

tasteforlife® 2025 NUTRITION CHART

| | VITAMINS & MINERALS | ACTION | FOOD SOURCES | RDA (Recommended Dietary Allowances and Adequate Intakes) | |
|--|--|--|--|--|--|
| FAT-SOLUBLE VITAMINS (Remain in the body.) | A The body converts some of the five antioxidant carotenoids below to vitamin A. | Antioxidant needed for eye and skin health and immunity; may help fight cancer. | Meat, fish, dairy foods, fish liver oil, brightly colored fruits, vegetables. | 700 micrograms for women; 900 micrograms for men | |
| | ASTAXANTHIN | Fights cancer and free radicals. | Salmon, lobster, shrimp. | Not established | |
| | BETA CAROTENE | Aids in cancer prevention. | Green, yellow, and orange fruits/vegetables. | 6-15 milligrams (mg) | |
| | LUTEIN | Protects against eye disorders, particularly macular degeneration. | Green fruits/vegetables, especially leafy greens. | Not established | |
| | LYCOPENE | May reduce risk of cancer, heart disease, and more. | Tomatoes cooked in oil, watermelon. | Not established | |
| | ZEAXANTHIN | Antioxidant necessary for eye health. | Yellow corn, mangoes, oranges, green, leafy vegetables, egg yolks. | Not established | |
| | D | Critical for bone and tooth health; may help prevent autoimmune diseases and some cancers. | Cod liver oil, fatty fish, egg yolks, fortified dairy. | 15 micrograms; 20 micrograms for ages 71 and older | |
| | E (d-alpha tocopherol and vitamin E succinate) | Antioxidant that helps protect against Alzheimer's disease, cancer, and heart disease. | Wheat germ, almonds and other nuts, cold-pressed vegetable oils. | 15 milligrams | |
| WATER-SOLUBLE VITAMINS | K | Helps with blood clotting, bone formation, and bone repair. | Leafy green vegetables, green tea, alfalfa sprouts. | 90 micrograms for women; 120 micrograms for men | |
| | B1 (thiamine) | Enhances brain function and energy. | Brown rice, dairy, egg yolks, legumes, soy. | 1.1 mg for women; 1.2 mg for men | |
| | B2 (riboflavin) | Essential for energy and immune support. | Cheese, eggs, fish, poultry, spinach, yogurt. | 1.1 mg for women; 1.3 mg for men | |
| | B3 (niacin) | Aids healthy circulation and nerves; lowers cholesterol. Because of possible side effects, niacin supplements should be used with a physician's oversight. | Brewer's yeast, broccoli, carrots, fish, nuts, wheat germ. | 14 mg for women; 16 mg for men | |
| | B5 (pantothenic acid) | Fights stress; enhances metabolism and stamina. | Whole wheat, eggs, legumes, peas. | 5 mg | |
| | B6 (pyridoxine) | Needed for growth and maintenance; helps form red blood cells; reduces high levels of homocysteine. | Bananas, brewer's yeast, brown rice, carrots, chicken, eggs, fish, oatmeal, whole-grain cereals. | 1.3 mg; 1.5 mg for women 51 and older; 1.7 mg for men 51 and older | |
| | B9 FOLIC ACID OR FOLATE | Important in genetic, metabolic, and nervous system health; reduces risk of some birth defects. | Leafy greens, liver, asparagus, brewer's yeast. | 400 micrograms; 600 micrograms during pregnancy | |
| | B12 (cobalamin) | Needed for blood formation and nervous system health. | Kidneys, liver, clams, crab, fish, eggs, dairy. | 2.4 micrograms | |
| IMPORTANT MINERALS (Remain in the body.) | BIOTIN | Promotes healthy hair, nails, and skin. | Brewer's yeast, dairy, fish, meat, rice bran, sunflower seeds, sweet potatoes. | 30 micrograms | |
| | CHOLINE Not strictly water soluble. | Helps transmission of nerve impulses; supports brain function and fat metabolism. | Egg yolks, legumes, meat, whole grains. | 425 mg for women; 550 mg for men | |
| | C (ascorbic acid) | Antioxidant for immune, eye, and skin health. | Berries, citrus fruits, broccoli, red peppers, leafy greens. | 75 mg for women; 90 mg for men | |
| | BORON | A micronutrient, may be helpful for bone building, cellular energy, and enzyme function. | Apples, carrots, leafy greens, raw nuts, whole grains. | Not established | |
| | CALCIUM | Essential for strong bones and teeth and healthy gums; balance with magnesium. | Dairy foods (and fortified substitutes), dark leafy greens, sardines. | 1,000 mg; 1,200 mg for women age 51 and older; 1,200 mg for men 71 and older | |
| | CHROMIUM | Helps glucose metabolism; enhances energy. | Brewer's yeast, brown rice, meat, whole grains. | 20 to 25 micrograms for women; 30 to 35 micrograms for men | |
| | COPPER | Helps build blood cells and collagen. | Meat, nuts, seafood, soybeans, whole grains, dark chocolate. | 900 micrograms | |
| | IODINE | Contributes to the making of thyroid hormones. Helps bone and brain development during pregnancy and infancy. | Cod, tuna, seaweed, shrimp, milk, yogurt, cheese, iodized salt. | 150 micrograms | |
| | IRON | Essential to blood cell production, growth, immune health, and energy. | Eggs, fish, liver, meat, leafy greens, whole grains. | 18 mg for women (8 mg after age 50); 8 mg for men | |
| | MAGNESIUM | Balances calcium; needed for bone and cardiovascular health. | Dairy, fish, leafy greens, meat, molasses, seafood, seeds, soybeans. | 310 mg for women 19-30; 320 mg for women 31 and up; 400 mg for men 19-30; 420 mg for men 31 and up | |
| | MANGANESE | Needed for carbohydrate metabolism and energy production. | Shellfish, nuts, seeds, sea vegetables, whole grains. | 1.8 mg for women; 2.3 mg for men | |
| | MOLYBDENUM | Activates enzymes, some of which contribute to metabolizing of toxins. | Legumes, beef liver, cereal grains, dark leafy greens, yogurt. | 45 micrograms | |
| | POTASSIUM | Protects against high blood pressure. | Fruits, dairy, fish, whole grains. | 4.7 grams | |
| | SELENIUM | Anticancer antioxidant; works best with vitamin E. | Brazil nuts, brewer's yeast, brown rice, meat, seafood, whole grains. | 55 micrograms | |
| | SILICON | Needed for formation of collagen for bones and connective tissue. | Green beans, bananas, whole grains, lentils, dark leafy greens. | Not established | |
| | ZINC | Important in immune and reproductive health. | Eggs, legumes, shellfish, whole grains. | 8 mg for women; 11 mg for men | |

SELECTED SOURCES “Dietary Reference Intakes (DRIs): Recommended Dietary Allowances and Adequate Intakes, Vitamins,” Food and Nutrition Board, Institute of Medicine, National Academies, www.NationalAcademies.org/hmd ■ “Micronutrient Information Center,” Linus Pauling Institute, <http://lpi.oregonstate.edu> ■ “Nutrient Recommendations,” National Institutes of Health, <http://ods.od.nih.gov> ■ “Vitamins,” Medline Plus, National Library of Medicine, <http://medlineplus.gov>

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