Women's Optimum Daily Allowance

VERY IMPORTANT

Vitamin A/Beta Carotene (Antioxidant) – total of 25,000 IU (300% RDA) with no more than 5,000 IU in Vitamin A Palmitate and the rest in natural mixed beta carotene. More than 100 studies have shown that people with high levels of beta carotene in their diet have half the chance of developing cancer and heart attack.

Vitamin C (Antioxidant) – 1000 mg (2000% RDA) in the form of ascorbic acid (not necessary to spend more money on other forms unless you have a sensitive stomach or taking more than 2,000 to 3,000 mg per day). A study of Americans show that intake of 300 mg of vitamin C per day adds six years to a man's life and two years to a woman's life. Cardiovascular disease decreased by 40%. Take this in split dosages as it is secreted within a few hours. No toxicity has been reported on long-term intake of up to 20,000 mg a day. **It is important to incorporate Ascobyl Palmitate (the fat soluble form of vitamin C) , L-proline, and L-lysine as well. The three work synergistically to rebuild damaged blood vessels and prevent atherosclerosis.**

Vitamin E (Antioxidant) – 400 IU (1333% RDA) to 800 IU in the form of water dispersible d-alpha tocopherol (the natural form). This amount has been shown in repeated researches to be the optimum dose for anti-aging and cancer prevention. The risk of not taking vitamin E is statistically equivalent to the risk of smoking. A large scale Harvard study of 87,000 nurses showed that those taking more than 250 IU a day for two years have 41% lower incidence of major heart disease. To take the equivalent of 400 IU in food would require two quarts of corn oil or 28 cups of peanuts a day. **Many in the fore front of anti-aging research are now recommending up to 800 IU a day, especially for women in peri- or post-menopausal period.**

Selenium (Antioxidant) – 200 mcg (285 % RDA) in amino acid complex form to enhance absorption. Selenium is a strong antioxidant and the level in our body falls with age. People with decreased levels of selenium are associated with higher incidence of heart disease, cancer, and arthritis.

Magnesium (Antioxidant) – 500 to 1000 mg (125% to 250% RDA). Less than 25% of Americans meet the low RDA standard. A 2,000 kcal diet is needed if no supplement is taken. This is critical for proper heart function,

to normalize arrhythmias, and helps to reduce blood pressure. Requirement is higher if your intake of sugar and fat is high in your diet. The calcium to magnesium ratio should be between 1:1 to 1:2.

Vitamin B9 (folic acid) – 800 mcg (200% RDA) a non-toxic nutrient that protects our chromosome from DNA damage and cancer. A Harvard study of 16,000 women and 9,500 men showed that those getting the most folic acid had the lowest incidence of getting pre-cancerous polyps in the colon. Folic acid also helps with depression. No noticeable side effects at up to 10,000 mcg.

Vitamin B12 – 100 mcg to 1,000 mcg (1,666% to 16,666% RDA).
Over 24% of people over 60 years old and over 40% of people over 80 years old are deficient due to decreased absorption with age. Deficiency also causes symptoms similar to Alzheimer's disease. A must take for those over 50 years old as cheap and added insurance. Non-toxic at 1,000 mcg daily for many years or up to 100,000 mcg in a single dose.

Chromium – 200 mcg (166% RDA) in chelated form for better absorption. Very little is contained in food and as a result, 90% of all Americans are deficient in the RDA of this trace element which is critical to normalize blood sugar. An Israeli research shows that daily intake of 200 mcg of chromium improves insulin resistance in Type II Diabetes by up to 50 % in weeks.

Zinc – 30 to 50 mg (200% RDA) in chelated form for better absorption. Thirty-three percent of healthy Americans over age 50 have zinc deficiency and do not know it. The percentage increases to 90% for those older. You need a daily calorie intake of 2,400 kcal to get just the RDA. Zinc is critical for proper thymus gland and immune system function. Research has shown that daily intake of 30 mg of zinc stimulates the immune system with dramatic improvements after 6 months in those with zinc deficiency.

