

2 Rules To A Flat Stomach

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Humans need a certain daily intake of food supplements. This page summarizes recommended daily intakes by various health experts and agencies in order to provide an overview of recommended daily allowances of all vitamins and minerals.

Table 1: Recommended daily intakes of various food supplements

Vitamins	Recommended daily intake	Vitamins informational pages	Over dosage (mg or µg/d)
Biotin (B-complex)	30 µg	Biotin in food and as a supplement	No information found
Folate (B-complex)	400 µg	Folate in food and as a supplement	Doses larger than 400 µg may cause anaemia and may mask symptoms of a vitamin B ₁₂ deficiency
Vitamin A	600 µg	Vitamin A in food and as a supplement	Extremely high doses (>9000 mg) can cause dry, scaly skin, fatigue, nausea, loss of appetite, bone and joint pains and headaches
Vitamin B ₁ (thiamin)	1,4 mg	Vitamin B₁ in food and as a supplement	No toxic effects resulting from high doses have been observed
Vitamin B ₂ (riboflavin)	1,6 mg	Vitamin B₂ in food and as a supplement	Doses higher than 200 mg may cause urine colour alteration
Vitamin B ₃ (niacin)	18 mg	Vitamin B₃ in food and as a supplement	Doses larger than 150 mg may cause problems ranging from facial flushing to liver disease
Vitamin B ₅ (pantothenic acid)	6 mg	Vitamin B₅ in food and as a supplement	Dose should not exceed 1200 mg; this may cause nausea and heartburn
Vitamin B ₆ (pyridoxine)	2 mg	Vitamin B₆ in food and as a supplement	Doses larger than 100 mg may cause numbness and tingling in hands and feet
Vitamin B ₁₂ (cobalamine)	6 µg	Vitamin B₁₂ in food and as a supplement	Doses larger than 3000 µg may cause eye conditions
Vitamin C (ascorbic acid)	75 mg	Vitamin C in food and as a supplement	No impacts of over dose have been proven so far
Vitamin D (cholecalciferol)	5 µg	Vitamin D in food and as a supplement	Large doses (>50 µg) obtained from food can cause eating problems and ultimately disorientation, coma and death
Vitamin E		Vitamin E in food	Doses larger than 1000 mg cause blood clotting, which

(tocopherol)	10 mg	and as a supplement	results in increased likelihood of haemorrhage in some individuals
Vitamin K	80 µg	Vitamin K in food and as a supplement	Large doses of one form of vitamin K (menadione or K ₃) may result in liver damage or anaemia
Minerals			
Minerals	Recommended daily intake	Over dosage	
Boron	< 20 mg	No information found	
Calcium	1000 mg	Doses larger than 1500 mg may cause stomach problems for sensitive individuals	
Chlorine	3400 mg (in chloride form)	No information found	
Chromium	120 µg	Doses larger than 200 µg are toxic and may cause concentration problems and fainting	
Copper	2 mg	As little as 10 mg of copper can have a toxic effect	
Fluorine	3,5 mg	No information found	
Iodine	150 µg	No information found	
Iron	15 mg	Doses larger than 20 mg may cause stomach upset, constipation and blackened stools	
Magnesium	350 mg	Doses larger than 400 mg may cause stomach problems and diarrhoea	
Manganese	5 mg	Excess manganese may hinder iron adsorption	
Molybdenum	75 µg	Doses larger than 200 µg may cause kidney problems and copper deficiencies	
Nickel	< 1 mg	Products containing nickel may cause skin rash in case of allergies	
Phosphorus	1000 mg	Contradiction: the FDA states that doses larger than 250 mg may cause stomach problems for sensitive individuals	
Potassium	3500 mg	Large doses may cause stomach upsets, intestinal problems or heart rhythm disorder	
Selenium	35 µg	Doses larger than 200 µg can be toxic	
Sodium	2400 mg	No information found	
Vanadium	< 1,8 mg	No information found	
Zinc	15 mg	Doses larger than 25 mg may cause anaemia and copper deficiency	

