

NUTRIENT INFORMATION (Doc-21)

**FAT SOLUBLE VITAMINS**

**Vitamin A and Beta Carotene**

- **Benefits These Body Functions:** Growth, vision, healthy tissue-skin-hair, resistance to infection.
- **RDA and Best Food Sources:** 5000iu - milk, butter, eggs, liver, leafy green and yellow vegetables.
- **Synergetic Nutrients (Works With):** Niacin, C, D, E, pantothenic acid, zinc.
- **Deficiency Symptoms:** Night blindness, itching, dry skin, loss of sense of taste.
- **Negative Interactions:** Alcohol, coffee, cortisone, mineral oil, nitrates.

**Vitamin D**

- **Benefits These Body Functions:** Bones, teeth, optimum calcium-phosphorus metabolism.
- **RDA and Best Food Sources:** 400iu - milk, cod liver oil, tuna, salmon oil, eggs.
- **Synergetic Nutrients (Works With):** Vitamin A, C, calcium, phosphorus.
- **Deficiency Symptoms:** Soft bones and teeth, spontaneous fractures, bone curvature.
- **Negative Interactions:** Mineral oil.

**Vitamin E**

- **Benefits These Body Functions:** Antioxidant. Protects cell membrane and tissues. Maintains circulatory system.
- **RDA and Best Food Sources:** 30iu - vegetable oil, grains, wheat germ, lettuce.
- **Synergetic Nutrients (Works With):** Vitamin C, B12, manganese, selenium.
- **Deficiency Symptoms:** Poor muscular and circulatory performance.
- **Negative Interactions:** Air pollution, mineral oil, birth control pills.

**Vitamin F (Unsaturated Fatty Acids)**

- **Benefits These Body Functions:** Influences skin, blood coagulation, cholesterol, glandular activity.
- **RDA and Best Food Sources:** Vegetable oils, sunflower seeds. RDA not established.
- **Synergetic Nutrients (Works With):** Phosphorus, A, C, D, E
- **Deficiency Symptoms:** Acne, allergies, dry skin, brittle hair, eczema, brittle nails.
- **Negative Interactions:** Radiation, X ray therapy.

**Vitamin K (Menadione)**

- **Benefits These Body Functions:** Blood clotting (coagulation).
- **RDA and Best Food Sources:** Green leafy vegetables, molasses, yogurt, alfalfa. RDA not established.
- **Synergetic Nutrients (Works With):** Unknown.
- **Deficiency Symptoms:** Diarrhea, increased tendency to hemorrhage.
- **Negative Interactions:** Aspirin, antibiotics, mineral oil, rancid fat, X ray therapy.