Answers
at Walgreens™

vitamins and supplements

Over $100 in savings inside
Answers about vitamins and supplements begin here.

The best way to get the daily requirement of essential vitamins is to eat a balanced diet that contains a variety of foods from the food guide pyramid. In addition to eating well, vitamins and supplements may help ensure your body gets all the nutrients it needs. Since these needs can vary depending on age, gender and other factors, such as pregnancy, we created this helpful guide to vitamins and supplements.

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What nutrients should I consider for promoting the health of my hair, skin and nails?

We often appreciate and distinguish beauty based on an outer appearance, but much more can be said about beauty when keeping our inner health in mind. Vitamins, minerals and other key nutrients play a very important role in maintaining healthy hair, skin and nails — the outward representation of our “beauty” within.

Read on to learn how the following nutrients can help nourish and maintain the health of your hair, skin and nails.

• Alpha lipoic acid
• Biotin
• Green tea extract
• Lycopene
• Vitamin C
• Vitamin D
• Vitamin E
Alpha lipoic acid

Alpha lipoic acid (ALA) is another important antioxidant in the body. Not only does ALA fight against damaging free radicals, but it also helps to regenerate or recycle other key antioxidant nutrients, specifically vitamins C and E. The ability of ALA to regenerate other protective nutrients helps to enhance the antioxidant activity in the body and thus maintain healthy skin.³

Biotin

Biotin — a member of the B vitamins — is involved in the maintenance of healthy hair, skin and nails. Individuals who are deficient in biotin may experience scaly skin, loss of hair and brittle nails. Individuals who are not meeting their daily need for biotin can choose a daily biotin supplement to promote the strength and health of their hair, skin and nails.⁹

Green tea extract

Green tea is an excellent source of antioxidants. Research suggests that the antioxidant compounds found in green tea may play a beneficial role in maintaining healthy skin, even in the presence of UV light from the sun.¹,² Consequently, green tea extract packed with antioxidants may be a helpful addition to your health regimen.

Lycopene

Lycopene is a carotenoid that plays a role throughout the body, including the liver, adrenal glands, lungs, prostate and skin. The intake of lycopene — through dietary sources like tomatoes and supplements — can be a great way to promote healthy skin.

Vitamin C

Vitamin C is a key nutrient when it comes to skin health. Not only does it offer potent antioxidant activity in helping to protect the skin, it is also necessary for the formation of collagen — an important compound naturally found in the skin that helps maintain the elasticity and integrity of the skin.⁴,⁵,⁶

Vitamin D

Protecting the skin through the use of sunscreen is essential when it comes to reducing the risk of cellular damage from UV light. Unfortunately, the use of sunscreen with an SPF of 15 or higher inhibits the skin’s ability to synthesize vitamin D — a critical nutrient involved in bone health and immune function, among other benefits. Thus, when protecting the skin by applying sunscreen, it is equally important to keep in mind alternative ways for ensuring adequate blood levels of vitamin D. Foods like salmon and fortified milk provide a moderate amount of vitamin D and can be a good way to meet your
requirement if you consume multiple servings of each per day. For the many people who don’t get enough vitamin D through the diet, taking a daily vitamin D supplement can be a great way to fulfill your need for this very important nutrient. Foods like salmon and fortified milk provide a moderate amount of vitamin D and can be a good way to meet your requirement if you consume multiple servings of each per day. For the many people who don’t get enough vitamin D through their diet, taking a daily vitamin D supplement can be a great way to fulfill your need for this very important nutrient.8

Vitamin E

Vitamin E is a crucial antioxidant nutrient found in every cell of the body and helps to protect and maintain the integrity of all cells, including skin cells. As a result, ensuring adequate vitamin E through the diet is vital for promoting cellular health and healthy skin.5,6,7

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Suggested use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alpha lipoic acid</td>
<td>50-400 mg per day</td>
</tr>
<tr>
<td>Biotin</td>
<td>Up to 2,500 mg per day</td>
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<tr>
<td>Green tea extract</td>
<td>50-400 mg standardized extract per day</td>
</tr>
<tr>
<td>Lycopene</td>
<td>10 mg per day</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>250-500 mg per day</td>
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<tr>
<td>Vitamin D</td>
<td>1,000-2,000 IU per day</td>
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<tr>
<td></td>
<td>• Higher amounts may be taken under a doctor’s supervision, especially if deficiency is present</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>200-400 IU per day</td>
</tr>
</tbody>
</table>

REMEMBER: Please consult with your doctor before beginning any dietary supplement program or for specific concerns regarding your health condition or prescription medication.
How do I maintain healthy bones and joints?

As we age, “wear and tear” on our joints from constant repetitive motion can contribute to joint problems and limit mobility.

Following an ideal diet can be a challenge at times, so consider starting a supplement program if you believe that it would be to your advantage. Dietary supplements can be a great way to support your nutritional needs by filling the nutrient gaps that may exist. Remember, it is important to speak with your preferred healthcare provider or registered dietitian about a supplement regimen for promoting bone and joint health.

