

Supplements

Multivitamin-mineral supplements

The proper dosage of vitamins and minerals is an essential component of your emotional health and happiness. The dosages below are intended only as a guide to the levels of nutrients that you should look for in a multi-vitamin (mineral based) supplement that should also act as an anti-oxidant.

The exact amount should be discussed with your GP or health professional and will widely depend on your gender, age, lifestyle, health and well-being goals. Please use this table for information purposes only.

Vitamin A	5000-10,000IU (avoid if pregnant)
Mixed Carotenoids	2500-25,000IU
Vitamin D	400-1000IU
Vitamin C	200-1000mg
Mixed tocopherols	400IU or vitamin E – 100-400IU
Vitamin B	B ₁ – 25-100mg; B ₂ – 25-100mg; B ₃ – 50-100mg; B ₅ – 25-100mg; B ₆ – 25-100mg; B ₁₂ – 10-1000mcg;
Biotin	50-300mcg
Choline	20-100mg
Folic acid	400-1000mcg
Inositol	20-300mg
Calcium	600-800mg
Magnesium	400-600mg
Chromium	100-400mcg
Iodine	25-75mcg
Boron	0.5-5mg
Copper	1mg
Manganese	1-10mg
Selenium	25-100mcg
Zinc	10-30mg
And possibly others	Such as molybdenum, potassium, and vitamin K