Notes

- The above-stated values are not meant for diagnosis, these are mainly reference values for informational purposes.
- Most of these values are based on a 2000 calorie intake for people of 4 or more years of age. This reference is applied because it approximates the caloric requirements for postmenopausal women. This group has the highest risk for excessive intake of calories and fat.
- Values on labels are stated Daily Reference values (DRV) of Recommended Daily Intake (RDI). The RDI is a renewed value referring to the old Recommended Dietary Allowance (RDA). All values in this table are new RDI values.
- Maximum values are based on Food and Drug Administration (FDA) values, the World Health Organization (WHO), BBC Health values, the European Union Directive (based on FDA values) and values from various other governmental and private agencies in the USA and the UK.



New Benefits of Aloe Vera Discovered

The leaf of the aloe vera plant was used topically for centuries to soothe abrasions, sunburn and other minor burns. Also as folk medicine, the gel was consumed internally to enhance digestion and to soothe various types of discomfort in the gastrointestinal tract.

Because Clinton Howard believed that aloe gel should be approved for use by doctors and by the public for its many benefits, he started a pharmaceutical company with a research laboratory, where they discovered the most active ingredient in aloe. It was named acemannan, and it was found to support immune cell function. They obtained government approval to market this extract to treat small animals, to enhance poultry vaccines, and as a topical gel for human minor skin wounds. Since then, more studies have been conducted by world scientists who have shown other benefits of aloe.

Aloe vera shown to support health of intestinal digestive system

A double-blind, placebo-controlled trial of aloe vera gel drink for bowel health was evaluated in 44 subjects with mild to moderate stomach conditions. They were randomly assigned either 100 ml (slightly over 3 oz) of a 2:1 aloe vera gel or placebo drink, taken twice daily, for 4 weeks. Those subjects receiving the aloe vera showed statistically significant benefits in measures of bowel health and bowel tissue improvement. The scientific investigators concluded that aloe vera gel showed effectiveness more often than placebo and should be studied more extensively as a nutritional agent for improving some conditions of bowel health.

Langmead L, Feakins RM, Goldthorpe S, et al. Randomized, double-blind, placebo controlled trial of oral Aloe vera gel for active ulcerative colitis. *Aliment Pharmacol Ther* 2004, 1;19;7;739-47.

Aloe gel drink improves absorption of vitamins C and E over 300%

Vitamin C and E are antioxidants that may be lacking in a normal diet. Even with supplementation, vitamin E is often not well absorbed, unless it is eaten with a fatty meal. A study was conducted at the University of Scranton, Pennsylvania to determine if drinking 2 oz of quality aloe gel would enhance the absorption of vitamins E and C (10 and 8 subjects respectively). Human subjects consumed a dietary supplement of 500 mg of ascorbic acid and 420 mg of vitamin E, while drinking 2 oz of aloe vera gel.

Plasma was then analyzed over a 24-hour period. It was shown that aloe file gel (not processed as whole leaf) enhanced absorption of vitamin C by 304% and vitamin E by 369%. The vitamins, when taken with aloe, were found to last longer in the body by up to four hours, extending their beneficial antioxidant functions.

Vinson JA, Kharrat H, Andreoli L. Effect of Aloe vera preparations on the human bioavailability of vitamins C and E. *Phytomedicine* 2005, 12;10;760-5.

Long term aloe vera gel consumption improves health in animals

Animals (rats) received a standard diet without aloe gel (Group A); a diet with 1% freeze dried aloe vera file (Group B); a diet with 1% charcoal-processed, freeze dried aloe vera (Group C); and whole leaf processed aloe vera (0.02%-Group D). The long-term study produced neither harmful effects nor deleterious changes. In fact, long-term aloe vera consumption appeared to be associated with some beneficial effects on age-related conditions.

In the aloe vera file diet (Group B), animals showed improved long term health and a slightly higher incidence of kidney health. Groups B and C also showed slightly better heart health parameters. These are results of one long-term aloe study in animals and are not conclusive. The results are not meant to be interpreted as having the same effect in humans.