Read on to learn how the following nutrients can promote healthy bones and strong joints:

- Calcium
- Chondroitin
- Glucosamine
- Hyaluronic acid
- Magnesium
- Multivitamins
- Omega-3 fatty acids
- SAM-e

**Calcium**

Calcium is essential for maintaining bone density and, in fact, the vast majority of the body’s calcium — greater than 90 percent — is stored in bone. The daily recommended intake level for calcium is 1,000 mg per day. Calcium carbonate and calcium citrate are the two main forms found in dietary supplements. People who suffer from gastrointestinal conditions (i.e., acid reflux) may find calcium citrate to be easier on the stomach and better tolerated than calcium carbonate. Talk to your doctor about what formula is right for you.

**Chondroitin**

Chondroitin is a close “partner” of glucosamine when it comes to improving joint health. It is a naturally occurring nutrient found in the connective tissue of the body that helps maintain the structure and function of joint cartilage. Chondroitin lubricates and cushions the joints by creating a shock-absorbing space within the cartilage tissues. Not only does this action provide cushioning support, but it also helps protect cartilage from being broken down by enzymes. If you suffer from moderate-to-severe joint pain, a combined chondroitin and glucosamine supplement may promote the health of your joints. Consult your doctor to see if a combined chondroitin and glucosamine supplement may be right for you.

**Glucosamine**

If you are conscientious about the health of your joints, it is likely that you have already heard about glucosamine. Glucosamine is a basic building block for maintaining joint cartilage and the structural integrity of your joints. It also helps...
promote overall elasticity, flexibility and mobility of the joints. Preliminary studies have found glucosamine to be superior to placebos in promoting joint comfort and improved functionality amongst populations. If you suffer from moderate-to-severe joint pain, consult with your doctor about whether dietary supplementation with glucosamine may be right for you.

**Hyaluronic acid**
Emerging research suggests that hyaluronic acid provides lubrication and cushioning for the joints. It is a natural component of cartilage and the synovial fluid of the joints, and helps reduce friction between cartilage and other joint tissue during movement.10

**Magnesium**
The mineral magnesium may not come to mind with regard to bone health, but nearly 50 percent of the body’s supply of magnesium is found in bone. Of the 300 essential metabolic reactions in the body that depend on magnesium, the metabolism of bone is one of them. Magnesium is directly involved in the formation of bone and the maintenance of bone density, which can help in the prevention of fractures. If you think you might be at risk of low magnesium levels, talk to your doctor about taking a magnesium supplement.1,2,3

**Multivitamins**
A daily multivitamin contributes to your nutritional status by filling the vitamin and mineral gaps that may exist in your diet. A daily multivitamin may be sufficient for some people, but for others, a multivitamin may lack a needed nutrient or may not provide enough of a nutrient. In such cases, extra supplements may be necessary.

**Omega-3 fatty acids**
The most important omega-3 fatty acids for your joints are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). EPA and DHA have positive effects on health, including joint health. To get your dose of EPA and DHA, aim for at least two weekly servings of fatty fish like salmon, halibut, tuna and sardines. If you don’t eat much fish, taking a fish oil supplement can be of help.

**SAM-e**
SAM-e (short for S-adenosylmethionine) is a naturally occurring molecule in the body that is commonly associated with brain health and mood. While mood support is definitely a benefit, SAM-e can also play a role in joint health. SAM-e stimulates the synthesis of proteoglycans, which are necessary for the growth and repair of cartilage. Healthy cartilage not only protects your joints, but is also needed to maintain joint comfort. SAM-e is a very delicate compound that reacts quickly in the presence of air and moisture. Look for a SAM-e product that is packaged in blister packs, which help promote product effectiveness by limiting environmental exposure. Also, make sure your SAM-e supplement is enteric-coated. An enteric-coated formula means that the product can travel through the stomach to the small intestine where it is best absorbed.
<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Suggested use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium and vitamin D</td>
<td>Calcium: 1,000 mg per day for adults in at least two divided doses</td>
</tr>
<tr>
<td></td>
<td>Vitamin D: 1,000-2,000 IU per day for adults</td>
</tr>
<tr>
<td></td>
<td>• Higher amounts may be taken under a doctor’s supervision, especially if deficiency is present</td>
</tr>
<tr>
<td>Chondroitin</td>
<td>800 mg per day</td>
</tr>
<tr>
<td>Glucosamine</td>
<td>1,500 mg per day</td>
</tr>
<tr>
<td>Hyaluronic acid</td>
<td>10 mg per day</td>
</tr>
<tr>
<td>Magnesium</td>
<td>250 mg per day</td>
</tr>
<tr>
<td>Omega-3 fatty acids</td>
<td>500 mg of EPA/DHA per day</td>
</tr>
<tr>
<td></td>
<td>• Higher amounts may be taken under a doctor’s supervision</td>
</tr>
<tr>
<td>SAM-e</td>
<td>400-1,200 mg per day</td>
</tr>
<tr>
<td></td>
<td>• Dose varies for each individual. Talk to your doctor or preferred healthcare provider to determine your individual SAM-e dose.</td>
</tr>
</tbody>
</table>

REMEMBER: Please consult with your doctor before beginning any dietary supplement program or for specific concerns regarding your health condition or prescription medication.
**Any One A Day® Women’s or VitaCrave’s Gummies products**

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How do I promote the health of my brain as I age?

