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Error This page can't be displayed due to a potential IT security or service issue. Contact the NIH OD Security Team for additional information. Please provide the following Information: Incident ID: N/A Host/IP : ods.od.nih.gov Event ID : 7111719995422636498 Date : Advertisement - Continue Reading Below Supplement advice comes from everywhere: Your doctor recommends calcium for your bones, your friends swear by iron, your spouse is religious about vitamin E. If your head is spinning when it comes to vitamin pills, here's a way to simplify: You can probably drop any of the following pills from your regimen, says Lorraine Maita, MD, a physician in Summit, NJ, and diplomate of the American Academy of Anti-Aging and Regenerative Medicine. Here, Maita and other experts share the 5 vitamins and minerals that just aren't necessary to take in supplement form—and why some of them can even be harmful. (A diabetes diagnosis doesn't have to be the last word. Prevention's The Natural Way To Beat Diabetes shows you exactly how to get your life back.) For years, women in particular have received the message that calcium supplements are crucial for healthy, strong bones. That message is flawed, says Maita. "The newest research indicates that calcium supplements may not actually get into the bone as desired, and instead can calcify arteries and soft tissues, increasing your risk of heart disease," she says. What's more, calcium supplements can perpetuate kidney stones in those who are susceptible, says Andrea Cox, RD, a dietitian in Portland, OR. You can get all the calcium your body needs through nondairy foods, such as green leafy veggies, salmon, sardines, white beans, almonds, and broccoli, says Maita (here's a list of the 20 highest calcium vegan foods). MORE: 5 Signs You're Not Getting Enough Vitamin D Once thought to reduce the risk of cardiovascular disease, Alzheimer's, cataracts, and cancer, vitamin E may actually increase some cancer risks. One study found an increased risk of cancer in men taking 400 IU daily (the recommended intake is 22 IU). Another study found the overall risk of death is higher in men and women who supplement with high doses of vitamin E than in those who don't. If you're worried about your daily multi with vitamin E, Cox says you're OK: "The amount of vitamin E in most multivitamins isn't enough to cause this effect." (You can still use vitamin E on your skin to retain moisture; check it out.) Although some natural healers recommend supplements, iodine should only be taken under a doctor's supervision. The mineral is most often associated with the thyroid gland, as it is a key component of the hormones produced there, says Maita. "Too little or too much iodine can cause an underactive thyroid, known as hypothyroidism," says Maita, so it's particularly important to make sure you're not supplementing when you don't need to (here are 16 signs your thyroid's out of whack). The best way to tell? Ask your doctor to measure the iodine levels in your urine, says Maita, to determine if your levels are low before you take a supplement. And keep in mind that the food in this country is already supplemented with iodine, says Khara Lucius, ND, a naturopathic oncologist at Cancer Treatment Centers of America, which means iodine deficiency is rare. This mineral helps form hemoglobin, a component of your blood that delivers oxygen from the lungs throughout the body. Iron is also necessary for normal cellular functioning and the synthesis of some hormones. However, you should take it as a supplement only when you have laboratory confirmation of a deficiency through your doctor, says Lucius. "That's because iron overload due to excessive supplementation or dietary intake can damage the liver and possibly other organs, such as the pancreas and heart." Too much iron can also cause liver inflammation and can oxidize in the body, causing cellular damage, says Maitra. (Learn these iron deficiency symptoms to see if you should get checked.) The eight B vitamins referred to as "B complex" are crucial for optimal health, helping our bodies convert our food into fuel and promoting healthy skin, memory, pregnancies, and more. Since B-complex vitamins are present in many foods—particularly those that are a part of a healthy diet, such as fruits, veggies, whole grains, poultry, and fish—most of us get enough. And research shows that taking B6 supplements over a long period of