

Table 3

GENERAL SUPPLEMENTS

<i>Type</i>	<i>Dosage</i>
Vitamin C with Bioflavonoids	2,000 mg + ⁵
Super B Complex	One tablet ⁶
Nutritional yeast	2-3 tablespoons ⁶
B1 – Thiamine	1,000 mg + ⁵
B3 - Niacin	500 mg +
Magnesium	100 mg +

Additional Supplements to Correct Imbalance:

KEY TO DISORDERS AND DISEASES

Also Pregnancy and Lactation

A: Anorexia **AD:** Addiction **AU:** Autism **AL:** Alcoholism **AN:** Anemia **AT:** Atherosclerosis **AU:** Autism
B: Bone Disorders **C:** Cancer **CH:** Cholesterol **CI:** Circulation **CNS:** Central Nervous System
CR: Criminals **D:** Depression **DI:** Diabetes **E:** Eye Disorders **EP:** Epilepsy **GB:** Gall Bladder Disorders
GI: Gastrointestinal Disorders **GU:** Gum Disorders **H:** Hypertension **HD:** Heart Disease
HM: Heavy Metal Toxicity **IY:** Hypoglycemia **I:** Irritability **IN:** Insomnia **K:** Kidney Disorders
L: Lactation (breast-feeding) **LI:** Liver Disorders **LD:** Learning Disabilities **LU:** Lung Disorders
M: Manic Depression **MD:** Muscle Disorders **Md:** Muscular Dystrophy **O:** Obesity **OS:** Osteoporosis **P:** Pregnancy **R:** Reproductive Disorders **S:** Suicidal
SC: Schizophrenia **SD:** Senile Dementia **SG:** Stunted Growth **SK:** Skin disorders **ST:** Stress
T: Tissue Damage **TD:** Tooth Disorders **H:** Thyroid Disorders **V:** Violent Personalities

KEY TO SUPPLEMENTS

add: additional to general supplement **1 mg** (milligram) is equivalent to 1000 mcg (microgram)

I.U.: international unit + : or more

HUMAN PROBLEMS THAT WOULD BENEFIT FROM SUPPLEMENTS

SUPPLEMENT	DOSE	PROBLEM
Minerals		
Ca - Calcium	400 mg	B,CA,I,L,MD,OS,P,TD
Cr - Chromium	200 mcg	AT,CH,DI,HD,HY,LU,ST
Cu - Copper	2.5 mg [dulse]	AN,B,D,HD,R
I - Iodine	1 mg [seaweeds]	A,AD,AL,AT,B,CA,CH, CR,H,HD,I,OS, P,R,SC,SG, TH
Fe - Iron	10 mg	AN,B,HD,HM,GI,LD,ST,blood
Mg - Magnesium	50 mg add	AD,AL,AU,D,I,M,Md,MD,O,OS,S,SC, SD,SG,ST,V
Mn - Manganese	10 mg	A,B,C,CR,D,DI,HD,HY,K, M,O,OS, R,S,TH,V
Mo - Molybdenum	200 mg	HM,R,TD,TH
K - Potassium	100 mg+	A,AL,DI,H,HD,GI,K,MD, OS,R,ST
Se - Selenium	100 mcg	A,AL,CA,HD,LI,Md,R,SK, pancreas (unless due to excess), neonatal jaundice
Zn - Zinc	15 mg	A,AU,HD,L,LI,P,R,SC,SG, SK,T,V
Vitamins		
B ₁ - Thiamine	500 mg add +	A,AD,AL,C,CA,CI,CR,D,DI,E,EP, GB,GI,GU,H, HD,HM,HY,I,L,LD, LI,LU,M,MD,Md,O,OS,P,S,SC,SD,SG, SK,ST,T,TD,TH, V,CNS, Beni Beri
B ₃ - Niacinamide	1,000 mg add +	A,AD,AL,C,CA,CI,CR,CNS,D,E,EP, GU,H,I,IN,M,S,SC, SK,T,V
C - Vitamin	2,000 mg add	A,AD,AL,AU,B,C,CA,CH,CI,CR, D,E,

with bioflavonoids	+	EP,GB,GU,I,IN,K,L,LD,LU,M,P,R,S, SC,SD,SG,SK, ST,T,TD,V
A - Vitamin A ¹	3,000 I.U.	AD,AL,C,CA,E,K,K,LI,LU,R,SK,ST
E - Vitamin E ²	100 I.U.	AD,AL,CA,CR,E,K,LI,LU,R,SK,ST
Lecithin ³ or choline	3 tablets 20-30 mg	AD,AL,AT,CH,CR,D,E,LI,LD,M,R, S,SC,SD,TH,U
Amino Acids ⁴		
Phenylalanine ⁵	as directed	A,AD,D,S
Tyrosine ⁶	as directed	A,D,R,S
Methionine	as directed	AD,AU,M,SC
Tryptophan ⁷	as directed	AD,AL,AU,C,D,I,IN,M,O, S,SC,V

¹ Vitamin A should include water-soluble carotenoids or carotene. If fish oil is used, caution should be taken since it is stored (check dates) and it can be toxic (check sources). Diet should include more vegetables with dark colors.

² Vitamin E should not be taken in great quantities since it is stored and can become rancid. Selenium improves the utilization of vitamin E and vice versa (they are synergists). Diet should include more vegetables, and vegetable oils (especially olive) not fats. Acid rain prevents selenium uptake into plants, so vitamin E deficiency symptoms may be due to selenium deficiency instead.

³ Lecithin is a natural form of choline and a naturally occurring component of soybeans, so diet should include tempeh (a cultured soybean product).

⁴ Use Amino Acids only with high fiber meals and do not use for extended periods of time. Correct diet to include these from foods (see tables).

⁵ Phenylalanine should not be used by phenylketonurics, those with high blood pressure or pregnant and lactating women.

⁶ Tyrosine should not be used with MAO inhibitors.

⁷ Tryptophan is also good for sleep disturbance, stimulating liver protein synthesis, and balances endorphins.

