

Vitamin and Mineral Supplements Table (from page 170 of “Your Prostate, Your Libido, Your Life”)

| Description | Daily Value |
|--|--------------------|
| Vitamin A as beta-carotene | 5000-10,000 IU |
| Vitamin A as Retinyl Palmitate | 5000 IU max. |
| Vitamin B Complex (see note 1 below) | 50 mg |
| Vitamin C | 1000 mg |
| Vitamin D as (see chapter 5) | 800 IU |
| Vitamin E (see chapter 6 and note 5) | 800 IU |
| Vitamin K (See note 4) | 200 mcg |
| Boron | 500 mcg |
| Calcium as Calcium Citrate | 1200 mg |
| Choline (see note 2 below) | 100 mg |
| Chromium | 100 mcg |
| Copper | 1 mg |
| Inositol (see note 2 below) | 50 mg |
| Iron (see note 3 below) | 4 to 8 mg |
| Iodine | 150 mcg |
| Magnesium as Magnesium Citrate | 600 mg |
| Manganese | 4 mg |
| Molybdenum | 50 mcg |
| PABA (para-aminobenzoic acid) (see note 2 below) | 50mg |
| Potassium | 50 mg |
| Selenium (see chapter 7) | 200 mcg |
| Silicone | 4 mg |
| Zinc (see chapter 7) | 50 mg |

Table 1 Notes:

Note 1 — Vitamin B consists of a group of several similar vitamins. When first discovered, it was considered a single vitamin and thus named vitamin B. It has since been shown to be a family of related vitamins that typically appear together in various foods. To date, about twenty-two B vitamins have been isolated. Most multivitamins contain the important B vitamins in small amounts. These are thiamin (B₁) riboflavin (B₂) niacin (B₃) panthothenic acid (B₅) pyridoxine (B₆) biotin (B₇) folic acid (B₉) and cyanocobalamin (B₁₂). Most “B-Complex” products and some multivitamins provide 100% or more of the daily requirement of all needed B vitamins. This vitamin group is water-soluble. Doses that exceed the body’s needs are eliminated in the urine—typically resulting in urine that is a bright yellow color.

Note 2 — Choline, inositol, and PABA are usually components of most B-complex products and are sometimes included in multivitamin products.

Note 3 — Too much or too little iron can cause problems. It is best to get most of your iron from food. Plant sources of iron are not absorbed as well as animal sources. The RDA for iron is 18 mg for adults but that is probably higher than most people need.

Note 4 — Vitamin K can interfere with blood thinning medications. If you are on any kind of blood thinner, check with your doctor before using a multi containing vitamin K.

Note 5 — Most multi-vitamins contain 200 to 400 IU of vitamin E as D-alpha-tocopherol. For general prostate health, add a separate vitamin E supplement that contains all eight vitamin E fractions in natural form. (See Chapter Six).