time can actually cause serious problems. "Even though vitamin B6 is water soluble and safe at the recommended levels, too much can be toxic," says Maita. "High doses have been shown to cause abnormal sensations in nerves called neuropathy." (You should know these 5 things about how your vitamin needs change as you age.) This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io The list of vitamins and minerals below can give you an understanding of how particular different types of vitamins and minerals work in your body, how much of each nutrient you need every day , and what types of food to eat to ensure that you are getting an adequate supply. The recommendations in this vitamins chart are based largely on guidelines from the Institute of Medicine. Recommended amounts of different types of vitamins may be expressed in milligrams (mg), micrograms (mcg), or international units (IU), depending on the nutrient. Unless specified, values represent those for adults ages 19 and older. RECOMMENDED AMOUNT (daily RDA* or daily AI**) RETINOIDS AND CAROTENE (vitamin A; includes retinol, retinal, retinyl esters, and retinoic acid and are also referred to as "preformed" vitamin A. Beta carotene can easily be converted to vitamin A as needed.) Essential for vision Lycopene may lower prostate cancer risk. Keeps tissues and skin healthy. Plays an important role in bone growth and in the immune system. Diets rich in the carotenoids alpha carotene and lycopene seem to lower lung cancer risk. Carotenoids act as antioxidants. Foods rich in the carotenoids lutein and zeaxanthin may protect against cataracts M: 900 mcg (3,000 IU)W: 700 mcg (2,333 IU)Some supplements report vitamin A in international units (IUs). 3,000 mcg (about 10,000 IU) Sources of retinoids: beef liver, eggs, shrimp, fish, fortified milk, butter, cheddar cheese, Swiss cheese Sources of beta carotene: sweet potatoes, carrots, pumpkins, squash, spinach, mangoes, turnip greens Many people get too much preformed vitamin A from food and supplements. Large amounts of supplemental vitamin A (but not beta carotene) can be harmful to bones. Normal 0 false false EN-US X-NONE X-NONE THIAMIN (vitamin B1) Helps convert food into energy. Needed for healthy skin, hair, muscles, and brain and is critical for nerve function. M: 1.2 mg, W: 1.1 mg Not known Pork chops, brown rice, ham, soy milk, watermelons, acorn squash Most nutritious foods have some thiamin. RIBOFLAVIN (vitamin B2) Helps convert food into energy. Needed for healthy skin, hair, blood, and brain M: 1.3 mg, W: 1.1 mg Not known Milk, eggs, yogurt, cheese, meats, green leafy vegetables, whole and enriched grains and cereals. Most Americans get enough of this nutrient. NIACIN (vitamin B3, nicotinic acid) Helps convert food into energy. Essential for healthy skin, blood cells, brain, and nervous system M: 16 mg, W: 14 mg 35 mg Meat, poultry, fish, fortified and whole grains, mushrooms, potatoes, peanut butter Niacin occurs naturally in food and can also be made by your body from the amino acid tryptophan, with the help of B6. PANTOTHENIC ACID (vitamin B5) Helps convert energy. Helps make lipids (fats), neurotransmitters, steroid hormones, and hemoglobin M: 5 mg, W: 5 mg Not known Wide variety of nutritious foods, including chicken, egg yolk, whole grains, broccoli, mushrooms, avocados, tomato products Deficiency causes burning feet and other neurologic symptoms. PYRIDOXINE (vitamin B6, pyridoxal, pyridoxine, pyridoxamine) Aids in lowering homocysteine levels and may reduce the risk of heart diseaseHelps convert tryptophan to niacin and brain activities. Plays a role in metabolizing and transporting fats M: 550 mg, W: 425 mg 3,500 mg Many foods, especially milk, eggs, liver, salmon, and peanuts No rmally the body makes small amounts of choline. But experts don't know whether this amount is enough at certain ages. CALCIFEROL (vitamin D) Helps maintain normal blood levels of calcium and phosphorus, which strengthen bones. Helps form teeth and bones. Supplements can reduce the number of non-spinal fractures 31-70: 15 mcg (600 IU) 71+: 20 mcg (800 IU) 50 mcg (2,000 IU) Fortified milk or margarine, fortified cereals, fatty fish Many people don't get enough of this nutrient. While the body uses sunlight to make vitamin D, it cannot make enough if you live in northern climates or don't spend much time in the sun. ALPHA-TOCOPHEROL (vitamin E) Acts as an antioxidant, neutralizing unstable molecules that can damage cells. Protects