

V I T A M I N S

Vitamin	Augmenting Nutrients	Anti-Vitamins	Sources	Bodily Parts Affected	Bodily Functions Facilitated	Deficiency Symptoms	Therapeutic Applications
A Fat Soluble	B complex, choline C, D, E*, F, calcium, phosphorus, zinc	alcohol, coffee, cortisone, excessive iron, mineral oil, vitamin D deficiency	green & yellow fruits & vegetables, milk, milk products, fish liver oil apricots (dried), 250 ml, 1 cup 16,000 IU liver (beef), 115 g / lb 50,000 IU spinach (cooked), 250 ml, 1 cup 8,000 IU	bones, eyes, hair, skin, soft tissue, teeth	body tissue repair & maintenance (resist infection), visual purple production (necessary for night vision)	allergies, appetite loss, blemishes, dry hair, fatigue, itching/burning eyes, loss of smell, night blindness, rough dry skin, sinus trouble, soft tooth enamel, susceptibility to infections	acne, alcoholism, allergies, arthritis, asthma, athlete's foot, bronchitis, colds, cystitis, diabetes, eczema, heart disease, hepatitis, migraine headaches, psoriasis, sinusitis, stress, tooth & gum disorders
B complex Water Soluble	C, E, calcium, phosphorus	alcohol, birth control pills, coffee, infections, sleeping pills, stress, sugar (excessive), sulfa drugs	brewer's yeast, liver, whole grains	eyes, gastrointestinal tract, hair, liver, mouth, nerves, skin	energy, metabolism (carbohydrate, fat, protein), muscle tone maintenance (gastrointestinal tract)	acne, anemia, constipation, cholesterol (high), digestive disturbances, fatigue, hair (dull, dry, falling), insomnia, skin (dry, rough)	alcoholic psychosis, allergies, anemia, baldness, barbiturate overdose, cystitis, heart abnormalities, hypoglycemia, hypersensitivity, children, meniere's syndrome, menstrual difficulties, migraine headaches, overweight, postoperative nausea, stress
B1 thiamine Water Soluble	B complex*, B2, folic acid, niacin, C, E, manganese*, sulphur	alcohol, coffee, fever, raw clams, sugar (excessive), stress, surgery, tobacco	blackstrap molasses, brewer's yeast, brown rice, fish, meat, nuts, organ meats, poultry, wheat germ brewer's yeast, 30 ml, 2 tbsp 3 mg peanuts, 313 ml, 1/2 cups 1 mg sunflower seeds, 250 ml, 1 cup 2 mg	brain, ears, eyes, hair, heart, nervous system	appetite, blood building, carbohydrate metabolism, circulation, digestion (hydrochloric acid production), energy, growth, learning capacity, muscle tone maintenance (intestines, stomach, heart)	appetite loss, digestive disturbances, fatigue, irritability, nervousness, numbness of hands & feet, pain & noise sensitivity, pains around heart, shortness of breath	alcoholism, anemia, congestive heart failure, constipation, diarrhea, diabetes, indigestion, nausea, mental illness, pain (alleviates), rapid heart rate, stress
B2 riboflavin Water Soluble	B complex*, B6**, niacin, C, phosphorus*	alcohol, coffee, sugar (excessive), tobacco	blackstrap molasses, nuts, organ meats, whole grains almonds, 250 ml, 1 cup 1 mg brussel sprouts, 250 ml, 1 cup 2 mg brewer's yeast, 45 ml, 3 tbsp 1 mg	eyes, hair, nails, skin, soft body tissue	antibody & red blood cell formation, cell respiration, metabolism (carbohydrate, fat, protein)	cataracts, corner of mouth cracks & sores, depression, itching burning eyes, poor digestion, retarded growth, red sore tongue	acne, alcoholism, arthritis, athlete's foot, baldness, cataracts, diabetes, diarrhea, indigestion, stress
B6 pyridoxine Water Soluble	B complex*, B1, B2, pantothenic acid, C, magnesium, potassium, linoleic acid, sodium	alcohol, birth control pills, coffee, radiation (exposure), tobacco	blackstrap molasses, brewer's yeast, green leafy veg., meat, organ meats, wheat germ, whole grains, desiccated liver liver (beef), 115 g / lb 1 mg prunes (cooked), 250 ml, 1 cup 2 mg brown rice, 250 ml, 1 cup 2 mg	blood, muscles, nerves, skin	antibody formation, digestion (hydrochloric acid production), fat and protein utilization (weight control), maintains sodium/potassium balance (nerves)	acne, anemia arthritis, convulsions in babies, depression, dizziness, hair loss, irritability, learning disabilities, weakness	atherosclerosis, baldness, cholesterol (high), cystitis, facial oiliness, hypoglycemia, mental retardation, muscular disorders, nervous disorders, nausea in pregnancy, overweight, post operative nausea, stress, sun sensitivity
B12 cobalamin Water Soluble	B complex*, B6*, choline, inositol, C, potassium, sodium	alcohol, coffee, laxatives, tobacco	cheese, fish, milk, milk products, organ meats cottage cheese, 250 ml, 1 cup 2 mcg liver (beef), 115 g / lb 90 mcg tuna fish (canned), 230 g. fl lb 5 mcg eggs, 1 med 1 mcg	blood, nerves	appetite, blood cell formation, cell longevity, healthy nervous system, metabolism (carbohydrate, fat, protein)	general weakness, nervousness, pernicious anemia, walking & speaking difficulties	alcoholism, allergies, anemia, arthritis, bronchial asthma, bursitis, epilepsy, fatigue, hypoglycemia, insomnia, overweight, shingles, stress
