

SUPPLEMENT ELEMENT	BENEFIT esp AGING	OVERDOSE	PHARMACOL SUPPLEMENT DOSE RANGE
	MACRONUTRIENTS"		
POTASSIUM	antihypertensive, antifatigue	arrhythmia, paralysis only with acidosis/ renal failure	1 to 3 g /d
MAGNESIUM	angina; arrhythmia; CCF; HBP; fatigue; diabetes; fibromyalgia; k/stones; migraine; PET; PMS; OP	diarrhoea; drowsiness; hypotension	280 to 600mg/d
CALCIUM	anticancer; weightloss; antiHBP; OP; PMS	constip; depression; headache; fatigue; stones; calcinosis	250-600mg/d
sulphur	joints cartilage; NSAID	nil	MSM 1 to 8gm/d
	"MICRONUTRIENTS"		
ZINC	acne; Alzh; colds; virility; DM; RA.	gastritis; lipidemia; dysimmunity	5 - 25mg/d
Boron	arthritis; OP	>500mg/d n/v, diarrhoea	3 to 9mg/d
Iron	ONLY for proven deficiency; restless legs.	atheroma; siderosis	5 - 10mg/d
Lithium	antidepressant anxiolytic	hyponatremia, renal failure	1mg - 200mg/d
Manganese	DM; epilepsy;	industrial- psychosis	2 - 15mg/d
silicon	OP; nails	? Alzheimers	5 - 20mg/d
silver colloid	immunoenhancing- anti-infective		

strontium ??

"TRACE ELEMENTS"

Chromium	DM; hypoglycemia; wt loss; lipidemia	>1mg/d - liver,	200- 600ug/d
fluoride	anti-cavity, OP- in low-fluoride area	fluorosis- brittle bones	0.5-1 mg/d
Iodide	myxoedema- unlikely with fortification.	>1500ug/d - acne	150ug/d
Molybdenum	anticancer; antiallergy	gout on > 10-15mg/d	75-250ug/d
Selenium	antiox; cancer; cataract; atheroma; immunity;	depression, n/v, irritability, alopecia	50 - 200ug/d
Vanadium	DM	insulin sensitizer	10-100mg VaSO4/d