

Nutrient Assessment

Vitamin/ Mineral	Supplement Nutrient	Other items to check if diet is sufficient
A	Cataplex A	Livaplex (liver) A-F Betafood (gallbladder problems) Cholacol (lack of bile) Linum B6 (Essential Fatty Acid deficiency) Zinc Liver Chelate
B1	Cataplex B	Pancreatrophin (decreases pancreas, diabetes) Livaplex (liver) Drenamin (decrease adrenal function) Zypan (gastric bypass and stomach stapling) Excess sugar, refined carbohydrates, alcohol in the diet.
B2 - B3	Cataplex G	Nutrimere (decrease in the consumption of quality amino acids) Ferrofood (deficiencies of iron can create deficiencies of B3) Zypan (intestinal issues) Cataplex B12 (deficiency of B2) L-Tryptophan (decreased tryptophan, which makes B3) Alcohol depletes this nutrient. Excessive corn products inhibit B3, because corn binds with niacin – adding lime will release B3.
B6	B6 Nicotinamide	Livaplex (liver damage inhibits B6) People on low vegetable and fruit diets have low B6. Alcohol depletes B6. Mega doses of B6 (2000mg/day) can cause irreversible nerve damage and numbness.
B9 (Folate)	Folic Acid B12	Cataplex B12 (B12 deficiencies) B6 Nianinamide (B6 deficiency can increase the need for B9) Zypan (damaged GI tract.) Diet low in raw vegetables. Alcohol depletes B9. Excessive dieting creates deficiencies. Pregnancy and lactation increases the need for B9.
B12	Cataplex B12	Zypan (loss of intrinsic factor through ulcers of the stomach.)
C	Cataplex C	Cataplex E (deficiencies of selenium can prevent vitamin C.) History of high doses of ascorbic acid can deplete vitamin C complex factors leading to symptoms of vitamin C deficiency. Excess vitamin C will enhance Iron in the blood, so people who have excess iron disorders need to be aware of this.
D	Cataplex D	A-F Betafood (gallbladder problems) Cholacol (insufficient bile) Cal-Ma Plus (parathyroid insufficiency) Cataplex F (vitamin D works with F)
E	Wheat Germ Oil (Fortified)	Zinc Liver Chelate (deficiency of zinc prevents vitamin E.) Cataplex E (deficiencies of selenium can prevent vitamin E.) Allows the absorption of calcium and magnesium
K	Chlorophyll Pearls	Coumadin medication blocks vitamin K, creating a thinned blood.

Calcium	Calcifood	<p>Cataplex A (vitamin A is needed with calcium to prevent kidney stones.) Cataplex C (without vitamin C, bones can become decalcified.) Cataplex D (without vitamin D, calcium doesn't get absorbed in the intestines.) Cataplex E (without vitamin E and F, calcium doesn't get absorbed in the nerves and muscles.) Cataplex F (without vitamin F, calcium doesn't get absorbed in the nerves and muscles.) Cataplex G (without vitamin B3 (G), cataracts can develop.) Cal-Ma Plus (parathyroid insufficiency can decrease calcium absorption.) Pituitrophin (excess posterior pituitary secretion can cause calcium to deposit in the walls of the blood vessels.) Excess stress can cause the adrenals to release calcium through the urine.</p>
Potassium	Organic Minerals	<p>Cataplex B (potassium together with B1 deficiencies effect the heart function) Renafood (kidney disease can cause the potassium to become excessive in the body- kidney dialysis patients need to make sure they do not consume excessive potassium). Diuretics deplete potassium. Diarrhea, long term laxatives and vomiting can deplete potassium.</p>
Iron	Ferrofood	
Iodine	Prolomine	
Zinc	Zinc Liver Chelate	Cataplex E (vitamin E prevents the absorption of Zinc)
Magnesium	Magnesium Lactate	
Manganese	Ligaplex I	<p>*Livaplex (liver damaged) Renafood (kidney damaged) Cataplex B Cataplex C Choline (Manganese activates the enzymes responsible for the utilization of several key nutrients including biotin, thiamin, vitamin C, and choline.)</p>
Phosphorus	Phosfood Liquid	<p>Calcium Lactate (both calcium and magnesium) (Needs magnesium and calcium to balance phosphorous.) Diets high in junk food, soda and diet soda contribute to phosphorous loss. Excess calcium depletes phosphorous.</p>
Selenium	Cataplex E	<p>Stress - High cortisol, and cortisol medication (prednisone) reduce selenium. Selenium is responsible for keeping vitamin E and C supply in a normal range, so deficiencies of selenium can reduce E and C. A shortage of selenium can increase replication of certain viruses.</p>
Sodium	Disodium Phosphate	<p>If on a completely plant-based diet, sodium will be low. Normal ratio of potassium to sodium is 4 to 1. MSG foods can give excessive sodium. Diarrhea, leg cramps, dehydration and fever can deplete sodium.</p>
Omega 6	Black Currant Oil	Linum B6 (Omega 6 without omega 3 can be inflammatory)
Omega 3	Linum B6	