

TABELA DE VITAMINAS

Periodic Table of **Vitamins**

With new gimmicky health products hitting the shelf daily, it can sometimes be difficult to distinguish those that are beneficial from those that are not. As an essential source of nutrients, vitamins do play an important role in our health. Below is a guide of the important vitamins, minerals and antioxidants, and some tips on where they can be found.

100-200 mg a Cr Carnosine																		500 mg V C Vitamin C	
1000 mg a Sd Superoxide Dismutase	9-11 mg m Zn Zinc																	1000 mg a Ay Acetylcysteine	30-60 mg a Py Pycnogenol
N/A V Ac Alpha Carotene	500 mg a Ta Taurine	5-10 mcd V D Vitamin D																6-5 mg a Ly Lycopene	200 mg a Ge Genistein
N/A V Pb PABA	N/A a Gt Glutathione	2-2 mg a Lu Lutein	200 mg m Mg Magnesium	900 mcd m Cu Copper	120 mcd m Fe Iron	475-650 mg V Ch Choline	22 mg V B1 Vitamin B1	13 mg V B2 Vitamin B2	N/A a Gm Germanium										
900 mcd V A Vitamin A	2-15 mg a Gu Glutamine	1-10 mg a Ze Zeaxanthin	N/A m Bo Boron	120-240 mg V GB Ginkgo Biloba	300 mg a Re Resveratrol	N/A a Q10 Coenzyme Q10	50 mg V B5 Vitamin B5	160 mg V B3 Vitamin B3	500 mg a Qc Quercetin										
30.0 mcd V B7 Vitamin B7	25 mg a Dh DHEA	500 mg a Cc Curcumin	1000 mg m Ca Calcium	1.3-1.7 mg V B6 Vitamin B6	2.4 mcd V B12 Vitamin B12	120 mcd V K Vitamin K	6 mg V Bc Beta Carotene	100-300 mg a Dm DMAE	N/A a Cy Cryptoxanthin										

N/A a Ct Catalase	200 mg a Ap Alpha-lipoic Acid	200 mcg m Cr Chromium	300-400 mg m Mn Manganese	55 mcg m Se Selenium	1000 mg V In Inositol	150 mg V E Vitamin E	400 mcd V B9 Vitamin B9
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Daily RDA*

Sample Vitamin **Sv**

IMMUNITY
 HEART
 BEAUTY
 MENTAL
 BODY
 ALL

antioxidant

mineral

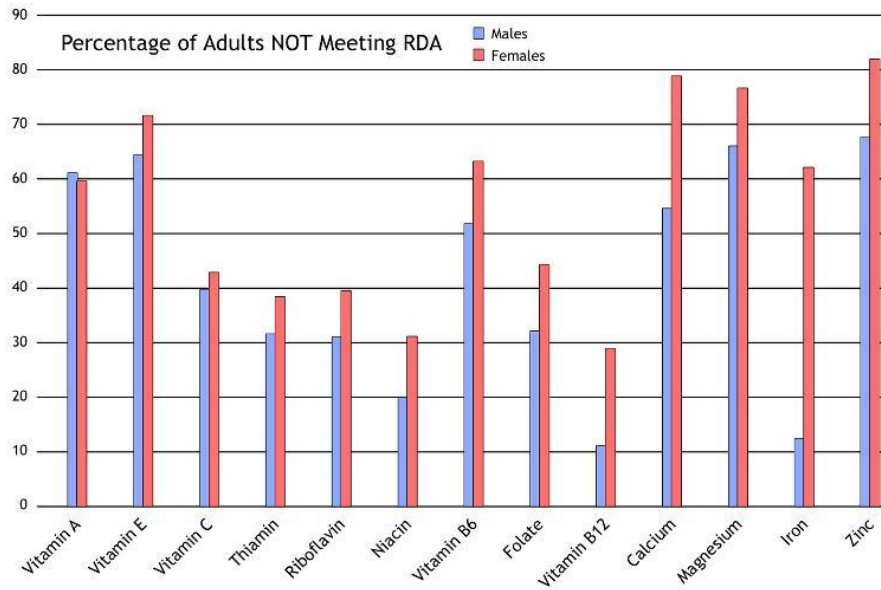
vitamin

Found In:

Meat
 Dairy
 Pork
 Chicken
 Eggs
 Fruit
 Vegetables
 Whole Grain
 Spices
 Red Wine
 Liver
 Pills
 Tea
 Aloe Vera
 Sunlight

* RDA (Recommended Dietary Allowance) Daily.

Do We Need to Supplement? USDA Data shows our diets are deficient:



The Continuing Survey of Food Intakes by Individuals (CSFII) included the collection of information about foods eaten on 2 non-consecutive days. Survey procedures call for the collection and coding of information on food as individuals eat it. Over 5,700 different foods were reported in the 1994-96 survey.