We hear about heart health, joint health and bone health, to name a few, but we do not often hear about brain health. As the control center of your body, the brain is a vital organ that manages thousands of processes and communication lines that keep your body functioning at its best.

As the population grows older, most people can expect to experience some degree of normal age-related cognitive decline. Cognitive decline due to aging can affect multiple aspects of cognition, including the ability to process information, concentrate, memorize and reason. The supplements listed have various roles in brain development and function throughout various life stages from birth to adulthood.

The nutrients discussed in this section include

- Acetyl-L-carnitine
- B vitamins: folic acid and vitamin B12
- Choline
- Multivitamins
- N-acetyl-L-cysteine
- Omega-3 fatty acids
- SAM-e
- Vitamin D

Acetyl-L-carnitine

Acetyl-L-carnitine (known as ALCAR) is a compound that is important in the process of energy metabolism. Carnitine’s main role is transporting fatty acids in the cell, which is an important step in energy production. Most people receive sufficient amounts of carnitine to meet daily needs. If you think you may be at risk of low carnitine levels, talk to your doctor about taking a carnitine supplement.

B vitamins

B vitamins — particularly folic acid and vitamin B12 — help maintain healthy homocysteine levels in the body. This is important because high homocysteine levels have been associated with reduced scores on tests designed to measure cognitive function. While scientists are still studying the relationship between B vitamins and dementia, B vitamins are effective in helping to manage homocysteine levels.

Choline

Although your body can manufacture choline, it is also necessary to obtain choline through your diet in order to get the amount your body needs to function optimally.
Choline is necessary for the production of acetylcholine, an important neurotransmitter involved in muscle control, memory and many other functions. It is also a component of cell membranes (the outer layer of the cell) and helps facilitate effective communication between cells. Food sources rich in choline include egg yolk, beef, brussels sprouts and broccoli.

**Multivitamins**
If you currently take a daily multivitamin, you may be wondering, “Do I need additional supplements?” A daily multivitamin contributes to your nutritional status by filling the vitamin and mineral gaps that may exist in your diet. A daily multivitamin may be sufficient for some people, but for others a multivitamin may lack a needed nutrient or may not provide enough of a nutrient. In such cases, extra supplements may be necessary.

**N-acetyl-L-cysteine**
N-acetyl-L-cysteine (known as NAC) provides the body with an important amino acid known as cysteine. The body needs cysteine to produce glutathione, a powerful antioxidant compound that helps minimize the effects of free radicals. Without enough cysteine, the body’s ability to synthesize glutathione is weakened leading to potentially uncontrolled free-radical damage. This damage can affect various parts of the body, including the brain.

**Omega-3 fatty acids**
The most important omega-3 fatty acid for brain health is docosahexaenoic acid (DHA). DHA is the major polyunsaturated fatty acid found in the brain and is important for brain development and function.

Fatty fish like salmon, anchovies, sardines and halibut are some of the most potent sources of DHA. Most people do not eat enough servings of these fish in their usual diet, which is why a fish oil supplement can be beneficial. For vegetarian consumption, flaxseed oil provides an omega-3 fatty acid known as alpha-linolenic acid (ALA), which partly converts to DHA in the body. ALA is also found in walnuts, almonds, avocados and other plant-based foods and oils.

**SAM-e**
SAM-e (short for S-adenosylmethionine) is a naturally occurring molecule found in every living cell of the body, and is commonly associated with healthy brain function and mood. Discovered over 30 years ago, SAM-e is best known for enhancing mood by promoting a healthy balance of brain neurotransmitters. Levels of SAM-e tend to decline with age, so taking a supplement that provides SAM-e can be beneficial for overall brain health and for individuals with mood health concerns.
Vitamin D

Vitamin D is very important for healthy brain function and development. In addition, emerging research suggests that low vitamin D levels may be correlated with low performance on cognitive tests.

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Suggested use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acetyl-L-carnitine</td>
<td>Supplement doses usually range from 500-2,000 mg per day</td>
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<tr>
<td>Antioxidant vitamins: C and E</td>
<td>Vitamin C: 250-1,000 mg per day</td>
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<tr>
<td></td>
<td>Vitamin E: 200-400 IU per day</td>
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<tr>
<td>B vitamins: folic acid and</td>
<td>200-400 mcg per day</td>
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<tr>
<td>vitamin B12</td>
<td>25-1,000 mcg per day</td>
</tr>
<tr>
<td>Choline</td>
<td>Supplement doses usually range from 425-3,000 mg per day</td>
</tr>
<tr>
<td>N-acetyl-L-cysteine</td>
<td>Supplement doses usually range from 600-900 mg per day</td>
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<tr>
<td>Omega-3 fatty acids</td>
<td>500 mg of EPA/DHA per day for healthy individuals</td>
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<tr>
<td>EPA and DHA</td>
<td>1,000 mg of EPA/DHA per day for individuals with documented heart conditions</td>
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<tr>
<td>SAM-e</td>
<td>200-1,600 mg per day</td>
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<td></td>
<td>• Recommended starting dose at 200 mg per day</td>
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<tr>
<td>Vitamin D</td>
<td>1,000-2,000 IU per day for adults</td>
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<td>• Higher amounts may be taken under a doctor’s supervision, especially if deficiency is present</td>
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ICP12100JAD
What nutrients can I take to promote strong digestive health?