Calcium – 500 mg (50% RDA) in the form of calcium carbonate. Calcium is important. In addition to keeping our bones healthy, calcium also fights cancer. Calcium carbonate contains 40% calcium, compare to others such as calcium glutamate that contains 9% elemental calcium. Do not take more than 500 mg at a time for best absorption. Calcium citrate is better absorbed, but only contains 11% calcium. Calcium should be balanced with magnesium at 1:1 or 1:2 ratio.

Citrus Bioflavonoids – 100 mg. Potent antioxidants derived from plants that have metal binding (chelating) properties. Commonly found in grape seed.

Omega-3 Fatty Acid – Eating 8 ounces of fish a week is all you need to do. If not, then take 1,000 mg from fish oil to contain 360 mg EPA and 240 mg DHA. Most people taking fish oil have a tendency to develop a fishy "burp". Over 60 research studies have shown that a variety of ailments from arthritis to heart disease can benefit from fish oil (not cod liver oil which contains high dose of vitamins A and D, which is toxic); 400 IU of Vitamin E should be taken simultaneously to potentiate the effect of fish oil.

Garlic – 500 mg in concentrated form, equivalent to 1250 mg garlic bulk or half a clove of fresh garlic. Garlic has been used by healers for over 5,000 years. Numerous studies have shown that garlic decreases triglyceride level by decreasing fat absorption. It also supports healthy blood pressure. Garlic's major compounds, allicin, have been found to possess powerful actions that help the body boost its immune power. A natural herb that is non-toxic.

Evening Primrose Oil – 500 mg to 1,000 mg (standardized to 9% GLA). An essential fatty acid. Strong anti-inflammatory properties and useful for arthritis, PMS, and skin conditions. Most researches use 3,000 to 6,000 mg a day. EPO is especially good for balancing the hormonal system.

Digestive Enzymes contain lipase, cellulase, protease and amylase.

***Avoid* Iron unless You are Anemic.**

IMPORTANT

Vitamin B1 (thiamine) – 100 mg (6,666% RDA) – critical for mental function and nerve cell growth. Non toxic and water soluble.

Vitamin B2 (riboflavin) – 50 mg (2,940% RDA) – required for cell growth and release of energy, formation of red blood cell, and synthesis of antibodies.

Vitamin B3 (niacin) – 190 mg (950% RDA) in the form of niacin and niacinamide-stabilizes cell membranes, ensures proper circulation and maintains healthy skin. Aids in the function of the nervous system and helps to reduce cholesterol.

Vitamin B5 (panthothenic acid) – 400 mg (4,000% RDA) – a non toxic nutrient needed to breakdown fat to covert into energy. An anti-stress vitamin.

Vitamin B7 (biotin) – 300 mcg (100% RDA) – essential for protein, fat and carbohydrate metabolism. Helps in the utilization of other B complex vitamins.

Iodine 150 mcg (100% RDA) – important for the proper maintenance of the thyroid function.

Maganese 20 mg (1,000% RDA) – trace mineral essential for protein and fat metabolism.

Molybdenum 50 mcg (66% RDA) – essential trace mineral for nitrogen metabolism.

Potassium 99 mg – critical for normal cardiac rhythm.

Boron 2 mg – enhances healthy bone and brain function and alertness.

Silicon 2.4 mg – needed in formation of collagen and connective tissues.

Vanadium 25 mcg – essential in formation of bone and teeth.

L-Lysine 200 mg – an essential amino acid for proper growth in children and protein synthesis in adults.

Choline 200 mg – responsible for proper neurotransmitter function, lecithin formation, liver function, and gall bladder regulation.

Inositol 100 mg – vital for hair growth and prevention of arteries from hardening.

PABA (para-aminobenzoic acid) – basic constituent of many B complex vitamins and antioxidants. Helps protect against sunburn and skin cancer.