vitamin A and certain lipids from damage. Diets rich in vitamin E may help prevent Alzheimer's disease. M: 15 mg, W: 15 mg (15 mg equals about 22 IU from natural sources of vitamin E and 33 IU from synthetic vitamin E) 1,000 mg (nearly 1,500 IU natural vitamin E; 2,200 IU synthetic) Wide variety of foods, including vegetable oils, salad dressings and margarines made with vegetable oils, wheat germ, leafy green vegetables, whole grains, nuts Vitamin E does not prevent wrinkles or slow other aging processes. FOLIC ACID (vitamin B9, folate, folacin) Vital for new cell creationHelps prevent brain and spine birth defects when taken early in pregnancy; should be taken regularly by all women of child-bearing age since women may not know they are pregnant in the first weeks of pregnancy. Can lower levels of homocysteine and may reduce heart disease risk May reduce risk for colon cancer. Offsets breast cancer risk among women who consume alcohol M: 400 mcg, W: 400 mcg 1,000 mcg Fortified grains and cereals, asparagus, okra, spinach, turnip greens, broccoli, legumes like black-eyed peas and chickpeas, orange juice, tomato juice Many people don't get enough of this nutrient. Occasionally, folic acid masks a B12 deficiency, which can lead to severe neurological complications. That's not a reason to avoid folic acid; just be sure to get enough B12. PHYLLOQUINONE, MENADIIONE (vitamin K) Activates proteins and calcium essential to blood clotting. May help prevent hip fractures M: 120 mcg, W: 90 mcg Not known Cabbage, liver, eggs, milk, spinach, broccoli, sprouts, kale, collards, and other green vegetables Intestinal bacteria make a form of vitamin K that accounts for half your requirements. If you take an anticoagulant, keep your vitamin K intake consistent. MINERAL BENEFITS RECOMMENDED AMOUNT (daily RDA* or daily AI**) UPPER LIMIT (UL) per day GOOD FOOD SOURCES DID YOU KNOW? CALCIUM Builds and protects bones and teeth. Helps with muscle contractions and relaxation, blood clotting, and nerve impulse transmission. Plays a role in hormone secretion and enzyme activation. Helps maintain healthy blood pressure 31-50: M: 1,000 mg, W: 1,000 mg 51-70: M: 1,000 mg, W: 1,200 mg, 71+: M: 1,200 mg, W: 1,200 mg 2,500 mg Yogurt, cheese, milk, tofu, sardines, salmon, fortified juices, leafy green vegetables, such as broccoli and kale (but not spinach or Swiss chard, which have binders that lessen absorption) Adults absorb roughly 30% of calcium ingested, but this can vary depending on the source. Diets very high in calcium may increase the risk of prostate cancer. CHLORIDE Balances fluids in the body. A component of stomach acid, essential to digestion 14-50: M/W: 2.3 g, 51-70 M/W: 2.0 g, 71+: M/W: 1.8 g Not known Salt (sodium chloride), soy sauce, processed foods New recommendations (DRIs) for chloride are under development by the Institute of Medicine. CHROMIUM Enhances the activity of insulin, helps maintain normal blood glucose levels, and is needed to free energy from glucose 14-50: M: 35 mcg, 14-18: W: 24 mcg 19-50: W: 25 mcg 51+: M: 30 mcg, W: 20 mcg Not known Meat, poultry, fish, eggs, potatoes, some cereals, nuts, cheese Unrefined foods such as brewer's yeast, nuts, and cheeses are the best sources of chromium, but brewer's yeast can sometimes cause bloating and nausea, so you may choose to get chromium from other food sources. COPPER Plays an important role in iron metabolism and immune system. Helps make red blood cells M: 900 mcg, W: 900 mcg 10,000 mcg Liver, shellfish, nuts, seeds, whole-grain products, beans, prunes, cocoa, black pepper More than half of the copper in foods is absorbed. FLUORIDE Encourages strong bone formation. Keeps dental cavities from starting or worsening M: 4 mg, W: 3 mg 10 mg Water that is fluoridated, toothpaste with fluoride, marine fish, teas Harmful to children in excessive amounts. IODINE Part of thyroid hormone, which helps set body temperature and influences nerve and muscle function, reproduction, and growth. Prevents goiter and a congenital thyroid disorder M: 150 mcg, W: 150 mcg 1,100 mcg Iodized salt, processed foods, seafood To prevent iodine deficiencies, some countries add iodine to salt, bread, or drinking water. IRON Helps hemoglobin in red blood cells and myoglobin in muscle cells ferry oxygen throughout the body. Needed for chemical reactions in the body and for making amino acids, collagen, neurotransmitters, and hormones 19-50: M: 8 mg, W: 18 mg 51+: M: 8 mg, W: 8 mg 45 mg Red