



# VITAMINS FOR HEALTHY AGING

## Optimal Intake for 50+

### Water soluble Vitamins:

Thiamin: 1.2 mg/d  
 Riboflavin: 1.3 mg/d  
 Niacin: 16 mg/d  
 B6: 1.7 mg/d  
 Folate: 400mc/d  
 B12: 2.4mc/d  
 Pantothenic Acid:  
 5mg/d

Vitamin C: 115mg/d

### Fat soluble Vitamins:

#### Men:

Vitamin A: 3000 IU  
 Vitamin D: 400IU  
 Vitamin E: 15mg/d  
 Vitamin K: 120mc/d

#### Women:

Vitamin A: 2333IU  
 Vitamin D: 400IU  
 Vitamin E: 15mg/d  
 Vitamin K: 90mc/d

### Minerals:

Calcium: 1200mg/d

Vitamins and minerals are nutrients you get from food or supplements. These nutrients are necessary for proper brain function and hormone production.

After we turn 50, our bodies begin to slow. This decreases our ability to absorb nutrients and perform tasks. One of these tasks is blood cell production. Vitamins B6 and B12 are required to create blood cells, including CD4 cells. The aging process decreases our ability to absorb nutrients. Therefore, it is important to increase our intake of these vitamins in particular.

Two more nutrients with increased requirements are calcium and vitamin D. These nutrients are important in bone formation. Bone is a major storage center for calcium. As we age our bodies cannot build bone as easily, and if we are not eating enough calcium it will make them fragile and more likely to break. We get Vitamin D from sunlight, but the older we get, the less time we spend in the sun and the harder it is for our body to convert vitamin D into its usable form. Studies have found if we increase the calcium and Vitamin D intake, we spare the calcium in bones and help to maintain strength.

The best way to get vitamins and minerals is by eating a well-balanced diet full of colorful fruits and vegetables. Vitamins and minerals in colorful foods are easier for the body to access and absorb because they are already in a form the body can break down. While it is harder for the body to access the vitamins and minerals in supplements, it is still a good idea to take a multi-vitamin to ensure you're getting everything you need.



### Good Sources of B6:

Meats, Fish, and Egg yolks  
 Beans

### Good Sources of B12:

Meat, Fish, and Whole Eggs

### Good Sources of Vitamin D:

Cheese, Fortified Milk  
 Eggs  
 Canned Salmon

### Good sources of Calcium:

Milk, Cheese, and Yogurt  
 Canned Salmon

[www.consumerlabs.com](http://www.consumerlabs.com) (some reviews are free others require subscription)

[www.consumersearch.com](http://www.consumersearch.com)

[www.multivitaminguide.org](http://www.multivitaminguide.org)