Healthy digestion is key when it comes to keeping your body well. When you eat, the process of digestion facilitates the absorption and transportation of the important nutrients in food and makes those nutrients available for the body to use for essential functions like energy production and bone development. In addition, proper digestive health is involved in preventing toxins and harmful waste products from building up in the body. Thus, it is critical that you do your best to maintain a well-functioning digestive system by eating well, staying hydrated and engaging in regular physical activity. In addition, certain nutritional supplements can also help promote good intestinal health and digestion.

Read on to learn how the following nutrients may help to support the health of your digestive system and your overall health:

- Multivitamin
- Prebiotics
- Probiotics
- Vitamin D
Multivitamins

Individuals with existing digestive concerns such as inflammatory bowel conditions, lactose intolerance and gluten sensitivity may be at risk of having low levels of certain nutrients. They may have issues with absorption, which can compromise their nutritional status, or they may limit their intake of certain foods, consequently limiting their intake of key nutrients. For example, people who cannot tolerate dairy products usually need to find alternative sources of calcium since milk is a primary source of this important bone-building mineral. Although additional measures may need to be taken, a complete multivitamin can be a great way to promote optimal nutrient status in the face of digestive complications. Talk to your healthcare professional about a formula that is most appropriate for you. Although additional measures may need to be taken, a complete multivitamin can be a great way to promote optimal nutrient status in the face of digestive complications. Talk to your healthcare professional about a formula that is most appropriate for you.

Prebiotics

Prebiotics are nondigestible and nonabsorbable foods that promote the growth and/or activity of the beneficial probiotic bacteria in the intestinal tract. As a result, prebiotic ingredients also contribute to the health of the intestinal system by way of keeping probiotic organisms alive and well. Inulin and oligofructose — soluble fibers naturally found in a variety of fruits and vegetables, such as bananas, yams, chicory root, garlic and leeks — have been classified as prebiotic ingredients based on their ability to resist digestion and absorption in the digestive tract and promote the growth of friendly bacteria. Individuals who may limit their intake of soluble fibers can choose a supplement that contains prebiotic ingredients.1,2

Probiotics

Probiotics are live microorganisms — primarily bacteria — that offer a health benefit to the human body. They are often referred to as “good” or “friendly” bacteria based on their beneficial activity in the intestinal tract.

Under normal conditions, the human digestive tract is home to a variety of bacteria — some “friendly” and some “unfriendly.” The lactic-acid producing bacteria, including the Lactobacillus and Bifidobacterium species, have been found to benefit the intestinal environment and support healthy digestion and nutrient absorption. Unfortunately, the presence and activity of “unfriendly” bacteria can sometimes wreck havoc on intestinal balance and lead to diarrhea and other digestive disturbances. To maintain healthy digestion, consumption of probiotic ingredients may help.

When it comes to dietary sources, yogurt and fermented foods like miso and tempeh are recommended because they contain naturally occurring live bacteria. If these items aren’t a part of your regular diet, dietary supplements containing live probiotic ingredients are an equally great way to restore and maintain a healthy intestinal environment and promote optimal digestive health and nutrition.1,2
**Vitamin D**

The rise of vitamin D inadequacy among Americans has prompted researchers to explore additional areas of health that may be affected by vitamin D insufficiency. The area of intestinal health, specifically colon health, is one that has received much attention. In fact, published studies have found an inverse relationship between blood levels of vitamin D and the risk of colon-related health concerns. As a result, the healthcare professional community encourages patients to have their vitamin D levels tested and to ensure adequate vitamin D status through fortified foods, nutritional supplements and safe sun exposure. A daily vitamin D supplement can be a great way to promote optimal intestinal health.3,4

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Suggested use</th>
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<tr>
<td>Multivitamin</td>
<td>Up to 2,500 mg per day</td>
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<tr>
<td>Prebiotic</td>
<td>Follow the label instructions and talk to your doctor about incorporating prebiotic ingredients into your diet, particularly when following a probiotic regimen.</td>
</tr>
<tr>
<td>Probiotic</td>
<td>Follow the label instructions and talk to your doctor about the probiotic that is right for you.</td>
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<td>Vitamin D</td>
<td>1,000 -2,000 IU per day for adults</td>
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<td></td>
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**How do I take care of my heart?**

The heart is needed to deliver oxygen to the muscles and transport essential nutrients to your cells. If the heart is damaged, its ability to carry out these roles and responsibilities may decline. Engaging in regular physical exercise and eating a nutritious diet are factors you can control when promoting a healthy heart. Following an ideal diet can be a challenge at times, so you may want to consider starting an appropriate supplement program. Dietary supplements can be a great way to support your nutritional needs by filling the nutrient gaps that may exist.

