

Vitamins & Minerals for Disorders

1. Hypertension (High Blood Pressure)

Nutrient/Supplement	Role	Recommended Dosage	Precautions
Magnesium	Helps relax blood vessels and regulate blood pressure.	310-420 mg daily	High doses may cause diarrhea or interact with medications.
Potassium	Balances sodium levels and reduces blood pressure.	2,600-3,400 mg daily	Avoid if you have kidney disease or are on certain medications.
Coenzyme Q10 (CoQ10)	Improves endothelial function and may lower blood pressure.	100-300 mg daily	May interact with blood pressure medications.
Omega-3 Fatty Acids	Reduces inflammation and may lower blood pressure.	1,000-4,000 mg daily	High doses may increase bleeding risk; consult a doctor if on blood thinners.
Garlic Extract	May modestly lower blood pressure.	600-1,200 mg daily	May increase bleeding risk; avoid before surgery.

2. Atherosclerosis (Plaque Build-Up in Arteries)

Nutrient/Supplement	Role	Recommended Dosage	Precautions
Vitamin K2	Directs calcium away from arteries and into bones, reducing calcification.	90-120 mcg daily	Avoid if on blood thinners like warfarin.
Vitamin C	Antioxidant that protects LDL cholesterol from oxidation.	500-1,000 mg daily	High doses may cause digestive upset.
Vitamin E	Protects LDL cholesterol from oxidation and reduces plaque formation.	15 mg (22.4 IU) daily	High doses may increase bleeding risk.
Omega-3 Fatty Acids	Reduces inflammation and lowers triglycerides.	1,000-4,000 mg daily	High doses may increase bleeding risk.
Coenzyme Q10 (CoQ10)	Improves endothelial function and reduces oxidative stress.	100-300 mg daily	May interact with blood pressure medications.

3. Heart Failure

Nutrient/Supplement	Role	Recommended Dosage	Precautions
Coenzyme Q10 (CoQ10)	Improves energy production in heart cells and may reduce symptoms.	100-300 mg daily	May interact with blood pressure medications.
Magnesium	Supports heart muscle function and regulates heart rhythm.	310-420 mg daily	High doses may cause diarrhea or interact with medications.
Omega-3 Fatty Acids	Reduces inflammation and may improve heart function.	1,000-4,000 mg daily	High doses may increase bleeding risk.
Vitamin D	Low levels are linked to heart failure; may improve heart muscle function.	500-800 IU daily	Excessive doses can cause toxicity; monitor blood levels.
Thiamine (Vitamin B1)	Essential for energy metabolism; supports energy metabolism.	1.1-1.2 mg daily	Excess causes side effects at recommended doses.

4. Heart Disease (General Support)

Nutrient/Supplement	Role	Recommended Dosage	Precautions
Magnesium	Helps regulate heart rhythm and prevents arrhythmias.	310-420 mg daily	High doses may cause diarrhea or interact with medications.
Potassium	Essential for maintaining normal heart rhythm.	2,600-3,400 mg daily	Avoid if you have kidney disease or are on certain medications.
Coenzyme Q10 (CoQ10)	Supports energy production in heart cells and may reduce symptoms.	100-300 mg daily	May interact with blood pressure medications.

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Vitamin	Drug	Adverse Effect on the Body
Vitamin A	Isotretinoin (Accutane)	Increased risk of vitamin A toxicity (headache, dizziness, liver damage).
Vitamin B6 (Pyridoxine)	Levodopa (Parkinson's drug)	Reduces the effectiveness of levodopa, worsening Parkinson's symptoms.
Vitamin B9 (Folate)	Methotrexate (cancer drug)	Folate can reduce methotrexate's effectiveness in treating cancer.
Vitamin B12	Metformin (diabetes drug)	Metformin reduces vitamin B12 absorption, leading to deficiency (fatigue, nerve damage).
Vitamin C	Aspirin	High doses of vitamin C increase aspirin absorption, raising the risk of stomach irritation and bleeding.
Vitamin D	Hydrochlorothiazide (diuretic)	Increases calcium excretion, raising the risk of hypocalcemia (low calcium levels).
Vitamin E	Warfarin (blood thinner)	Increases the risk of bleeding due to vitamin E's blood-thinning properties.
Vitamin K	Warfarin (blood thinner)	Reduces the effectiveness of warfarin, increasing the risk of blood clots.
Calcium	Levothyroxine (thyroid drug)	Calcium reduces the absorption of levothyroxine, making it less effective for thyroid conditions.
Magnesium	Tetracycline (antibiotic)	Magnesium reduces the absorption of tetracycline, making the antibiotic less effective.

IMPORTANT INFORMATION:

- Consult Your Doctor:** Always discuss supplements with your healthcare provider, especially if you have a chronic condition or are on medications.
- Monitor Symptoms:** Keep track of how your body responds to supplements and adjust as needed.
- Focus on Diet:** Supplements should complement, not replace, a nutrient-rich diet.
- Avoid Mega-Dosing:** Excessive doses of certain nutrients (e.g., Vitamin A, zinc) can be harmful.

A Quick Reference Guide Of Vitamins And Minerals

Liying Dong



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