

# Periodic Table of Micronutrients

It can be daunting to understand what does what in the universe of supplements and nutrition. Additionally, dietary supplements are not well regulated by the FDA and no standards are established. Look for sources of nutrients that are tested by individual laboratories and beware that the market is flooded by fake or counterfeit products or products that do not contain the dosage shown on the label. Do not take supplements or change your diet without consulting with your physician first.

100-200 mg <b>a</b> Carnosine <b>Cr</b> 	1000 mg <b>o</b> Superoxide Dismutase <b>Sd</b> 	2-13 mg <b>m</b> Zinc <b>Zn</b> 	N/A <b>v</b> Alpha Carotene <b>Ac</b> 	0.5-3 g <b>a</b> Taurine <b>Ta</b> 	15-20 mcg <b>v</b> Vitamin D <b>D</b> 	N/A <b>v</b> PABA <b>Bx</b> 	N/A <b>a</b> Glutathione <b>Gt</b> 	10 mg <b>a</b> Lutein <b>Lu</b> 	200 mg <b>m</b> Magnesium <b>Mg</b> 	900 mcg <b>m</b> Copper <b>Cu</b> 	8-18 mg <b>m</b> Iron <b>Fe</b> 	550 mg <b>o</b> Choline <b>Ch</b> 	1.5 mg <b>v</b> Vitamin B1 <b>B1</b> 	1.3 mg <b>v</b> Vitamin B2 <b>B2</b> 	N/A <b>m</b> Germanium <b>Ge</b> 	900 mcg <b>v</b> Vitamin A <b>A</b> 	1-15 mg <b>a</b> Glutamine <b>Gu</b> 	1-10 mg <b>o</b> Zeaxanthin <b>Ze</b> 	1-13 mg <b>m</b> Boron <b>Bo</b> 	2-3 g <b>a</b> Arginine <b>Ag</b> 	500 mg <b>o</b> Resveratrol <b>Re</b> 	90-200 mg <b>a</b> CoQ10 <b>Q10</b> 	5 mg <b>v</b> Vitamin B5 <b>B5</b> 	16 mg <b>v</b> Vitamin B3 <b>B3</b> 	250-1000 mg <b>x</b> Quercetin <b>Qc</b> 	12-30 mcg <b>v</b> Biotin <b>B7</b> 	150 mcg <b>m</b> Iodine <b>I</b> 	45 mcg <b>m</b> Molybdenum <b>Mo</b> 	1000 mg <b>m</b> Calcium <b>Ca</b> 	1.3-1.7 mg <b>v</b> Vitamin B6 <b>B6</b> 	2.4 mcg <b>v</b> Vitamin B12 <b>B12</b> 	1 mcg / kg <b>v</b> Vitamin K <b>K</b> 	15-180 mg <b>v</b> Beta Carotene <b>Bc</b> 	250-425 mg <b>a</b> Tryptophan <b>Ty</b> 	100-200 mg <b>x</b> Cryptoxanthin <b>Cy</b> 	90 mg <b>v</b> Vitamin C <b>C</b> 	1800 mg <b>x</b> Acetylcysteine <b>Ay</b> 	30-60 mg <b>x</b> Pycnogenol <b>Py</b> 	8-21 mg <b>x</b> Lycopene <b>Ly</b> 	100-200 mg <b>o</b> Genistein <b>Ge</b> 
1 g <b>o</b> Omega 3 <b>O3</b> 	0.5-2 g <b>a</b> Carnitine <b>Ct</b> 	200 mcg <b>m</b> Chromium <b>Cr</b> 	400 mg <b>m</b> Manganese <b>Mn</b> 	55 mcg <b>m</b> Selenium <b>Se</b> 	42 mg / kg <b>a</b> Tyrosine <b>Ty</b> 	15 mg <b>v</b> Vitamin E <b>E</b> 	400-600 mcg <b>v</b> Vitamin B9 <b>B9</b> 																																	

## LEGEND

- amino acid
  - antioxidant
  - mineral
  - vitamin
  - other
- Daily RDA\*  **Xy**
- Name **Xy**
- immune
  - cardio
  - derm
  - brain
  - body
  - all

- poultry
- pork
- beef
- fish
- dairy
- eggs
- fruits
- vegetables
- whole grain
- plants/herbs
- red wine
- supplements
- tea
- sunlight

\*Recommended Dietary Allowance



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Source: National Institutes of Health - Office of Dietary Supplements