

# 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>	<ul style="list-style-type: none"> <li>• Has important nutrients</li> <li>• Helps meet daily nutrient needs</li> </ul>	<ul style="list-style-type: none"> <li>• Be sure it has vitamin D (at least 400 IU) and vitamin B12 (at least 12 mcg)</li> </ul>
<b>Calcium and Vitamin D</b>	<ul style="list-style-type: none"> <li>• Protects bones, improves balance</li> <li>• Calcium and vitamin D from food plus supplements should add up to 1,000 IU vitamin D and 1,200 mg calcium</li> </ul>	<ul style="list-style-type: none"> <li>• Do not exceed 2,000 IU vitamin D or 2,500 mg calcium daily</li> <li>• Most older people need supplements of 200 to 900 mg calcium and 800 to 1,000 IU vitamin D</li> </ul>
<b>Fish oil</b>	<ul style="list-style-type: none"> <li>• Decreases heart disease</li> <li>• Decreases blood triglycerides</li> </ul>	<ul style="list-style-type: none"> <li>• May enhance blood thinners</li> <li>• May upset stomach</li> </ul>
<b>Vitamin E</b>	<ul style="list-style-type: none"> <li>• May protect heart and immunity</li> <li>• 200 to 400 IU is safe</li> </ul>	<ul style="list-style-type: none"> <li>• May enhance blood-thinners</li> <li>• Do not exceed 1,000 IU daily</li> <li>• Choose one with “d alpha”</li> </ul>
<b>Fiber supplements (examples)</b>		
<b>Psyllium in products such as Metamucil, Fiberall, Naturacil</b>	<ul style="list-style-type: none"> <li>• Laxative</li> <li>• Lowers cholesterol</li> </ul>	<ul style="list-style-type: none"> <li>• May cause gas</li> <li>• May lower blood sugar</li> </ul>
<b>Oral liquid nutritional supplements (examples)</b>		
<b>Boost, Ensure, Glucerna, Glucerna, Nubasics, Resource</b>	<ul style="list-style-type: none"> <li>• Nutrient beverages to supplement diet</li> <li>• Source of balanced nutrition</li> </ul>	<ul style="list-style-type: none"> <li>• Should not replace meals unless unable to eat enough regular foods</li> </ul>
<b>Instant Breakfast</b>	<ul style="list-style-type: none"> <li>• Mix with milk to provide nutrient beverage to supplement diet</li> <li>• Source of balanced nutrition</li> </ul>	<ul style="list-style-type: none"> <li>• Should not replace meals unless unable to eat enough regular foods</li> </ul>

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