

Most Older People Can Benefit from These Nutrient Supplements

1. Multivitamin/mineral with vitamin D and vitamin B12 (at least 12 mcg). Most multivitamin/mineral supplements have other important nutrients such as vitamin C.
2. Calcium supplements providing 200 mg to 900 mg depending on your intake of dietary calcium. Milk and yogurt have about 300 mg of calcium per cup. Most multivitamin/mineral supplements have very little calcium. The total calcium from diet and supplements should be 1,200 mg daily and should not exceed 2,500 mg daily.
 - ___ If you consume no milk or yogurt, then consider taking supplements to provide about 800 mg to 900 mg of calcium daily.
 - ___ If you consume about one cup of milk or yogurt daily, then consider taking a supplement with 500 mg to 600 mg of calcium.
 - ___ If you consume about two cups of milk or yogurt daily, then consider taking a supplement with 200 mg to 300 mg of calcium daily.
 - ___ If you consume about three cups of milk and/or yogurt daily, then you probably don't need a calcium supplement.
3. Vitamin D supplements of up to 1,000 IU, depending on the intake of vitamin D from other sources. Milk has 100 IU of vitamin D per cup. Most yogurts and most other foods have very little vitamin D. The total vitamin D from diet and supplements should be about 1,000 IU daily and should not exceed 2,000 IU daily, unless directed to by your doctor. Since most people drink only one cup or even less of milk daily, here are some ways to get 1,000 IU vitamin D daily:
 - ___ A multivitamin with 1,000 IU vitamin D. OR
 - ___ A multivitamin with 400 IU vitamin D plus 2 tablets with 400 IU vitamin D. OR
 - ___ A single supplement with 1,000 IU vitamin D.
4. Fish oil supplement if you don't eat at least 8 ounces of fatty fish weekly, such as salmon. 1 to 3 grams of fish oil daily is about right for most people.
5. Vitamin E supplements are controversial. Some, but not all, studies show they help the heart, immunity, memory, and dementia. Taking 200 IU to 400 IU daily is safe for most people and may have health benefits. Choose a vitamin E supplement with "d alpha" on the label, because it is easily used by the body.



Talk with your doctor to be sure you are using supplements wisely and safely!