Nutritional ABCs: Strategies for Optimizing Your Energy by Balancing Your Vitamin Intake

Overview

with

Dr. Ritamarie Loscalzo

I believe that you can, by taking some simple and inexpensive measures, lead a longer life and extend your years of well-being. My most important recommendation is that you take vitamins every day in optimum amounts to supplement the vitamins that you receive in your food.

Linus Pauling

By The End of This Presentation You'll Have Learned

- **What each of the vitamins are and what they do**
- What foods are good sources of each of the vitamins and how to make sure you're getting enough
- How and when to supplement
- **The difference between natural and synthetic supplements**
- How to best test vitamin status

Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, drritamarie.com, and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

History of the Word “Vitamin”

- Derived from “vitamine” -- a combination word made up by Polish scientist Casimir Funk, from “vita” (life) + “amine” meaning amine of life
- Changed to vitamin when it was determined that they were not indeed amines

How to LEARN More About Vitamins

http://whfoods.com/nutrientstoc.php

- Basic Description
- Role in Health Support
- Summary of Food Sources
- Nutrient Rating Chart
- Impact of Cooking, Storage and Processing
- Risk of Dietary Deficiency
- Other Circumstances that Might Contribute to Deficiency

Letter	Names	Notes/Actions
A	Retinol, Retinal, Carotenoids	Mucous membranes, eyes, immune, skin
B1	Thiamine, Benfotiamine	Energy, heart, muscle, and nerve function
B2	Riboflavin, R 5'-Phosphate	Energy, red blood cells, vision
B3	Niacin, Nicotinic Acid, Niacinamide	Energy, nerve function, circulation and heart
B4	Choline, Adenine, Carnitine	Cell membranes, memory, neuromuscular
B5	Pantothenic Acid	Coenzyme A, adrenals, skin
B6	Pyridoxine, Pyridoxal 5'-Phosphate	Brain and nerve, hormones, protein synthesis
B7	Biotin	Hair, metabolism
B8	Inositol	Loosely considered a B vitamin
B9	Folate, Methylfolate, Folinic Acid	Red blood cell production, DNA repair, brain
B10	Pteroylmonoglutamic Acid	Really a form of folate, skin protector
B11	Salicylic Acid	Not technically a vitamin, loosely categorized
B12	Cobalamins	Red blood cells, DNA repair, nervous system
C	Ascorbic Acid	Collagen, immune system
D	Cholecalciferol	Too many to list
E	Tocopherol, Tocotrienol	Antioxidant
K	Phylloquinones	Clotting

