

Vitamin C

Why take extra? Vitamin C can be quickly used up during a bad cold. You can take extra vitamin C supplements if you feel a cold coming on.

How should I take it? It is better to split up your vitamin C supplements throughout the day rather than take it all at once.

What do I need to know? High amounts of vitamin C can cause painful gas, bloating, and diarrhea. People who are prone to kidney stones should ask their doctor before taking more vitamin C.

Vitamin C
up to 2,000 mg per day



Vitamin D

Why take extra? You can take vitamin D if you don't go outside in the sun very often, wear sunblock, have dark skin, or are overweight. Many people need extra vitamin D supplements in the winter months.

How should I take it? A consistent amount every day is the best way to take vitamin D supplements.

What do I need to know? You can get your blood vitamin D levels checked by a doctor. This will tell you if you're getting enough vitamin D.

Vitamin D
up to 4,000 IU per day



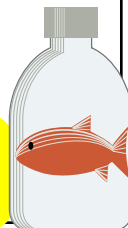
DHA

Why take extra? DHA helps with your body's response to inflammation. You should take DHA supplements if you do not eat fish or do it very rarely.

How should I take it? DHA is found in fish oil or algae oil supplements. Keeping your supplement bottle cold or frozen helps keep them from going bad.

What do I need to know? If you are prone to bleeding or are on blood-thinners, talk to your doctor before starting any DHA supplement.

DHA
250 mg per day



Zinc

Why take extra? Zinc is important for many parts of your immune system. You can take an extra zinc supplement if you feel a cold coming on, especially if your multivitamin does not have any.

How should I take it? Take zinc supplements 1 or 2 hours after a meal if it doesn't upset your stomach.

What do I need to know? Make absolutely sure you do not get more than 40 mg of zinc from your diet and supplements each day. Taking too much zinc will make it harder for your body to absorb copper and calcium.

Zinc
up to 40 mg per day

