



# Your Wellbeing

## RDA vs ODI

NUTRIENT	FOOD SOURCE	RDA	ODI
<b>Vitamin A,</b>	fish liver oils,	5000IU	5000-25000 IU
<b>Beta carotene And other carotenoids</b>	animal livers, green and yellow fruits	None	11000-25000 IU
<b>Vitamin D</b>	fish liver oils, Fatty salt water fish Vit d fortified dairy Fortified dairy products eggs	400 IU	1000-2000 IU
<b>Vitamin E</b>	cold pressed veg oils, Whole grains,nuts Legumes, dark green Leafy veg	30 IU	400-1200Iu
<b>Vitamin K</b>	green leafy veg	80ug	80ug
<b>Biotin</b>	meat , cooked egg yolk Yeast, poultry, milk, saltwater Fish, soybeans, whole grains	300ug	300 ug
<b>Choline &amp; Inositol</b>	egg yolk, whole grains, veg organ meats, fruit, milk	None	25-500mg
<b>Folic acid</b>	beef, lamb, pork, chicken Liver, whole wheat, bran, Green leafy veg, yeast	400ug	400-1200ug
<b>PABA</b>	liver, kidney, whole Grains, molasses	None	25-500mg
<b>Pantothenic acid</b>	eggs, saltwater fish, pork Beef, milk, whole wheat, Beans, fresh veg	10mg	25-500mg 900mg pantetheine
<b>Vitamin B</b>	unrefined whole grains, Liver, green leafy veg Fish, poultry, eggs, meat Nuts, beans	b1 : 1.5mg b2 : 1.7mg b3 : 20mg b6 : 2mg	25-30mg
<b>Vitamin B12</b>	kidney,liver,egg, Herring, mackerel Milk, cheese, tofu, seafood	6ug	25-500ug
<b>Vit C</b>	green veg, berries, citrus fruit	60mg	500-5000mg
<b>Boron</b>	fruits, veg	None	3-6mg
<b>Calcium</b>	dairy foods, green leafy Veg, salmon, sardines seafood	1000mg	1000-1500mg
<b>Chromium</b>	brewer's yeast, beer, meat, cheese, whole grains	120ug	200-600ug
<b>copper</b>	widely distributed in foods	2mg	generally available in foods 0.5-2,mg
<b>Iodine</b>	iodized salts, seafood, Kelp, saltwater fish	150ug	150-300ug
<b>Iron</b>	meat. Poultry, fish, liver, Eggs, green leafy veg, whole grain breads or cereals	18mg	15-25mg men 18-30mg women
<b>Magnesium</b>	dairy, meat, fish, seafood	400mg	500-750mg
<b>Manganese</b>	nuts,seeds, whole grains, avocado,seaweed	2mg	15-50mg
<b>Phosphorous</b>	most foods, sodas	1000mg	foods good source 200-400mg
<b>Potassium</b>	dairy foods, meat, Poultry, fish, fruit, Legumes, whole grains, veg	None	99-300mg
<b>Selenium</b>	depending on soil content, may be in grains and meat	70ug	100-400ug
<b>Zinc</b>	oysters, fish, meats, Poultry, whole grains, legumes	15mg	22.5-50mg
<b>Alpha lipoic acid</b>	None	None	300-600mg
<b>Co Q10</b>	beef hearts, chicken hearts, sardines, peanuts, spinach	None	50-300mg
<b>Dhea</b>	None	None	when needed 25 -50mg
<b>Fish oil</b>	cold water fish	None	1500-3000mg
<b>Flavonoids</b>	fruits, veg, grains, nuts , Seeds, soybeans, tea, coffee, wine	None	250-1000mg
<b>Garlic</b>	garlic	None	200-1200mg
<b>GLA</b>	evening primrose oil, borage oil Borage oil, black currant oil	None	70-240mg
<b>Glutathione And N-Acetyl-Cysteine</b>	fruits, veg, meat	None	Glutathione 500-1500mg N-Acetyl-Cysteine 1200-3800mg
<b>L-carnitine</b>	animal foods	None	2000-4000mg
<b>Melatonin</b>	rice, barley , corn	None	0.1-7mg when needed