The nutrients discussed in this booklet include

- Coenzyme Q10
- Multivitamins
- Omega-3 fatty acids
- Plant sterols and stanols
Coenzyme Q10

CoQ10 is an antioxidant and is required for proper function of many organs and chemical reactions in the body, including the heart. Free radicals are compounds that can harm your cells and negatively impact the way those cells function in the body. Therefore, it is important to include antioxidant nutrients in your diet, such as CoQ10. While CoQ10 is rare, statin drugs used to lower cholesterol can adversely affect blood CoQ10 levels. If you think you may be at risk of low CoQ10 levels, talk to your doctor about taking a CoQ10 supplement. To promote heart health or restore normal levels for those on statin drugs, a daily CoQ10 supplement can be useful.

Multivitamins

A daily multivitamin contributes to your nutritional status by filling the vitamin and mineral gaps that may exist in your diet. A daily multivitamin may be sufficient for some people, but for others a multivitamin may lack a needed nutrient or may not provide enough of a nutrient. In such cases, extra supplements may be necessary.

Omega-3 fatty acids

Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) are two omega-3 fatty acids that have been extensively studied for their beneficial role in cardiovascular health. The American Heart Association suggests 500 mg of EPA and DHA per day for healthy adults and 1,000 mg per day for adults with documented heart health concerns.1 Fatty fish like salmon, anchovies, sardines and halibut are some of the strongest sources of EPA and DHA. If you cannot get enough EPA and DHA through the foods you eat, then a daily fish oil supplement can be a great source as well. For vegetarians, flaxseed oil provides an omega-3 fatty acid known as alpha-linolenic acid (ALA), which partially converts to EPA and DHA in the body. ALA is also found in walnuts, almonds, avocados and other plant-based foods and oils. Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.

Plant sterols and plant stanols

These compounds have been clinically shown to naturally lower cholesterol levels by preventing the absorption of cholesterol found in your diet.2,3 The National Cholesterol Education Program (NCEP) of the National Institutes of Health recommends 2,000 mg per day of these plant compounds from fortified foods or supplements.
Given that plant sterols and stanols compete with dietary cholesterol for absorption in the gut, it is recommended to take a sterol and stanol supplement 15 to 30 minutes before a meal. For the greatest effect, it is advised to take sterol and stanol supplements before meals that contain cholesterol-containing foods like meat, poultry, cheese and eggs.

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Suggested use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Antioxidant vitamins C and E</td>
<td>Vitamin C: 250-1,000 mg per day(^{10})</td>
</tr>
<tr>
<td></td>
<td>Vitamin E: 200-400 IU per day(^{11})</td>
</tr>
<tr>
<td>Coenzyme Q10</td>
<td>100-200 mg per day for adults(^{9})</td>
</tr>
<tr>
<td></td>
<td>• Higher amounts may be taken under a doctor’s supervision</td>
</tr>
<tr>
<td>Omega-3 fatty acids EPA and DHA or ALA</td>
<td>500 mg of EPA/DHA per day for healthy individuals</td>
</tr>
<tr>
<td></td>
<td>1,000 mg of EPA/DHA per day for individuals with documented heart conditions*</td>
</tr>
<tr>
<td></td>
<td>500-1,500 mg per day of ALA as directed by your healthcare provider</td>
</tr>
<tr>
<td>Plant sterols and stanols</td>
<td>The National Cholesterol Education Program of the National Institutes of Health (NIH) recommends 2,000 mg per day of plant sterols and stanols as part of a heart-healthy diet</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>1,000-2,000 IU per day for adults</td>
</tr>
<tr>
<td></td>
<td>• Higher amounts may be taken under a doctor’s supervision, especially if deficiency is present</td>
</tr>
<tr>
<td></td>
<td>400 IU per day for infants, children and adolescents as recommended by the American Academy of Pediatrics(^{7})</td>
</tr>
</tbody>
</table>

\(^{*}\)High levels of EPA/DHA must be monitored closely and taken under a doctor’s supervision.

REMEMBER: Please consult with your doctor before beginning any dietary supplement program or for specific concerns regarding your health condition or prescription medication.

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**Triple Strength**
- 1,500 mg per softgel
- 3X the Nutrient Value

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What supplements can help my immune system function best?

The immune system mission is simple: recognize free radicals and eliminate them. When you have a healthy immune system, your body is doing a good job of fighting off invaders and keeping your body’s health strong.

Vitamin C has been shown to have a positive effect on the body’s immune cells. Here are other important nutrients that can support a healthy immune system:

- Echinacea
- Multivitamins
- Vitamin C
- Vitamin E
- Zinc

Echinacea

Echinacea is one of the most popular herbs in the United States, taken by many people when they are not feeling their best. Echinacea is thought to benefit immune health, particularly when unwanted symptoms are present or when you feel at risk of becoming sick. Even though echinacea is recognized as a safe herbal supplement when taken as directed, it is still recommended that you check with your doctor about your supplement use. This is especially important if you are taking medications, are pregnant or breastfeeding or have a diagnosed auto-immune condition.

Multivitamins

A daily multivitamin contributes to your nutritional status by filling the vitamin and mineral gaps that may exist in your diet. A daily multivitamin may be sufficient for some people, but for others a multivitamin may lack a needed nutrient or may not provide enough of a nutrient. In such cases, extra supplements may be necessary.

