine Bark Extract from France 10 mg. Green peppers, tomatoes, rind of citrus fruit, buckwheat. Green teas. Leaves of the Ginko Biloba tree. Red grape skin and seeds. | Two-three tablets daily |

Ext. = Extract; LDL = Low Density Lipoprotein; VLCD = Very Low Carbohydrate Diet

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| <u>L-Carnitine 500 mg.</u> (Acetyl) | Accelerates fat burning and weight loss, improves insulin sensitivity, enhances mood and brain function, and increases energy. | Dark animal meats and some dairy products. | 1000-3000 mg. daily - only take 500 mg. at one time |
| <u>Magnesium 250 mg.</u> | Helps increase energy levels; improves muscle contraction, relaxation and menstrual cramps, and relieves constipation. | Dark, green vegetables, some seafood, nuts, avocados, legumes. Magnesium should be taken with calcium; a 1:2 ratio. | 250 - 700 mg. daily |
| <u>Melatonin 3 mg.</u> 6-hour time release | Hormone that improves sleep and subsequent weight control; improves immune system and age-related illnesses. | Naturally occurring hormone that declines with age - available as a supplement. | 3 mg. or more daily depending on age |
| <u>Potassium 10 meq.</u> | Crucial to cardiac and nerve function, reduces blood pressure and edema, important for energy and glucose metabolism. | Fruits; citrus, apples, avocados, apricots. Vegetables; leafy greens, broccoli, tomatoes, peas. Fish and meats. | Prescription for VLCD patients only |
| <u>Pregnenalone 100 mg.</u> | Enhances brain function, improves memory, and promotes feeling of well-being. Improves energy and hormonal balance. | Naturally occurring hormone that declines with age - available as a supplement. | 100 mg. daily |
| <u>PS Caps 100 mg.</u> | Supports memory, concentration, learning and word choice. | Naturally occurring chemical in brain that declines with age. | 100 mg. daily |
| <u>Salt Tablets 467 mg.</u> | Essential mineral vital to our body, especially in hot weather; protects against weakness and dizziness on the VLCD. | This prevalent mineral is found in almost all foods. | Prescription for VLCD patients only |
| <u>Super Carnosine 500 mg.</u> | Antioxidant and anti-aging compound; rejuvenates aging brain, heart and muscle cells; extends cell life span. | Naturally occurring amino acid compound (protein) that declines with age - available as a supplement. | 500-1000 mg. daily over age 40 |
| <u>TMG 250 mg.</u> | Promotes healthy homocystine levels in the blood which reduces risk of heart attack, stroke and atherosclerosis. | Chemical called "betaine" derived from sugar beets and available as a supplement for those with high homocystine blood levels. | 1000-2000 mg. daily |
| <u>Total Formula 2 & 3</u> <u>Multi-vitamin/mineral</u> | Stimulates immune function, protects against oxidative stress and helps ward off infections; essential to metabolic activity. | B vitamins found in most foods; highest source-Brewer's yeast and liver. Minerals found in most foods. | One tablet daily No iron formula for men |
| <u>Vitamin C 1000 mg.</u> | Potent anti-inflammatory; important for healthy immune system and formation and maintenance of collagen in skin and ligaments. | Citrus fruits, cantaloupes and strawberries; leafy greens, peppers, broccoli, tomatoes. | 1000-3000 mg. daily |
| <u>Vitamin D3 1000 I.U.</u> | Necessary for calcium absorption, increases insulin sensitivity, increases metabolism, acts as a natural antibiotic against viruses. | Milk, egg yolks, fatty fish. Naturally absorbed through skin cells from exposure to sun rays. | 1000 I.U. daily, in addition to D3 in calcium tablets |
| <u>Vitamin E 400 I.U.</u> Mixed tocopherols | Protects against heart disease, some cancers; slows down degenerative cell aging. | Vegetables, seed and nut oils; wheat germ. Supplement with both alpha and gamma E (mixed). | 400 I.U. daily |
| <u>Zinc 50 mg.</u> | Maintains healthy skin cells, protects against aging, supports immune function, and has anti-inflammatory properties. | Red meat, liver, oysters, egg yolks, legumes. | Prescription only |
| * Recommended dosage levels are for those individuals who are interested in obtaining optimum health and wellness. For those individuals who have illnesses or diseases need to seek the advise of their physician. Patients of The Center for Weight Management and Dr. Ed J. Hendricks may discuss dosage levels appropriate for their needs with us. Contact us at 916-773-1191 or email us at info@hendricksforhealth.com. | | | |