Ikeno Y, Hubbard GB, Lee S, Yu BP, Herlihy JT. The influence of long-term Aloe vera ingestion on age related disease in male Fischer rats. *Phytother Res*, 2002, 16;8;712-8.

Processing, preservation, and packaging of aloe vera

If it is processed properly as a liquid or dry as a powder, even after months of storage, aloe vera can deliver the same benefits that the fresh leaf provides. However some of the aloe products in stores or catalogs are not well made. They are often "cooked" for hours, with added enzymes and artificial pulp, containing less than 20% aloe while falsely claiming over 90%. Lab tests showed one of the largest selling aloe drinks in the U.S. had less than 3% aloe. When it is made, preserved and packaged, correctly, high quality aloe vera can provide a wide range of remarkable benefits.

** These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*

VITAMINS & MINERALS:

Do I need to supplement?

Vitamin and mineral supplements are very hot topics in the media, in bookstores and fitness centers, and around college campuses. Everywhere you go, you hear different advice about what and how much to take for everything from boosting your energy to preventing cancer. It may be difficult to separate fact from fiction.

Regardless of whether or not you decide to take supplements, your best bet for optimal health is to *eat a variety of healthy foods and be physically active everyday*. Vitamin and mineral supplements CANNOT make up for a lousy, fast-food diet and couch potato lifestyle. And, they DO NOT supply the disease-fighting phytonutrients that only whole foods, especially vegetables and fruits, provide.

Still, a daily multivitamin and multimineral supplement may not be a bad idea, especially if you are restricting your food intake, are a vegetarian, have several food allergies, and/or choose a less-than-optimal diet on a regular basis. Use these helpful tips for deciding *what* and *how much* to take.

Making the Most of a Multi:

- Choose one that supplies all the nutrients in amounts *smaller than, equal to, or very close to* the reference Daily Value (DV). Keep in mind that for vitamins and minerals, more is NOT better. Not only do special high-dose formulas cost more, but they also may be harmful. High doses of some vitamins (especially vitamins A and D) and most minerals can have serious toxic effects.
- Look for a multi with the USP (United States Pharmacopeia) seal of approval. Unlike food products and drugs, the government does not rigorously regulate vitamin and mineral supplements. The USP seal guarantees that the product has voluntarily undergone tests of quality and has met certain standards for disintegration, strength or potency, and purity.
- Be sure to check the expiration date, and store the supplement away from humidity and light, which can destroy some nutrients' potency.
- Take the supplement with a meal. Food slows down the movement of the nutrients through your digestive tract, allowing more time for them to dissolve and to be absorbed into your body.

Calcium:

Most multi's don't supply enough of this bone-building mineral. College students need 1000 to 1300 mg of calcium daily. This can be supplied by 3-4 servings per day of low fat milk products or other calcium-rich foods. One serving, which provides about 300 mg of calcium, is defined as 1 cup of milk, 1 cup of calcium fortified soy milk or orange juice, 1 cup of yogurt, 1 ½ ounces of cheese, or some other fortified product that contains about 30% of the DV (daily value) for calcium. If you fall short in servings, you should make up the difference with a calcium supplement. Look for a supplement with calcium carbonate or calcium citrate, and take it with meals. Take no more than 500 mg at one time to increase absorption.

Antioxidants (Vitamins C and E):

Many experts now recommend higher amounts of vitamins C and E than most multi's provide. These antioxidant vitamins may help prevent several chronic diseases, including heart disease and cancer. For optimal health, 200-500 mg of vitamin C and 100-400 IU of vitamin E are now recommended by some. You can get this higher amount of vitamin C by eating plenty of vegetables and fruits every day. However, it's almost impossible to get the higher amount of vitamin E from foods alone, since it is found mostly in vegetable oils and other very high fat foods which shouldn't be taken in excess.

Bottom Line:

A variety of healthy foods, along with daily physical activity, are the best strategies to achieve optimal health. Vitamin and mineral supplements should *supplement*, not *replace*, a healthy lifestyle.