

TABLE 1.3

CONDITIONS AND KEY MICRONUTRIENTS USED IN PREVENTION AND TREATMENT

CONDITION	MICRONUTRIENTS USED IN PREVENTION AND TREATMENT	✓ IF CONDITION EXISTS
Acne	A, B ₁ , B ₂ , B ₃ , B ₅ , B ₆ , B ₇ , B ₉ , B ₁₂ , C, E, zinc	
ADHD	B ₆ , B ₉ , magnesium, zinc, omega-3, carnitine	
Allergies	A, B ₅ , B ₆ , C, E, calcium, magnesium, selenium, zinc, omega-6 (GLA)	
Alzheimer's disease/dementia	A, B ₁ , B ₂ , B ₆ , B ₉ , B ₁₂ , choline, C, D, E, chromium, copper, silicon, zinc, omega-3, alpha-lipoic acid, carnitine	
Anemia	B ₉ , B ₁₂ , copper, iron	
Anxiety	A, B ₁ , B ₂ , B ₃ , B ₅ , B ₆ , B ₇ , B ₉ , B ₁₂ , choline, C, D, E, calcium, chromium, copper, iodine, iron, magnesium, potassium, selenium, zinc, omega-3, carnitine	
Arthritis	B ₁ , B ₂ , B ₃ , B ₅ , B ₆ , B ₇ , B ₉ , B ₁₂ , C, D, boron, calcium, magnesium, silicon, omega-3, omega-6 (GLA)	
Asthma	A, B ₆ , B ₉ , choline, C, D, E, magnesium, selenium, silicon, zinc, omega-3, carnitine, CoQ10	
Autism	A, B ₁ , B ₆ , B ₉ , B ₁₂ , C, D, magnesium, zinc, carnitine	
Blindness/night blindness	A	
Cancer	A, B ₁ , B ₃ , B ₉ , B ₁₂ , C, D, E, K, calcium, iodine, molybdenum, selenium, silicon, omega-3	
Cardiovascular disease/heart condition	B ₁ , B ₂ , B ₃ , B ₆ , B ₉ , B ₁₂ , C, D, E, K, calcium, chromium, copper, magnesium, potassium, selenium, silicon, zinc, omega-3, omega-6 (GLA), CoQ10	
Carpal tunnel syndrome	B ₆	
Cataracts	B ₁ , B ₂ , C, E, selenium, silicon	
Chronic fatigue	B ₁ , B ₂ , B ₃ , B ₅ , B ₆ , B ₇ , B ₉ , B ₁₂ , C, D, E, iodine, iron, magnesium, carnitine	
Cognitive function	A, B ₁ , B ₂ , B ₆ , B ₉ , B ₁₂ , choline, C, D, E, chromium, copper, silicon, zinc, omega-3, alpha-lipoic acid, carnitine	
Colds	C, D, zinc	
Constipation	B ₁ , C, E, magnesium	
Depression	A, B ₂ , B ₆ , B ₇ , B ₉ , B ₁₂ , C, D, E, calcium, chromium, iodine, iron, magnesium, selenium, silicon, zinc, omega-3, carnitine	
Dermatitis/eczema	A, B ₃ , B ₇ , C, E, zinc	
Diabetes type 1	B ₃ , B ₇ , D, K, zinc, carnitine	

TABLE 1.3 (cont.)