Vitamin C

Vitamin C has been found to protect the integrity of cells and stimulate the production and function of white blood cells. As a powerful antioxidant, vitamin C helps fight against free radicals in the body. Free radicals are compounds that can harm your healthy cells — including your immune fighting cells — and negatively impact the way those cells function in the body. Vitamin C is abundant in many fruits and vegetables and can also be obtained in supplement form.
Vitamin E

Many studies show that vitamin E plays an important role in the maintenance of a healthy immune system. Vitamin E also protects against free-radical damage. Environmental pollution, the sun’s ultraviolet rays, cigarette smoke and certain health conditions are all capable of triggering free-radical damage in our bodies.

Zinc

Zinc is needed for your body to carry out its normal immune response when invaders attack. Zinc is involved in additional aspects of your health, including growth and development, nervous system function, antioxidant activity and reproduction.

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Suggested use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Echinacea</td>
<td>350 mg aerial parts, four times per day</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>500-1,000 mg per day</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>1,000-2,000 IU per day</td>
</tr>
<tr>
<td></td>
<td>• Higher amounts may be taken under a doctor’s supervision, especially if deficiency is present</td>
</tr>
<tr>
<td></td>
<td>400 IU per day for infants, children and adolescents as recommended by the American Academy of Pediatrics2</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>200-400 IU per day</td>
</tr>
<tr>
<td>Zinc</td>
<td>8-30 mg per day</td>
</tr>
</tbody>
</table>

REMEMBER: Please consult with your doctor before beginning any dietary supplement program or for specific concerns regarding your health condition or prescription medication.
What steps should I take to help ensure a healthy pregnancy?

If you are pregnant or are hoping to conceive, it is important to receive the best prenatal care by seeing your OB/GYN regularly and taking steps to ensure the health of you and your baby.

A healthful, balanced diet that includes plenty of whole fruits and vegetables, whole grain products, lean protein and healthy fats will help ensure good health for you and your baby throughout pregnancy. The dietary choices you make during this time will have a powerful effect on giving your baby a strong start in life.

Read on to learn more about how vitamins and minerals help support your health during pregnancy:

- Prenatal multivitamins
- Calcium
- Folic acid
- Iron
- Omega-3 fatty acids
- Supplemental algae
- Vitamin C
- Vitamin D
- White fatty fish
**Prenatal multivitamins**

These nutrients are critical during pregnancy, and support your needs and those of your growing baby. Pregnancy places a higher demand on the body, and increases the amount of nutrients required. Adequate amounts of essential vitamins and minerals and other key nutrients during pregnancy are vital to the development of your baby, and for your health too!

*To help avoid some common side effects from a prenatal multivitamin such as queasiness or stomach upset, take your prenatal supplement with a substantial meal or snack. Some women may benefit from chewing gum or sucking on a hard candy after taking their prenatal, while others may have better luck with taking it at night with an evening snack.*

**Calcium**

Calcium’s primary responsibility during pregnancy is to maintain strong maternal bone health and promote healthy fetal bone development. Calcium also helps your circulatory, muscular and nervous systems to run normally.¹

**Folic acid**

Folic acid plays a critical role in the formation and development of a baby’s brain and spine — an important process that occurs during the initial three to four weeks of pregnancy. If you have a diagnosed malabsorption concern or any condition that may limit your dietary intake of folic acid, you may benefit from a folic acid supplement. Be sure to talk to your doctor about safe supplement use.

**Iron**

During pregnancy, a woman’s iron needs increase. In fact, they are nearly twice those of a nonpregnant woman. To ensure adequate iron status, it is important to consume iron-rich foods such as lean meat, poultry, dried fruits and iron-fortified cereals. Prenatal formulas and iron supplements can also help fulfill the high demand for iron during pregnancy and the post partum period.

**Omega-3 fatty acids**

The omega-3 fatty acid docosahexaenoic acid (DHA) is especially important because it promotes the healthy growth and development of your baby’s brain, eyes and nervous system.² Mothers of breast-fed infants should be aware that breast milk is not naturally high in DHA. If you choose to breastfeed your child, ensure you have adequate DHA in your diet or through supplementation.

**Supplemental algae**

Supplemental algae oil is a fish-free way to get DHA. Also, alpha linolenic acid (ALA) found in flaxseed oil, canola oil and walnuts is an omega-3 fatty acid that is partially converted to DHA in the body.

**Vitamin C**

Vitamin C promotes the absorption of non heme iron, a form of iron found in plants and fortified foods. Taking a vitamin C supplement with your iron supplement or eating citrus fruits with your iron-fortified cereals can promote optimal absorption of non heme iron. This is particularly applicable for women who are vegetarian, or vegan.
**Vitamin D**

For pregnant women, maintaining sufficient vitamin D status is critical for proper fetal development, especially brain and immune system development. Vitamin D also is important for keeping your bones and your baby’s bones healthy and strong. Furthermore, research suggests adequate maternal intake of vitamin D during pregnancy has been associated with a decreased risk of childhood wheezing and eczema.\(^4\,^5\) To find out your current vitamin D levels, talk to your healthcare provider about the 25-hydroxy vitamin D test. Most prenatal vitamins don’t contain optimal amounts of vitamin D. In addition to your prenatal vitamin, drink vitamin D-fortified low-fat milk and other calcium-rich foods containing vitamin D. If you don’t drink or eat calcium-rich foods, talk to you healthcare provider about calcium and vitamin D supplements.

