

INTERACTION OF VITAMINS & MINERALS

VITAMIN A

Iodine
Iron
Vitamin E
Zinc
Vitamin K

VITAMIN D

Calcium*
Magnesium
Vitamin K*
Vitamin A
Vitamin E

VITAMIN E

Vitamin A*
Vitamin C*
Iron
Vitamin D
Vitamin K

VITAMIN K

Calcium*
Vitamin D*
Vitamin A
Vitamin E

VITAMIN B1

Magnesium
Vitamin B6

VITAMIN B3

Zinc

VITAMIN B6

Magnesium*
Vitamin B1
Zinc

VITAMIN B12

Folic Acid*

VITAMIN C

Copper
Iron (non-heme)*
Vitamin E
Iron
Selenium
Vitamin B12

VITAMIN B2

Vitamin B6

VITAMIN B5

Vitamin B7
Copper

VITAMIN B9

Vitamin B6
Vitamin B12*

CALCIUM

Potassium
Vitamin D
Iron
Magnesium
Manganese
Sodium
Vitamin B2
Zinc

MAGNESIUM

Potassium
Vitamin B1*
Vitamin B6
Vitamin D
Calcium
Phosphorus
Zinc

PHOSPHORUS

Calcium
Magnesium

POTASSIUM

Calcium*
Magnesium
Sodium*

SODIUM

Potassium*
Calcium

COPPER

Iron*
Selenium
Vitamin C
Zinc

IODINE

Selenium
Vitamin A

IRON

Vitamin A*
Vitamin C
Zinc
Calcium (non-heme)*
Copper
Manganese
Vitamin E
Zinc

MANGANESE

Calcium
Iron

SELENIUM

Iodine
Vitamin C
Vitamin D
Vitamin E
Copper

ZINC

Vitamin A*
Vitamin B5
Calcium
Copper
Folic Acid
Iron
Magnesium
Vitamin B6*

Green indicates increased effectiveness when taken together

Red indicates reduced effectiveness when taken together

** indicates most important interaction effect*



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