meat, poultry, eggs, fruits, green vegetables, fortified bread and grain products Many women of childbearing age don't get enough iron. Women who do not menstruate probably need the same amount of iron as men. Because iron is harder to absorb from plants, experts suggest vegetarians get twice the recommended amount (assuming the source is food). MAGNESIUM Needed for many chemical reactions in the body Works with calcium in muscle contraction, blood clotting, and regulation of blood pressure. Helps build bones and teeth 18+: M: 420 mg, W: 320 mg 350 mg (Note: This upper limit applies to supplements and medicines, such as laxatives, not to dietary magnesium.) Green vegetables such as spinach and broccoli, legumes, cashews, sunflower seeds and other seeds, halibut, whole-wheat bread, milk The majority of magnesium in the body is found in bones. If your blood levels are low, your body may tap into these reserves to correct the problem. MANGANESE Helps form bones. Helps metabolize amino acids, cholesterol, and carbohydrates M: 2.3 mg, W: 1.8 mg 11 mg Fish, nuts, legumes, whole grains, tea If you take supplements or have manganese in your drinking water, be careful not to exceed the upper limit. Those with liver damage or whose diets supply abundant manganese should be especially vigilant. MOLYBDENUM Part of several enzymes, one of which helps ward off a form of severe neurological damage in infants that can lead to early death M: 45 mcg, W: 45 mcg 2,000 mcg Legumes, nuts, grain products, milk Molybdenum deficiencies are rare. PHOSPHORUS Helps build and protect bones and teeth. Part of DNA and RNA. Helps convert food into energy. Part of phospholipids, which carry lipids in blood and help shuttle nutrients into and out of cells M: 700 mg, W: 700 mg 31-70: 4,000 mg 71+: 3,000 mg Wide variety of foods, including milk and dairy products, meat, fish, poultry, eggs, liver, green peas, broccoli, potatoes, almonds Certain drugs bind with phosphorus, making it unavailable and causing bone loss, weakness, and pain. POTASSIUM Balances fluids in the body. Helps maintain steady heartbeat and send nerve impulses. Needed for muscle contractions. A diet rich in potassium seems to lower blood pressure. Getting enough potassium from your diet may benefit bones M: 4.7 g, W: 4.7 g Not known Meat, milk, fruits, vegetables, grains, legumes Food sources do not cause toxicity, but high-dose supplements might. SELENIUM Acts as an antioxidant, neutralizing unstable molecules that can damage cells. Helps regulate thyroid hormone activity M: 55 mcg, W: 55 mcg 400 mcg Organ meats, seafood, walnuts, sometimes plants (depends on soil content), grain products Researchers are investigating whether selenium may help reduce the risk of developing cancer, but with mixed results. SODIUM Balances fluids in the body. Helps send nerve impulses. Needed for muscle contractions. Impacts blood pressure; even modest reductions in salt consumption can lower blood pressure M: 2,300 mg, W: 2,300 mg Not determined Salt, soy sauce, processed foods, vegetables While experts recommend that people limit sodium intake to 2,300 mg, most Americans consume 4,000-6,000 mg a day. SULFUR Helps form bridges that shape and stabilize some protein structures. Needed for healthy hair, skin, and nails Unknown Unknown Protein-rich foods, such as meats, fish, poultry, nuts, legumes Sulfur is a component of thiamin and certain amino acids. There is no recommended amount for sulfur. Deficiencies occur only with a severe lack of protein. ZINC Helps form many enzymes and proteins and creates new cells. Frees vitamin A from storage in the liver. Needed for immune system, taste, smell, and wound healing. When taken with certain antioxidants, zinc may delay the progression of age-related macular degeneration M: 11 mg, W: 8 mg 40 mg Red meat, poultry, oysters and some other seafood, fortified cereals, beans, nuts Because vegetarians absorb less zinc, experts suggest that they get twice the recommended requirement of zinc from plant foods. *Recommended dietary allowance **Adequate intake As a service to our readers, Harvard Health Publishing provides access to our library of archived content. Please note the date of last review or update on all articles. No content on this site, regardless of date, should ever be used as a substitute for direct medical advice from your doctor or other qualified clinician. Get the latest in health news delivered to your inbox!

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