NOAH net WELLNESS

Nutrition For Older Adults' Health

Guide to Common Nutrient Supplements

Talk to your doctor before using any of these supplements

Name	*What does it do?*	*Supplement Cautions*
Tablets, capsules or pills*		
Multivitamins with Minerals	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)
Calcium and Vitamin D	Protects bones, improves balance Diet plus supplements should add up to 1,000 IU vitamin D and 1,200 mg calcium	Do not exceed 2,000 IU vitamin D or 2,500 mg calcium daily Most people need supplements of 200 to 900 mg calcium and up to 1,000 IU vitamin D
Fish oil	Decreases heart disease Decreases blood triglycerides	May enhance blood thinners May upset stomach
Vitamin E	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"
Fiber supplements (examples)		
Psyllium in products such as Metamucil, Fiberall, Naturacil	Laxative Lowers blood cholesterol	May cause gas May lower blood sugar
Oral liquid nutritional supplements (examples)		
Boost, Ensure, Glucerna, Isocal, Nubasics, Resource	Nutrient beverages to supplement diet Source of balanced nutrition	Should not replace meals unless unable to eat enough regular foods
Instant Breakfast	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."

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