

## VITAMIN & MINERAL RECOMMENDED FORMS

The list below is a guide to the best forms of each vitamin and mineral you should seek out in your supplements.

Some of the best forms of minerals are chelated. This is when a mineral such as Magnesium is bonded to an amino acid to assist its absorption. You might see these written on a bottle in full form, e.g. Magnesium malate, or just as 'Chelated Magnesium'.

Component	Best absorption	Avoid
Vitamin A	Retinol - animal based Carotenoids – plant based	Beta-carotene (OK in food form, not as supplement)
Vitamin B1	Thiamin Benfotiamine	None
Vitamin B2	Riboflavin	None
Vitamin B3	Niacin	None
Vitamin B5	Pantothenic Acid/Pantothenate	None
Vitamin B6	Pyrodoxine	None
Vitamin B7	Biotin	None
Vitamin B9	Folic Acid Folate	None
Vitamin B12	Methylcobalamin	Cyanocobalamin (potentially harmful)
Vitamin C	Ascorbic Acid	None
Vitamin D	Cholecalciferol (D3)	Ergocalciferol (D2) (Lower absorption)
Vitamin E	D-alpha tocopherol Mixed tocopheryl	None
Choline	Bitartrate	None
Calcium	Calcium Carbonate Calcium citrate malate	Hydroxyapatite (Potentially harmful)
Magnesium	Magnesium taurate, Magnesium glycinate, Magnesium citrate,	Magnesium Aspartate Magnesium Glutamate (Potentially harmful)

	Magnesium malate, Magnesium orotate	
Zinc	Zinc orotate Zinc picolinate	Zinc Gluconate (lower absorption)
Manganese	Manganese chelate Manganese citrate, Manganese gluconate, Manganese ascorbate	None
Selenium	Selenomethionine	None
Chromium	Chromium picolinate Chromium chelavite Chromium polynicotinate	None
Iron	Ferrous Gluconate Ferrous Bisglycinate Chelated Iron	Ferric based iron (lower absorption)

## Sources

NB this is not an exhaustive list of the sources used to compile this list but they are some of the lighter summaries you may find useful as a starting point.

<http://lpi.oregonstate.edu/mic>

<http://www.vitamincouncil.org/about-vitamin-d/how-do-i-get-the-vitamin-d-my-body-needs/>

<http://www.globalhealingcenter.com/natural-health/types-of-zinc/>

<http://www.livestrong.com/article/440937-selenomethionine-benefits/>

<http://www.medhelp.org/posts/Heart-Rhythm/Magnesium-supplements----to-avoid---how-to-take-it-and--safety/show/1002415>

<http://articles.mercola.com/sites/articles/archive/2015/11/16/vitamin-a-types.aspx>