CONDITION	MICRONUTRIENTS USED IN PREVENTION AND TREATMENT	✓ IF CONDITION EXISTS
Diabetes type 2	B ₃ , B ₅ , B ₆ , B ₇ , C, D, E, K, chromium, magnesium, manganese, zinc, alpha-lipoic acid	
Fibromyalgia	B ₁ , D, magnesium, selenium, silicon, zinc, CoQ10	
Frequent bruising	A, C, E, zinc	
Gout	B ₆ , zinc	
High cholesterol	B ₃ , B ₅ , E, chromium, copper	
HIV	B ₃ , selenium, silicon, zinc	
Hypertension (high blood pressure)	B ₆ , B ₉ , C, D, E, calcium, chromium, magnesium, potassium, selenium, silicon, omega-3, omega-6 (GLA), alpha-lipoic acid, carnitine, CoQ10	
Immunoglobulin A nephropathy	Omega-3	
Impaired immunity/frequent illness	A, B ₁ , B ₂ , B ₃ , B ₅ , B ₆ , B ₇ , B ₉ , B ₁₂ , C, D, E, copper, iron, phosphorus, selenium, silicon, zinc	
Infertility (female)	B ₆ , B ₉ , B ₁₂ , C, D, E, copper, magnesium, selenium, silicon, zinc	
Infertility (male)	A, B ₉ , B ₁₂ , C, D, E, copper, manganese, selenium, silicon, zinc, carnitine, CoQ10	
Inflammation (conditions that end in <i>-itis</i>)	B ₂ , B ₃ , B ₅ , B ₆ , B ₇ , C, D, E, magnesium, manganese, zinc, omega-3, alpha-lipoic acid	
Insomnia	A, B ₁ , B ₃ , B ₆ , B ₉ , B ₁₂ , D, E, calcium, magnesium, zinc	
Kidney stones	A, B ₆ , D, calcium, magnesium, potassium	
Macular degeneration	A, lutein, E, zinc, omega-3	
Menopausal symptoms	B ₆ , C, E, magnesium, zinc, omega-3	
Migraines/headaches	B ₂ , B ₃ , B ₉ , B ₁₂ , iron, magnesium, CoQ10	
Muscle aches and cramps	B ₁ , B ₂ , B ₃ , B ₅ , B ₆ , B ₇ , B ₉ , B ₁₂ , E, calcium, magnesium, potassium	
Obesity	A, B ₃ , B ₆ , B ₁₂ , C, D, E, K, calcium, chromium, iodine, iron, magnesium, potassium, zinc, omega-3, alpha-lipoic acid, CoQ10	
Osteoporosis/osteopenia	A, B ₉ , B ₁₂ , D, K, boron, calcium, copper, fluoride, magnesium, manganese, phosphorus, potassium, silicon, zinc, omega-3, omega-6 (GLA)	
PMS	B ₆ , E, magnesium, zinc, omega-3	
Psoriasis/skin disorders	A, E, selenium, silicon, omega-3, CoQ10	

TABLE 1.3 (cont.)

CONDITION	MICRONUTRIENTS USED IN PREVENTION AND TREATMENT	✓ IF CONDITION EXISTS
Restless leg syndrome	Iron	
Schizophrenia	Omega-3	
Seizure disorders/epilepsy	B ₆ , B ₇ , magnesium	
Stroke	C, D, potassium	
Thyroid problems	A, B ₁ , B ₂ , B ₃ , B ₅ , B ₆ , B ₇ , B ₉ , B ₁₂ , C, D, E, iodine, iron, manganese, potassium, selenium, silicon, zinc, omega-3	
Ulcers	B ₁₂ , C	
Varicose veins	C, E, copper	

TABLE 1.4

YOUR PERSONAL MICRONUTRIENT DEFICIENCY LIST

MICRONUTRIENT	# OF TIMES LISTED AFTER A CHECKED HEALTH CONDITION	MICRONUTRIENT	# OF TIMES LISTED AFTER A CHECKED HEALTH CONDITION
Vitamin A		Chromium	
Lutein		Copper	
Vitamin B ₁ (thiamine)		Iodine	
Vitamin B ₂ (riboflavin)		Iron	
Vitamin B ₃ (niacin)		Magnesium	
Vitamin B ₅ (pantothenic acid)		Manganese	
Vitamin B ₆ (pyridoxine)		Phosphorus	
Vitamin B ₇ (biotin)		Potassium	
Vitamin B ₉ (folate)		Selenium	
Vitamin B ₁₂ (cobalamin)		Silicon	
Choline		Zinc	
Vitamin C		Omega-3	
Vitamin D		Omega-6	
Vitamin E		Alpha-lipoic acid	
Vitamin K		Amino acids (carnitine)	
Boron		CoQ10	
Calcium			