Men's Optimum Daily Allowance

VERY IMPORTANT

Vitamin A/Beta Carotene (Antioxidant) – 25,000 IU (300% RDA) with no more than 5,000 IU in Vitamin A Palmitate and the rest in natural mixed beta carotene. You will not get overdosed or suffer toxic effects. More than 100 studies have shown that people with high levels of beta carotene in their diet have half the chance of developing cancer and heart attack.

Vitamin C (Antioxidant) – 1000 mg (2,000% RDA) in the form of ascorbic acid (not necessary to spend more money on other forms unless you have a sensitive stomach or are taking more than 2,000 to 3,000 mg per day). A study of Americans show that intake of 300 mg of vitamin C per day adds six years to a man's life and two years to a woman's life. Cardiovascular disease decreased by 40%. Take this in split dosages as it is secreted within a few hours. No toxicity has been reported on long-term intake of up to 20,000 mg a day. **It is important to incorporate Ascobyl Palmitate (the fat soluble form of vitamin C), L-proline, and L-lysine as well. The three work synergistically to rebuild damaged blood vessels and prevent atherosclerosis.**

Vitamin E (Antioxidant) – 300 to 400 IU (1,333% RDA) in the form of water dispersible d-alpha tocopherol (the natural form). This amount has been shown in repeated researches to be the optimum dose for anti-aging and cancer prevention. The risk in taking sugar and fat and not taking vitamin E is statistically equivalent to the risk of smoking. A large scale Harvard study of 87,000 nurses showed that those taking more than 250 IU a day for two years have 41% lower incidence of major heart disease. To take the equivalent of 400 IU in food would require 2 quarts of corn oil or 28 cups of peanuts a day. Vitamin E has a hormonal balance effect that is important to females. Males do not need as much.

Selenium (Antioxidant) – 200 mcg (285 % RDA) in amino acid complex form to enhance absorption. Selenium is a strong antioxidant and the level in our body falls with age. People with decreased levels of selenium are associated with a higher incidence of heart disease, cancer, and arthritis.

Magnesium (Antioxidant) – 500 to 1000 mg (125% to 250% RDA). Less than 25% of Americans meet the low RDA standard. A 2,000 kcal diet is needed if no supplement is taken. This is critical for proper heart function,

to normalize arrhythmias, and helps to reduce blood pressure. Requirement is higher if your intake of sugar and fat is high in your diet. The calcium to magnesium ratio should be between 1:1 to 1:2.

Vitamin B9 (Folic acid) – 800 mcg (200% RDA) – a non-toxic nutrient that protects chromosomes from DNA damage and cancer. A Harvard study of 16,000 women and 9,500 men showed that those getting the most folic acid had the lowest incidence of getting pre-cancerous polyps in the colon. Folic acid also helps with depression. No noticeable side effects at up to 10,000 mcg.

Vitamin B12 – 100 to 1,000 mcg (1,666% RDA) – over 24% of people over 60 years old and over 40% of people over 80 years old are deficient due to decreased absorption with age. Deficiency also causes symptoms similar to Alzheimer's disease. A must take for those over 50 years old as a cheap and added insurance. Non-toxic at 1,000 mcg daily for many years or up to 100,000 mcg in a single dose.

Chromium – 200 mcg (166% RDA) in chelated form for better absorption. Very little is contained in food and, as a result, 90% of all Americans are deficient in this trace element, which is critical in order to normalize blood sugar. An Israeli research shows that a daily intake of 200 mcg of chromium improved insulin resistance in Type II Diabetes by up to 50% in weeks.

Zinc – 30 to 50 mg (200% RDA) in chelated form for better absorption. Thirty-three percent of healthy Americans over the age of 50 have zinc deficiency and do not know it. The percentage increases to 90% for those older. You need a daily calorie intake of 2,400 kcal to get just the RDA. Zinc is critical for proper thymus gland and immune system function. Research has shown that daily intake of 30 mg of zinc stimulates the immune system, with dramatic improvements after six months for those with zinc deficiency.