Biotin B complex Water Soluble	B complex*, B12, folic acid, pantothenic acid, C, sulphur	alcohol, coffee, raw egg white (avidin)	legumes, whole grains, organ meats brewer's yeast, 15 ml, 1 tbsp 20 mcg lentils, 250 ml, 1 cup 25 mcg mungbean sprouts, 250 ml, 1 cup 200 mcg egg yolk, 1 med 10 mcg liver (beef), 115 g / lb 112 mcg	hair, muscles, skin	cell growth, fatty acid production, metabolism (carbohydrate, fat, protein), vitamin B utilization	depression, dry skin, fatigue, grayish skin colour, insomnia, muscular pain, poor appetite	baldness, dermatitis, eczema, leg cramps
Choline B complex Water Soluble	A, B complex, B12, folic acid, inositol*, linoleic acid	alcohol, coffee, sugar (excessive)	brewer's yeast, fish, legumes, organ meats, soybeans, wheat germ, lecithin liver (beef), 115 g / lb 500 mg egg yolks, 1 med 250 mg	hair, kidneys, liver, thymus gland	lecithin formation, liver & gall bladder regulation, metabolism (fats, cholesterol), nerve transmission	bleeding stomach ulcers, growth problems, heart trouble, high blood pressure, impaired liver & kidney function, intolerance to fats	alcoholism, atherosclerosis, baldness, cholesterol (high), constipation, dizziness, ear noises, hardening of the arteries, headaches, heart trouble, high blood pressure, hypoglycemia, insomnia
Folic Acid folacin B complex Water Soluble	B complex*, B12*, biotin, pantothenic acid, C	alcohol, coffee, stress, tobacco	green leafy vegetables, milk, milk products, organ meats, oysters, salmon, whole grains brewer's yeast, 15 ml, 1 tbsp 200 mcg dates (dried), 1 med 2,500 mcg spinach (steamed), 250 ml, 1 cup 448 mcg	blood, glands, liver	appetite, body growth & reproduction, hydrochloric acid production, protein metabolism, red blood cell formation	anemia, digestive disturbances, graying hair, growth problems	alcoholism, anemia, atherosclerosis, baldness, diarrhea, fatigue, menstrual problems, mental illness, stomach ulcers, stress
Inositol B complex Water Soluble	B complex*, B12, choline*, linoleic acid	alcohol, coffee	blackstrap molasses, citrus fruits, brewer's yeast, meat, milk, nuts, vegetables, whole grains, lecithin oranges (fresh), 1 med 400 mg grapefruit, 1 med 500 mg	brain, hair, heart, kidneys, liver, muscles	artery hardening retardation, cholesterol reduction, hair growth, lecithin formation, metabolism (fat & cholesterol)	cholesterol (high), constipation, eczema, eye abnormalities, hair loss	atherosclerosis, baldness, cholesterol (high), constipation, heart disease, overweight
Niacin niacinamide B complex Water Soluble	B complex*, B1, B2, C, phosphorus*	alcohol, antibiotics, coffee, corn, sugar/starches (excessive)	brewer's yeast, seafood, lean meats, milk, milk products, poultry, desiccated liver rhubarb (cooked), 250 ml, 1 cup 80 mg chicken (bread fried), 230 g. fl lb 25 mg	brain, liver, nerves, skin, soft tissue, tongue	circulation, cholesterol level reduction, growth, hydrochloric acid production, metabolism (protein, fat, carbohydrate), sex hormone production	appetite loss, canker sores, depression, fatigue, halitosis, headaches, indigestion, insomnia, muscular weakness, nausea, nervous disorders, skin eruptions	acne, baldness, diarrhea, halitosis, high blood pressure, leg cramps, migraine headaches, poor circulation, stress, tooth decay
Pantothenic Acid B complex Water Soluble	B complex*, B6, B12, biotin, folic acid, C	alcohol, coffee	brewer's yeast, legumes, organ meats, salmon, wheat germ, whole grains liver (beef), 115 g / lb 8 mg mushrooms (cooked), 250 ml, 1 cup 25 mg elderberries (raw), 250 ml, 1 cup 82 mg	adrenal glands, digestive tract, nerves, skin	antibody formation, carbohydrate, fat, protein conversion (energy), growth stimulation, vitamin utilization	diarrhea, duodenal ulcers, eczema, hypoglycemia, intestinal disorders, kidney trouble, loss of hair, muscle cramps, premature aging, respiratory infections, restlessness, nerve problems, sore feet, vomiting	allergies, arthritis, baldness, cystitis, digestive disorders, hypoglycemia, tooth decay, stress
Para Aminobenzoic Acid paba B complex Water Soluble	B complex*, folic acid, C	alcohol, coffee, sulfa drugs	blackstrap molasses, brewer's yeast, liver, organ meats, wheat germ	glands, hair, intestines, skin	blood cell formation, graying hair (colour restoration), intestinal bacteria activity, protein metabolism	constipation, depression, digestive disorders, fatigue, gray hair, headaches, irritability	baldness, graying hair, overactive thyroid gland, parasitic diseases, rheumatic fever, stress, infertility External: burns, dark skin spots, dry skin, sunburn, wrinkles