**White fatty fish**

While fatty fish are the best dietary sources of omega-3 fatty acids, women of child-bearing age and pregnant women are advised to avoid certain fish that may have a high content of methylmercury, a compound that can affect the development of the baby’s nervous system.\(^3\) Fish to avoid include shark, swordfish, king mackerel and tilefish. Cooked fish, such as salmon, have a stronger safety profile for pregnant women; in general, up to 12 ounces per week of cooked fish may be consumed. Fish oil supplements are also available to help meet the recommendations for DHA. Your primary healthcare provider can help you choose a safe omega-3 supplement during pregnancy and lactation.

### Nutrients Suggested Use for Prenatal Health

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Suggested Use for Prenatal Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prenatal multivitamins</td>
<td>1 per day or as directed by your healthcare provider</td>
</tr>
<tr>
<td>Calcium</td>
<td>1,000 mg per day in two divided doses</td>
</tr>
<tr>
<td>Folic acid</td>
<td>600 mcg per day during pregnancy</td>
</tr>
<tr>
<td></td>
<td>500 mcg per day during lactation</td>
</tr>
<tr>
<td>Iron</td>
<td>27 mg per day or as directed by your healthcare provider</td>
</tr>
<tr>
<td>Omega-3 fatty acids (DHA)</td>
<td>DHA: at least 200 mg per day or as directed by your healthcare provider. Some experts recommend 300–600 mg per day</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>1,000–2,000 IU per day or as directed by your healthcare provider</td>
</tr>
</tbody>
</table>

REMEMBER: Please consult with your doctor before beginning any dietary supplement program or for specific concerns regarding your health condition or prescription medication.
These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, care or prevent any disease.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.
How do vitamins support my child’s health?

As your child grows, vitamins and minerals play a big part in building and maintaining health. They help with many important things, including bone and brain development, energy production and muscle function as well as preventing tooth decay. However, knowing which vitamins you should give your child can be a challenge. So, if you are unsure about your child’s nutritional and vitamin needs, talk with your pediatrician. Remember to keep vitamins out of the reach of children.

The vitamins and minerals discussed in this section include

• Children’s multivitamins
• Calcium
• Choline
• Fluoride
• Iron
• Vitamin D

Vegetarians may have inadequate levels of this vital nutrient. If your child may be at risk of low dietary choline, you might want to consider supplementation. Some children’s multivitamin formulas provide choline, so you can support your child’s diet and ensure adequate levels of this brain-boosting nutrient.

Children’s multivitamins

Much like a formula for adults, a daily children’s multivitamin can help fill the gaps that may exist in a child’s diet. Purchase, prepare and provide healthful foods, and show your child that you eat and enjoy them, too. Encourage fruits, vegetables, dairy, whole grains and lean meats when you talk about “everyday” foods, and sweets and sugars when you discuss foods in moderation. The key nutrients below are important elements of your child’s diet. If meeting your child’s nutritional needs is hard to do through foods alone, a children’s multivitamin may help.

Calcium

Calcium is another important component of a child’s diet, and is necessary for building and maintaining healthy bones and teeth. Children who drink milk and eat dairy products, such as yogurt, ice cream and cheese, usually get enough calcium from their diet. However, some kids just don’t like milk or can’t tolerate milk due to a milk allergy. In these cases, providing a children’s multivitamin, calcium-fortified foods and juices or increasing your child’s intake of dark leafy greens can help meet their needs appropriately.

Choline

Choline plays an important role during the early years of child development. It is used in the synthesis of key components necessary for healthy cell membranes called phospholipids. Choline is also involved in the formation of neurotransmitters, which are important for proper brain and muscle function. Choline is found in foods, such as milk, eggs, liver, shrimp
and peanuts. Children who do not consume milk or eggs, who have a peanut or shellfish allergy, or who are vegetarian, may have inadequate levels of this vital nutrient.

**Fluoride**

Most children get enough fluoride to build healthy teeth and prevent tooth decay if they are drinking fluoridated water. Supplemental fluoride is not necessary for all children, especially since too much fluoride can cause staining of the teeth. Consult your child’s pediatrician or dentist before giving your child a fluoride supplement.

**Iron**

Iron is an essential nutrient involved in numerous bodily functions, including normal growth and development, energy production and the transportation of oxygen to the body’s tissues. Those most at risk for iron deficiency anemia are infants who are not given extra iron after six months of age (usually in the form of iron-fortified infant cereal) and adolescent girls once they begin menstruation.