Calcium – 300 to 500 mg (30% to 50% RDA) in the form of calcium carbonate. In addition to keeping our bones healthy, calcium also fights cancer. Calcium carbonate contains 40% calcium, compared to others such as calcium gluconate, which contain 9% elemental calcium. Do not take more than 500 mg at a time for best absorption. Calcium should be balanced with Magnesium at 1:1 or 1:2 ratio.

Citrus Bioflavonoids – 100 mg – potent anti oxidants derived from plants that have metal binding (chelating) properties. Commonly found in grape seed.

Omega 3 Fatty Acid – **Not needed if you take 8 oz of fish a week.** Otherwise, 2,000 to 3,000 mg of fish oil (each 1,000 mg to contain 360 mg EPA and 240 mg DHA) may be considered. Most people taking fish oil have a tendency to develop a fishy " burp". Over 60 research studies (most using 3,000 mg of fish oil a day) have shown that a variety of ailments from arthritis to heart disease can benefit from fish oil (not cod liver oil, which contains high doses of vitamins A and D, which is toxic); 400 IU of vitamin E should be taken simultaneously to potentiate the effect of fish oil.

Garlic – 500 mg in concentrated form – equivalent to 1,250 mg garlic bulk or half a clove of fresh garlic. Garlic has been used by healers for over 5,000 years. Numerous studies have shown that garlic decreases triglyceride level by decreasing fat absorption. It also supports healthy blood pressure. Garlic's major compounds, allicin, have been found to possess powerful actions that help the body boost its immune power. A natural herb that is non-toxic.

Saw Palmetto – 160 to 320 mg – Saw palmetto is a small palm tree native to the West Indies and the Atlantic coast of North America. The active component helps maintain healthy levels of dihydrotestosterone (DHT) in the prostate, and promote proper excretion of DHT from the prostate. Research has shown that 80% of all males will be afflicted with prostate enlargement, a common condition that is also a leading cause of prostate cancer, by the time a man is 80 years old. One-third of all males above 35 years old already have a predisposition to pre-cancerous prostate lesions, and 50% of all males at age 50 have enlarged prostate. A healthy prostate will also ensure proper urinary and reproductive health. This herb is a non-toxic and risk free prevention of this medical condition.

Digestive Enzyme containing amylase, lactase, protease and cellulase is important to promote gastro-intestinal health.

***Avoid* Iron unless You are Anemic.**

IMPORTANT

Vitamin B1 (thiamine) – 100 mg (6666% RDA) –critical for mental function and nerve cell growth. Non-toxic and water soluble.

Vitamin B2 (riboflavin) – 50 mg (2,940% RDA) – required for cell growth and release of energy, formation of red blood cell, and synthesis of antibodies.

Vitamin B3 (niacin) – 190 mg (950% RDA) in the form of niacin and niacinamide – stabilize cell membranes,

Vitamin B5 (panthothenic acid) – 400 mg (4,000% RDA) – a non-toxic nutrient needed to breakdown fat to covert into energy. An anti-stress vitamin.

Vitamin B7 (biotin) – 300 mcg (100% RDA) – essential for protein, fat and carbohydrate metabolism. Helps utilization of other B complex vitamins.

Iodine – 150 mcg (100% RDA) – important to maintain proper thyroid function.

Manganese – 20 mg (1,000% RDA) – trace mineral essential for protein and fat metabolism.

Molybdenum – 50 mcg (66% RDA) – essential trace mineral for nitrogen metabolis.

Potassium – 99 mg – critical for normal cardiac rhythm.

Boron – 2 mg – enhances healthy bone and brain function and alertness.

Vanadium – 25 mcg – essential in the formation of bone and teeth.

L-Lysine – 600 mg – an essential amino acid for proper growth in children and protein synthesis in adults.