Pangamic Acid B15 Water Soluble	B complex*, C, E	alcohol, coffee	brewer's yeast, brown rice, meat (rare), seeds (sunflower, sesame, pumpkin), whole grains, organ meats	glands, heart, kidneys, nerves	cell oxidation & respiration, metabolism (protein, fat, sugar), glandular & nervous system stimulation	heart disease, nervous & glandular disorders	alcoholism, asthma, atherosclerosis, cholesterol (high), emphysema, heart disease, headaches, insomnia, poor circulation, premature aging, rheumatism, shortness of breath
C ascorbic acid Water Soluble	all vitamins & minerals, bioflavonoids, calcium*, magnesium*	antibiotics, aspirin, cortisone, high fever, stress, tobacco	citrus fruits, cantaloupe, green peppers broccoli (cooked), 250 ml, 1 cup 135 mg oranges, 1 med 100 mg peppers (green), 1 med 120 mg grapefruit, 1 med 100 mg papaya (raw), 1lb 225 mg	adrenal glands, blood, capillary walls, connective tissue (skin, ligaments, bones), gums, heart, teeth	bone & tooth formation, collagen production, digestion, iodine conservation, healing (burns & wounds), red blood cell formation (hemorrhaging prevention), shock & infection resistance (colds), vitamin protection (oxidation)	anemia, bleeding gums, capillary wall ruptures, bruise easily, dental cavities, low infection resistance (colds), nosebleeds, poor digestion	alcoholism, allergies, atherosclerosis, arthritis, baldness, cholesterol (high), colds, cystitis hypoglycemia, heart disease, hepatitis, insect bites, overweight, prickly heat, sinusitis, stress, tooth decay
D Fat Soluble	A, choline, C, F, calcium, phosphorus	mineral oil	egg yolks, organ meats, bone meal, sunlight liver (beef), 115 g./lb 40 IU milk, 250 ml, 1 cup 100 IU	bones, heart, nerves, skin, teeth, thyroid gland	calcium & phosphorus metabolism (bone formation), heart action, nervous system maintenance, normal blood clotting, skin respiration	burning sensation (mouth & throat), diarrhea, insomnia, myopia, nervousness, poor metabolism, softening bones & teeth	acne, alcoholism, allergies, arthritis, cystitis, eczema, psoriasis, stress
E tocopherol Fat Soluble	A, B complex, B1, inositol*, C, F, manganese*, selenium, phosphorus*	birth control pills, chlorine, mineral oil, rancid fat & oil	dark green vegetables, eggs, liver, organ meats, wheat germ, vegetable oils, desiccated liver oatmeal (cooked), 250 ml, 1 cup 7 IU safflower oil, 15 ml, 1 tbsp 20 IU vegetable oils, 15 ml, 1 tbsp 12 IU peanuts (roasted w/skin), 250 ml, 1 cup 13 IU tomatoes, 2 med 3 IU	blood vessels heart, lungs, nerves, pituitary gland, skin	aging retardation, anti-clotting factor, blood cholesterol reduction, blood flow to heart, capillary wall strengthening, fertility, male potency, lung protection (anti-pollution), muscle & nerve maintenance	dry, dull or falling hair, enlarged prostate gland, gastrointestinal disease, heart disease, impotency, miscarriages, muscular wasting sterility	allergies, arthritis, atherosclerosis, baldness, cholesterol (high), crossed eyes, cystitis, diabetes, heart disease (coronary thrombosis, angina pectoris, rheumatic heart disease), menstrual problems, menopause, migraine headaches, myopia, overweight, phlebitis, sinusitis, stress, thrombosis, varicose veins External: burns, scars, warts, wrinkles, wounds
F unsaturated fatty acids Fat Soluble	A, C, D, E, phosphorus	radiation, x-rays	vegetable oils (safflower, soy, corn), wheat germ, sunflower seeds	cells, glands (adrenal, thyroid), hair, mucous membranes, nerves, skin	artery hardening prevention, blood coagulation, blood pressure normalization, cholesterol destroyer, glandular activity, growth, vital organ respiration	acne, allergies, diarrhea, dry skin, dry brittle hair, eczema, gall stones, nail problems, underweight, varicose veins	allergies, baldness, bronchial asthma, cholesterol (high), eczema, gall bladder problems or removal, heart disease, leg ulcers, psoriasis, rheumatoid arthritis, overweight, vitamin deficiencies
P bioflavonoids Water Soluble	Vitamin C	same as vitamin C (especially tendency to bleed & bruise easily)	fruit (skins and pulp) - apricots, cherries, grapes, grapefruit, lemons, plums	blood, capillary walls, connective tissue (skin, gums ligaments, bones), teeth	blood vessel wall maintenance, bruising, minimization, cold & flu prevention, strong capillary maintenance	same as vitamin C	asthma, bleeding gums, colds, eczema, dizziness (caused by inner ear), hemorrhoids, high blood pressure, miscarriages, rheumatic fever, rheumatism, ulcers

