



### Guide to Common Nutrient Supplements

**\*Talk to your doctor before using any of these supplements\***

<i>Name</i>	<i>What does it do?</i>	<i>Supplement Cautions</i>
<b>Tablets, capsules or pills*</b>		
<b>Multivitamins with Minerals</b>	Has important nutrients Helps meet daily nutrient needs	Be sure it has vitamin D (at least 400 IU) and vitamin B-12 (at least 12 mcg)
<b>Calcium and Vitamin D</b>	Protects bones, improves balance Diet plus supplements should add up to 1,000 IU vitamin D and 1,200 mg calcium	Do not exceed 4,000 IU vitamin D or 2,000 mg calcium daily Most people need supplements of 200 to 900 mg calcium and up to 1,000 IU vitamin D
<b>Fish oil</b>	Decreases heart disease Decreases blood triglycerides	May enhance blood thinners May upset stomach
<b>Vitamin E</b>	May protect the heart and immunity 200 to 400 IU is safe	May enhance blood-thinners Do not exceed 1,000 IU daily Choose one with "d alpha"
<b>Fiber supplements (examples)</b>		
<b>Psyllium in products such as Metamucil, Fiberall, Naturacil</b>	Laxative Lowers blood cholesterol	May cause gas May lower blood sugar
<b>Oral liquid nutritional supplements (examples)</b>		
<b>Boost, Ensure, Glucerna, Isocal, Nubasics, Resource</b>	Nutrient beverages to supplement diet Source of balanced nutrition	Should not replace meals unless unable to eat enough regular foods
<b>Instant Breakfast</b>	Mixed with milk to provide a nutrient beverage to supplement diet Source of balanced nutrition	Should not replace meals unless unable to eat enough regular foods

**\*Be sure these supplements have on the label: USP (United States Pharmacopeia) AND the words "standardized" or "guaranteed potency."**