

The following is a partial list of nutrient interactions.

- (dl) decreases levels or benefits of effected nutrient in the body. Limit intake of interfering nutrient or increase consumption of effected nutrient.
- (a) decreases absorption of affected nutrient. Consume a minimum of one to two hours apart.
- (pi) possible negative interaction. Consume a minimum of two to three hours apart.

<b>Vitamin A</b>	excessive vitamin E (dl)
<b>Vitamin B<sub>12</sub></b>	potassium (a), (possible dl)
<b>Folic acid</b>	pancreatic extracts (a)
<b>Choline</b>	vitamin B <sub>3</sub> (dl)
<b>Vitamin C</b>	copper (a), high copper levels (dl)
<b>Vitamin E</b>	iron (possible vitamin E destruction, therefore consume minimum one to two hours apart)
<b>Calcium</b>	iron (a) (unless consumed with vitamin C), copper (a) phosphorous (a), excessive phosphorous, especially when consumed with vitamin D (dl), zinc (a), excess sodium (dl), oxalic acid (a), excessive vitamin A (dl), excessive magnesium (a), excessive fiber (a)
<b>Chromium</b>	vanadium (pi), simple carbohydrates (dl), calcium carbonate (a)
<b>Copper</b>	high zinc levels (dl), vitamin C (a), high molybdenum intake (dl), cadmium (avoid), iron (a), manganese (a)
<b>Iron</b>	zinc (a), vitamin E (a), calcium (a), high manganese intake (a), potassium phosphate (a), phosphorus (a), oxalic acid (minimize), phytic acid (minimize), excessive fiber intake
<b>Magnesium</b>	high zinc and vitamin D levels increase the body's need for magnesium, protein (a), oxalic acid (minimize), vitamins A (a), D (a), E (a), K (a), high calcium intake, especially if taken with vitamin D
(a)	
<b>Manganese</b>	high calcium intake (a), high magnesium intake (a), high phosphate intake (a)
<b>Molybdenum</b> (dl)	high sulfur intake (dl), excessive copper
<b>Phosphorus</b>	calcium (a)
<b>Potassium</b>	calcium (can increase risk of heartbeat irregularities, therefore, consume two to three hours apart)
<b>Selenium</b>	vitamin C (a)
<b>Sulfur</b>	zinc (dl)
<b>Vanadium</b>	chromium (pi)
<b>Zinc</b>	high copper levels (dl), iron (a), calcium (a)