M I N E R A L S

Mineral	Augmenting Nutrients	Anti-Minerals	Sources	Bodily Parts Affected	Bodily Functions Facilitated	Deficiency Symptoms	Therapeutic Applications
Calcium	A*, C*, D*, F, iron*, magnesium, manganese, phosphorus*	lack of exercise, stress (excessive)	milk, cheese, molasses, yogurt, bone meal, dolomite almonds, 250 ml, 1 cup 325 mg American cheese, 1 slice 200 mg	blood, bones, heart, skin, soft tissue, teeth	bone/tooth formation, blood clotting, heart rhythm, nerve tranquilization, nerve transmission, muscle growth & contraction	heart palpitations, insomnia, muscle cramps, nervousness, arm & leg numbness, tooth decay	arthritis, aging symptoms (backache, bone pain, finger tremors), foot/leg cramps, insomnia, menstrual cramps, menopause problems, nervousness, overweight, premenstrual tension, rheumatism
Chromium	none	none	brewer's yeast, clams, corn oil, whole grain cereals	blood, circulatory system	blood sugar level, glucose metabolism (energy)	atherosclerosis, glucose intolerance in diabetics	diabetes, hypoglycemia
Copper	cobalt, iron, zinc	zinc (high intakes)	legumes, nuts, organ meats, seafood, raisins, molasses, bone meal brazil nuts, 250 ml, 1 cup 4 mg	blood, bones, circulatory system, hair, skin	bone formation, hair & skin colour, healing processes of body, hemoglobin & red blood cell formation	general weakness, impaired respiration, skin sores	anemia, baldness
Iodine	None	none	seafood, kelp tablets, salt (iodized)	hair, nails, skin, teeth, thyroid gland	energy production, metabolism (excess fat), physical & mental development	cold hands & feet, dry hair, irritability, nervousness, obesity	atherosclerosis, hair problems, goiter, hyperthyroidism
Iron	B12, folic acid, C**, calcium*, cobalt, copper**, phosphorus	coffee, excess, phosphorus, tea, zinc (excessive intake)	blackstrap molasses, eggs, fish, organ meats, poultry, wheat germ, desiccated liver liver (beef), 115 g./lb 200 mg	blood, bones, nails, skin, teeth	hemoglobin production, stress & disease resistance	breathing difficulties, brittle nails, iron deficiency anemia (pale skin, fatigue), constipation	alcoholism, anemia, colitis, menstrual problems
Magnesium	B6*, C, D, calcium, phosphorus	none	bran, honey, green vegetables, nuts, seafood spinach, bone meal, kelp tablets bran flakes, 250 ml, 1 cup 90 mg peanuts (roasted w/skin), 250 ml, 1 cup 420 mg	arteries, bones, heart, muscles, nerves, teeth	acid/alkaline balance, blood sugar metabolism (energy), metabolism (calcium & vitamin C)	confusion, disorientation, easily aroused anger, nervousness, rapid pulse, tremors	alcoholism, cholesterol (high), depression, heart conditions kidney stones, nervousness, prostate troubles, sensitivity to noise, stomach acidity, tooth decay, overweight
Manganese	None	calcium/phosphorus (excessive intake)	bananas, bran, celery, cereals, egg yolks, green leafy vegetables, legumes, liver, nuts, pineapples, whole grains	brain, mammary glands, muscles, nerves	enzyme activation, reproduction & growth, sex hormone production, tissue respiration, vitamin B1 metabolism, vitamin E utilization	ataxia (muscle coordination failure), dizziness, ear noises, loss of hearing	allergies, asthma, diabetes, fatigue
