



NUTRITARIAN VITAMIN GUIDE

These recommendations are based on the findings of Dr. Joel Fuhrman, author of *Eat to Live*, *Super Immunity* and *The End of Dieting* and Dr. Michael Greger of *NutritionFacts.org*. This information is not intended to replace a physician's oversight.

● AVOID THESE:

- beta-carotene
- vitamin A (acetyl and retinyl palmitate)
- folic acid
- vitamin E
- selenium
- copper
- iron (for men and postmenopausal women)

● RECOMMENDED:

- **Vitamin B12 (cyanocobalamin):**

2,500 mcg once a week OR at least 250 mcg daily
If you are over 65 increase to 1,000 mcg daily

- **Vitamin D:**

2,000 IU supplement daily

- **Iodine:**

150 mcg daily

- **Omega-3 Fatty Acid**

200 - 250 mg daily
(yeast or algae-derived long chain EPA/DHA-- at least 100 mg from DHA)

- **Zinc:**

10 to 15 mg daily

- **Probiotics:**

Use for 3 months after taking an antibiotic

Use for 2 to 3 months when coming off a diet of processed foods, sweets & animal fats

Helpful for irritable bowel syndrome, autoimmune diseases, allergies, headaches & excessive yeast in the gut

- **Iron (for women in child-bearing years):**

If you have heavy menstrual flow: 18 mg daily
If you have low or average flow: 9 mg daily