**Vitamin D**

In 2008, the American Academy of Pediatrics increased the recommended intake of vitamin D for all infants, children and adolescents to 400 I.U. per day. In its report, the AAP discussed the rising rate of vitamin D deficiency among infants, children and adolescents, and the potential risks of low vitamin D status, including Rickets (softening of the bones), and negative effects on heart and immune health.6

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Suggested use for children’s health</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>Children</td>
</tr>
<tr>
<td></td>
<td>1 to 3 years: 500 mg per day /4 to 8 years: 800 mg per day</td>
</tr>
<tr>
<td></td>
<td>Adolescent male</td>
</tr>
<tr>
<td></td>
<td>9 to 13 years: 1,300 mg per day /14 to 18 years: 1,300 mg per day</td>
</tr>
<tr>
<td></td>
<td>Adolescent female</td>
</tr>
<tr>
<td></td>
<td>9 to 13 years: 1,300 mg per day /14 to 18 years: 1,300 mg per day</td>
</tr>
<tr>
<td>Choline</td>
<td>Children</td>
</tr>
<tr>
<td></td>
<td>1 to 3 years: 200 mg per day /4 to 8 years: 250 mg per day</td>
</tr>
<tr>
<td></td>
<td>9 to 13 years: 375 mg per day</td>
</tr>
<tr>
<td></td>
<td>Adolescent male</td>
</tr>
<tr>
<td></td>
<td>14 to 18 years: 550 mg per day</td>
</tr>
<tr>
<td></td>
<td>Adolescent female</td>
</tr>
<tr>
<td></td>
<td>14 to 18 years: 400 mg per day</td>
</tr>
<tr>
<td>Fluoride</td>
<td>As directed by a pediatrician or dentist</td>
</tr>
<tr>
<td>Iron</td>
<td>Children</td>
</tr>
<tr>
<td></td>
<td>1 to 3 years: 7 mg per day /4 to 8 years: 10 mg per day</td>
</tr>
<tr>
<td></td>
<td>Adolescent male</td>
</tr>
<tr>
<td></td>
<td>9 to 13 years: 8 mg per day /14 to 18 years: 11 mg per day</td>
</tr>
<tr>
<td></td>
<td>Adolescent female</td>
</tr>
<tr>
<td></td>
<td>9 to 13 years: 8 mg per day /14 to 18 years: 15 mg per day</td>
</tr>
</tbody>
</table>

*REMEMBER: Please consult with your doctor before beginning any dietary supplement program or for specific concerns regarding your health condition or prescription medication.*
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Menopause

How can supplements help ease symptoms of menopause?

In menopause, a woman’s period stops permanently. This happens when the ovaries stop making estrogen and progesterone. The natural transition to menopause can take many years. But symptoms can appear as soon as the change begins. Common symptoms include hot flashes, night sweats, trouble sleeping and vaginal dryness. Other symptoms include memory problems, physical complaints and mood changes. The changes of menopause also increase the risk for osteoporosis, heart disease and stroke.

Although research has not yet seen conclusive results, some women use vitamins, minerals and supplements to help manage their symptoms. Studies of certain supplements for menopause have had varying results. If you want to take dietary supplements for menopause, talk with your doctor first. Together you can discuss the possible benefits and side effects of supplements and decide which ones might be right for you.

Several vitamins, minerals and supplements might be helpful for women during menopause. These include:

• B Vitamins: B6, B12 and folic acid
• Calcium and vitamin D
• Soy
• Vitamin E

B vitamins: B6, B12 and folic acid

Hormonal changes in menopause may increase the body’s levels of an amino acid called homocysteine. This can increase the risk for heart disease and stroke. Folic acid and vitamins B6 and B12 may help lower homocysteine levels.2,3

Calcium and vitamin D

Calcium and vitamin D are important for bone health. This is especially important in menopause, when the risk for osteoporosis rises. Most women should have 1,200 mg of calcium a day from food and supplements. Most women should also have 800 IU to 1,000 IU of vitamin D per day. Diet and sunlight provide some vitamin D. However, a supplement may be needed in menopause. Ask your doctor how much calcium and vitamin D you should take, especially if you have a history of kidney stones.1
Soy contains estrogen-like compounds called isoflavones. Soy proteins might also lower the risk for osteoporosis and heart disease. Some women should be cautious when taking soy, including those with a history of estrogen-receptive cancer or those taking medications that increase estrogen levels.4,5,10

Vitamin E is an antioxidant. It is thought to relieve inflammation and support immune systems. It is found in many foods. It is also available as a supplement.7,8

<table>
<thead>
<tr>
<th>Supplement</th>
<th>Suggested use</th>
</tr>
</thead>
<tbody>
<tr>
<td>B Vitamins: B6 and B12</td>
<td>Vitamin B6: Age 19 to 50, 1.3 mg per day Age 51+, 1.5 mg per day a,10</td>
</tr>
<tr>
<td></td>
<td>Vitamin B12: 2.4 mcg a,11</td>
</tr>
<tr>
<td>Folic acid</td>
<td>Because folic acid (folate) from natural foods is absorbed by the body differently than folic acid in supplements, talk to your doctor about the best amount for you.</td>
</tr>
<tr>
<td>Calcium and vitamin D</td>
<td>Calcium: 1,200 mg per day from food and supplements1</td>
</tr>
<tr>
<td></td>
<td>Vitamin D: 800 IU per day to 1,000 IU per day to prevent osteoporosis1</td>
</tr>
<tr>
<td>Soy</td>
<td>25 grams per day of soy protein to reduce the risk of heart disease 7</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>22.4 IU a,9</td>
</tr>
</tbody>
</table>

a These are the recommended dietary allowances for general health. Ask your doctor if you need a different amount during menopause.
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