Phosphorus	A, D*, F, calcium**, iron, manganese	aluminium, iron, magnesium (excessive intake) white sugar (excessive)	eggs, fish, grains, glandular meats, meat, poultry, yellow cheese calf liver, 115 g./lb 600 mg milk/yogurt, 250 ml, 1 cup 230 mg	bones, brain nerves, teeth	bone/tooth formation, cell growth & repair, energy production, heart muscle contraction, kidney function, metabolism (calcium, sugar), nerve & muscle activity, vitamin utilization	appetite loss, fatigue, irregular breathing, nervous disorders, overweight, weight loss	arthritis, stunted growth in children, stress, tooth & gum disorders
Potassium	B6, sodium**	alcohol, coffee, cortisone, diuretics, laxatives, salt (excessive), sugar (excessive), stress	dates, figs, peaches, tomato juice, blackstrap molasses, peanuts, raisins, seafood apricots (dried), 250 ml, 1 cup 1,450 mg bananas, 1 med 500 mg flounder (baked), 115 g./lb 650 mg potatoes (baked), 1 med 500 mg	blood, heart, kidneys, muscles, nerves, skin	heartbeat, rapid growth, muscle contraction, nerve tranquilization	acne, continuous thirst, dry skin, constipation, general weakness, insomnia, muscle damage, nervousness, slow irregular heartbeat, weak reflexes	acne, alcoholism, allergies, burns, colic in infants, diabetes, high blood pressure, heart disease (angina pectoris, congestive heart failure, myocardial infarction)
Sodium	D, potassium**	chlorine/potassium (lack of)	salt, milk, cheese, seafood	blood, lymph system, muscles, nerves	normal cellular fluid level, proper muscle contraction	appetite loss, intestinal gas, muscle shrinkage, vomiting, weight loss	dehydration, fever, heart stroke
Sulphur	B complex, B1, biotin, pantothenic acid	none	bran, cheese, clams, eggs, nuts, fish, wheat germ	hair, nails, nerves, skin	collagen synthesis, body tissue formation	not known	arthritis External: skin disorders (eczema, dermatitis, psoriasis)
Zinc	A (high intake), calcium, copper, phosphorus	alcohol, calcium (high intake), phosphorus (lack of)	brewer's yeast, liver, seafood, soybeans, spinach, sunflower seeds, mushrooms	blood, heart, prostate gland	burn & wound healing, carbohydrate digestion, prostate gland function, reproductive organ growth & development, sex organ growth & maturity, vitamin B1, phosphorus & protein metabolism	delayed sexual maturity, fatigue, loss of taste, poor appetite, prolonged wound healing, retarded growth, sterility	alcoholism, atherosclerosis, baldness, cirrhosis, diabetes, internal & external wound & injury healing, high cholesterol (eliminates deposits), infertility

NOTE: For any treatment or diagnosis of illness see your physician. The use of certain dietary supplements may result in allergic reactions in some individuals, consult your physician. *Natural Choices* is not intended to be diagnostic or prescriptive and therefore assumes no responsibility.

KEY
* essential for proper function
** equal dosage required

IU
Mg
Mcg
International Units
Milligrams
Micrograms

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