

Base Line Nutritional Supplement Program for Adults*

Nutrient	RDA	True Supplement Need	30-Day Pharmacologic Daily Dose
BIOTIN	200 mcg	200 mcg	500 to 3,000mcg
CALCIUM	800 mcg	2,000 mg	2,000 to 5,000 mg
CHLORIDE	1,700 mg	2,500 mg	500 to 2,500mg
CHOLINE	150 mg	600 mg	500 to 1,000 mg
CHROMIUM	50 mcg	200 mcg	300 to 600 mcg
COPPER	2 mg	3 to 4 mg	4 to 6 mg
FLUORIDE	1.5 mg	1.5 mg	20mg**
FOLIC ACID	400 mcg	1,000 mcg	15 to 20 gm
INOSITOL	75 mg	90 mg	500 to 2,000 mg
IODINE	150 mcg	250 mcg	1,000 mcg
IRON	18 mg	45 mg	50to 100 mg
MAGNESIUM	350mg	1,000mg	1,000mg
MANGANESE	2.5 mg	5 mg	2 to 50 mg
MOLYBDENUM	15 mcg	500 mcg	1,000 mcg
NIACIN	18 mg	50 mg	2,000 to 6,000 mg (time release)
PANTOTHENIC ACID	4 mg	50 mg	300 to 1,000 mg (per day)
PHOSPHORUS	800 mg	0.0	0.0
POTASSIUM	1,875 mg	5,500 mg	5,500 mg****
PYRIDOXINE	2.2 mg	50 mg	200 to 500 mg
RIBOFLAVIN	1.6 mg	50 mg	200 to 500 mg
SELENIUM	?	200 mcg	500 to 3,000 mcg
SODIUM	1,100 mg	3,300mg	300to3,000mg
SULPHUR	?	500 mg	1,000 mg
THIAMINE	1.4 mg	50 mg	200 to 500 mg
TIN	?	500 mcg	1000mcg
VANADIUM	?	500 mcg	2 - 5 mg
VITAMIN A	?	5,000 IU	20,000 IU - 300,000 IU**** (beta carotene)
VITAMIN B-12	3 mcg	200 mcg	1,000 mcg
VITAMIN C	60 mg	1,000 mg	10,000 mg
VITAMIN D	400 IU	275 IU	1,000 IU
VITAMIN E	15 IU	400 IU	1,200 IU
VITAMIN K	70 mcg	140 mcg	140 mcg
ZINC	15 mg	25 mg	150 mg

* The most efficient way to get mineral supplements is in the plant derived colloidal liquid form.

** Use this level only with a prescription for osteoporosis.

*** As beta carotene

**** Available in food

The **Base Line Nutritional Supplement Program for Adults** is from the book "*Let's Play Doctor!*"

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