

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

LEGEND

- amino acid
 - antioxidant
 - mineral
 - vitamin
 - other
- 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



drkroner.com
323.459.6152

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