



**NATUROPATHIC**  
medicine institute

*Celebrating the healing power of nature*

<b>Supp:</b>	<b>Best Form</b>
Vitamin C	L-ascorbic acid and L-dehydroascorbic acid, D-ascorbic acid is added to foods- no activity
Vitamin E	alpha-tocopherol, (d-alpha tocopherol succinate), Mixed tocopherols best
Vitamin A	retinal palmitate converted to retinoic acid. Mixed carotenoids best
B1 Thiamin	thiamine pyrophosphate (active), Thiamine HCL and thiamin nitrate precursors
B2 Riboflavin	riboflavin-5-phosphate (active)
B3 Niacin	Niacinamide
B5 Pantothenic Acid	Ca pantothenate, Pantothenol
B6 Pyridoxine	pyridoxal 5' phosphate (active) aka PLP
B12 Cobalamin	Methylcobalamin and adenosylcobalamin, Hydroxy good too
Folic Acid	Folic Acid, Folinic acid
Biotin	D-biotin
Vitamin K	K1—phylloquinone
Calcium	bis-glycinate, Calcium citrate and calcium citrate malate calcium carbonate- HCl aids abs
Selenium	Selenomethionine, SeSMC
Magnesium	Magnesium citrate: best absorbed 10% Mg, Magnesium chelates: glycinate, aspartate, lysinate, orotate, taurinate (combined with taurine), arginate, malate—well absorbed
Zinc	zinc picolinate, methionate (most bioavailable), citrate, acetate, sulfate
Copper	Copper Amino Acid chelates: Glycinate

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Chromium	Polynicotinate, Chromium picolinate (ChroMate)
Potassium	chloride, citrate, gluconate, bicarbonate, aspartate, and orotate
Vanadium	Vanadyl Sulfate
Molybdenum	Molybdenum sulfate, Sodium molybdate or ammonium molybdate
Mang	Manganese sulfate, Manganese gluconate, Manganese ascorbate
Iodide	Potassium Iodide, Sodium iodide
Boron	Boron citrate, Boron Acetate, Boron Glycinate
Vitamin. D	D3—cholecalciferol
Iron	Ferrous sulfate or Ferrous fumarate

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