Choline – 200 mg – responsible for proper neurotransmitter function, lecithin formation, liver function, and gall bladder regulation.

Inositol – 100 mg – vital for hair growth and prevention of the hardening of arteries.

PABA (Para-Aminobenzoic Acid) – basic constituent of many B complexes and antioxidants. Helps protect against sunburn and skin cancer.

DOSAGE GUIDE

Nutrient		Men RDA	Women RDA	Optimum Daily Allowance	Healthy Adult Safe Range
Beta Carotene	IU	None tested	None tested	10,000 - 30,000	20,000 - 100,000
Biotin	mcg	100 - 200	100 - 200	200 - 500	200 - 800
Boron	mg	None tested	None tested	1 - 3	No known limit
Calcium	mg	800	1,000 -1,500	300 - 500	1,000 - 2,000
Chromium	mg	50-200	50-200	200	100 - 400
Coenzyme Q-10	mg	None tested	None tested	25 - 100	
Copper	mcg	2.0 - 3.0	2.0 - 3.0	2.0 - 3.0	No known limit
Cysteine	mg	None tested	None tested	500 - 1,500	800-300 Take with vitamin B12
Folic Acid	mcg	400	400	400 - 1,000	No known limit
Gultamine	mg	None tested	None tested	500 - 2,000	200
Iodine	mcg	150	150	250	50 - 100
Iron	mg	10	18 (Pre-meno-pausal)	Men:10 mg; Women: (Pre-menopausal:10mg)	400 - 1,000
Lysine	mg	None tested	None tested	500-2,000	400 - 1,000
Magnesium	mg	350	300	400 - 1,000	No known limit
Manganese	mg	None tested	None tested	10	60 - 1,000
Pantothenic acid	mg	4 - 7	4 - 7	10 - 10	
Phosphorus	mg	800	800	1,200	
Postassium	mg	None tested	None tested	Not known, but the recommended number of servings of fruits and vegetables supplies about 3,500 mg per day	15,000
Selenium	mcg	50 - 200	50 - 200	200	100 - 400
Silicon	None tested	None tested	Not known	Not known limit	
Sodium	mg	1,100 - 3,300	1,100 - 3,300	Not known, but most nutitionists recommend 3,000 mg per day or less	

DOSAGE GUIDE

Nutrient		Men RDA	Women RDA	Optimum Daily Allowance	Healthy Adult Safe Range
Sulfur	None tested	None tested	None tested	No known limit	
Taurine	mg	None tested	None tested	500 - 2,000	No known limit
Tyrosine	mg	None tested	None tested	500 - 1,500	No known limit
Vitamin A	IU	3,300	2,664	10,000	5,000 - 20,000
Vitamin B1 (Thiamine)	mg	1.2	1.0	5 - 10	10 - 300
Vitamin B12 (Cobalamin)	mcg	3.0	3.0	500 - 1,000	500 - 2,000
Vitamin B2 (Riboflavin)	mg	1.4	1.2	6 - 15	50 - 250
Vitamin B3 (Niacin)	mg	18	13	25 - 100	Niacin: 10-200 mg: Inositol hexanicotinate: 100-3,000 mg (under a doctor's supervision); Niacinamide: 10-300 mg
Vitamin B6 (Pyridoxine)	mg	2.2	2.0	10 - 20	10-400 mg. Long term use of over 200 mg daily requires a doctor's supervision
Vitamin C	mg	90	75	250 - 3,000	250-10,000 mg depending on individual tolerance
Vitamin D	IU	200	200 - 400	400-15,000 IU, but not normally necessary if you get 20 minutes or more of sun exposure daily	
Vitamin E (natural)	IU	15	15	50 - 800	100-1,200 IU. If you have high blood pressure, 400 IU except under a doctor's supervision
Vitamin K	mcg	70 - 140	70 - 140	same as RDA	50 - 500
Zinc	mg	15	15	15 - 35	15 - 300