

Some vitamins and/or minerals increase absorption or effectiveness of other nutrients. Nutrient: Absorption or Effect Increased By:

Vitamin A, C, D and E, zinc: essential fatty acids, fat, choline, vitamins

B complex: vitamins C and E, calcium

Vitamin B₁ (thiamine): other B vitamins, vitamins C and E, manganese, magnesium

Vitamin B₂ (riboflavin): other B vitamins, vitamin C

Vitamin B₃ (niacin, niacinamide, nicotinic acid): other B vitamins, vitamin C

Vitamin B₅: other B vitamins, vitamins A, C and E, (pantothenic acid) carnitine, co-enzyme Q₁₀

Vitamin B₆ (pyridoxine, magnesium pyridoxal-5-phosphate): other B vitamins, vitamin C, potassium,

Vitamin B₁₂ (cobalamin): folic acid

Biotin: B vitamins, especially B₅ and B₁₂, folic acid, vitamin C

Folic acid: vitamins B₆, B₁₂, C and choline

Choline: B vitamins, especially B₁₂, folic acid, inositol

Vitamin C: calcium, magnesium, bioflavonoids

Vitamin D: phosphorus, essential fatty acids, fat, calcium, choline, vitamins A and C

Vitamin E: multivitamin (best), selenium, essential fatty acids, fat, inositol, vitamins A, B₁, C manganese

Vitamin K: friendly gut bacteria (acidophilus, bifidus), essential fatty acids, fat

EFAs: vitamins A, C, D and E

Calcium: boron, magnesium, manganese, phosphorus, essential fatty acids, lysine, vitamins A, C and especially D

Copper: iron, zinc, folic acid, cobalt

Iodine: manganese, phosphorus, iron

Iron: vitamin C, B vitamins, molybdenum

Magnesium: boron, calcium, phosphorus, potassium, vitamins B₆, C, and D

Manganese: B vitamins, vitamin E, calcium, iron

Potassium: magnesium

Phosphorus: boron, calcium, manganese, iron, sodium, vitamins B₆ and D

Selenium: vitamins A and E

Silicon: boron, calcium, magnesium, manganese, iron, phosphorus, potassium

Sodium: potassium, sulfur, calcium, vitamin D

Sulfur: potassium, biotin, vitamin B₁, and B₅

Zinc: copper, calcium, phosphorus, vitamin B₆

Co-enzyme Q₁₀: fat (a must), brewer's yeast, carnitine, RNA/DNA