

Table 4
Best Methods for Absorption of Supplements

KEY

- (1) meal without beans and/or grains
- (2) low protein meal
- (3) high protein meal
- (4) meal without fat
- (5) meal with fat (oils, esp. olive oil)
- (6) meal with milk-products (small amount, less than 60 grams or 2 oz.)
- (7) wine (1-2 gills or 4-8 fl.oz.) before taking the supplement or eating (15-30 minutes)
- (8) vegetarian meal
- (9) fish, nutritional yeast or organic poultry (free-ranging)
- (10) for a day spent in the outdoors (4-6 hrs)
- (11) use distilled water
- (12) use mineral water without fluoride
- (13) oxalates should not be eaten (see Food Combining Chart)
- (14) should be a chelated source (combined with an amino acid)
- (15) with a B-complex supplement (Super B-complex)
- (16) with a vitamin C supplement
- (17) with a vitamin A supplement or food source (see table)
- (18) with a vitamin E supplement or food source (see table)

Best Methods for Absorption of Supplements, continued

Supplement or Food Source	Increases Absorption and/or Utilization	Decreases Absorption and/or Utilization
Minerals		
Ca - Calcium	1,3,5,6,7,8,10,11,12	Mg, 13, 16
Cr - Chromium	1,3,7,14,15	Fe, Mn, Zn
Cu - Copper	3,4,7,8 (raw)	Ca,Fe,Mo,Zn,16
I - Iodine	3,9,15, seaweed, fish	Co,15
Fe - Iron	1,4,6,7,9,14,16	Ca, Cr, Cu, Mg, Mn, Zn, 8,15,16
Mg - Magnesium	1,3,6,7,10,11,12	16
Mn - Manganese	7	Ca, Cr, Fe, soy, 15
Mo - Molybdenum	2,7,15	Cu
K - Potassium	7,8,12	Ca,Mg,salt,9,10
Se - Selenium	3,7,8,16,18	Cu,9
Zn - Zinc	1-4,9,14-16,18	Cu,Cr,Fe.Mn,Se,15
Vitamins		
B ₁ - Thiamine	Mg,Mo,2,4,8,15,16	Ca,K,Mn,9
B ₃ - Niacinamide	Cr, I, Mo, Se, Zn	9
C - Vitamin with bioflavonoids	Ca,Cr,Mn,MO,8,16 (small doses), 17,18	7,9,16 (large doses) irritation
A - Vitamin A	Ca, I (small doses), Zn,5,8, 15	I (large doses),10,18
E - Vitamin E	K,Se,Zn,5,8,15,16	Fe
E - Lecithin	Vitamin B ₁ ,2,4,17,18	5,6
Amino Acids		
Phenylalanine	Ca,Cu,Fe,Mn,2,7,15,16	3
Tyrosine	Ca,Cu,Fe,Mn,2,7,15,16	3

Food Combining

Key	Food Type	With	Without
1	leafy greens ¹	5,11,13	15
2	flowering vegetables	11,14	15
3	colored vegetables	5,13	15
4	fresh vegetables	6-11, 14: light color	15
5	milk products	1,3,8,9,11	6,7,15
6	beans	12,14	7,15
7	grains	12,14	6,15
8	nuts	1-5,11,14	6,7,15
9	seeds	1-5,11,14	6,7,15
10	fish	1-5,11,14	6,7,15
11	high protein	1,2,8,9,10	13,15
12	low protein	6,7,13	15
13	high fat	1,3	11
14	low fat	2,4,6-10	
15	oxalates ¹⁶	15	1-14

¹ oxalates are spinach, peanuts, peanut butter, mustard and dandelion greens, collards, kale, rhubarb, sorrel, beets, coffee — use other leafy greens