

1. Vitamin B12

Benefits: Supports nerve health, red blood cell formation, and energy production.

Suggested Dosage: 2.4 mcg daily (higher doses may be needed for those with low absorption).

Food Sources: Meat, fish, dairy, fortified cereals.

2. Vitamin D3

Benefits: Essential for bone health, immune support, and mood regulation.

Suggested Dosage: 1,000–2,000 IU daily

Food Sources: Fatty fish, fortified dairy products, egg yolks.

3. Iron

Benefits: Vital for red blood cell production, oxygen transport, and energy.

Suggested Dosage: 8 mg for men; 18 mg for women (higher for childbearing age).

Food Sources: Red meat, spinach, lentils, fortified cereals.

4. Calcium

Benefits: Supports bone and teeth health, muscle function, and nerve signaling.

Suggested Dosage: 1,000 mg for adults; 1,200 mg for women over 50.

Common Forms: Calcium carbonate, calcium citrate (500 mg tablets).

Food Sources: Dairy, leafy greens, fortified plant milks.

5. Magnesium

Benefits: Supports muscle and nerve function, heart health, and energy production.

Suggested Dosage: 320 mg for women; 420 mg for men.

Common Forms: Magnesium oxide, citrate, glycinate (250–400 mg).

Food Sources: Nuts, seeds, whole grains, leafy greens.

6. Zinc

Benefits: Essential for immune health, wound healing, and DNA synthesis.

Suggested Dosage: 8 mg for women; 11 mg for men.

Food Sources: Meat, shellfish, legumes, seeds.

7. Biotin (Vitamin B7)

Benefits: Important for hair, skin, nail health, and energy metabolism.

Common Forms in Canada: Tablets or capsules (5,000 mcg common in supplements).

Food Sources: Eggs, nuts, whole grains, bananas.

8. Vitamin C

Benefits: Antioxidant, boosts immunity, and supports collagen production.

Common Forms in Canada: Tablets, chewables, gummies (500–1,000 mg).

Food Sources: Citrus fruits, strawberries, bell peppers, broccoli.

9. Vitamin E

Benefits: Antioxidant that protects cells from damage and supports immune function.

Suggested Dosage: 15 mg daily.

Common Forms in Canada: Capsules and soft gels (400 IU is common).

Food Sources: Nuts, seeds, spinach, vegetable oils.

10. Omega-3 Fatty Acids (Not a Vitamin but Important)

Benefits: Supports heart, brain, and joint health.

Suggested Dosage: 250–500 mg combined EPA and DHA.

Common Forms in Canada: Fish oil capsules, flaxseed oil.

Food Sources: Fatty fish (salmon, mackerel), chia seeds, walnuts.

Note: Always consult a healthcare provider before starting new supplements, especially if pregnant, nursing, or managing a health condition.