

EVIDENCE-BASED VITAMIN AND MINERAL USAGE SUMMARY TABLE (APRIL 2002)

	Acne	Acrodermatitis Enteropathica	Adrenal Support	Age Related Cognitive Decline	Alcoholism/Alcohol Withdrawal	Alzheimer's Disease	Amenorrhoea	Anaemia	Angina	Anorexia Nervosa	Anxiety	Asthma	Atherosclerosis	Athletic Performance	Attention Deficit Hyperactivity Disorder	Autism	Bell's Palsy	Benign Prostatic Hyperplasia	Bipolar Disorder/ Manic Depression	Birth Defect Prevention	Blepharitis	Boils	Breast Cancer	Burns (Minor)	Bursitis	Brittle Nails	Bronchitis	Cancer	Canker Sores
Beta Carotene					3							3																1	
Biotin																									1				
Calcium							3																						
Chromium	3													3															
Copper														3				3											
Folic Acid						3		2,3					2						3	1			2						2
Inositol											1								3										
Iron						3		1						2															2
Magnesium					3				1		3	2		3	2	3													
Manganese																													
Potassium																													
Selenium												2	2															1	
Vitamin A	3				3			2													3						1		
Vitamin B1				2		2																							2
Vitamin B2																													1
Vitamin B3	1				3						3																		
Vitamin B5	3		2																										
Vitamin B6	3				3	2,3	3					1	1		3	1													2
Vitamin B12				1		3						1	3				2		3						3				2
Vitamin C					3	3	3	2				2	2	2		2			3			3						1	
Vitamin D					3		3																3						
Vitamin E				3	3	2			2				2	2										3			2		
Vitamin K																													
Zinc	1	1					3			2				3				3		2									2

EVIDENCE-BASED VITAMIN AND MINERAL USAGE SUMMARY TABLE (APRIL 2002)

	Cardiac Arrhythmia	Cardiomyopathy	Cardiovascular Disease	Carpel Tunnel Syndrome	Cataracts	Celiac Disease	Cervical Dysplasia	Chinese Restaurant Syndrome/MSG Sensitivity	Cholesterol (High)	Chronic Fatigue Syndrome	Chronic Obstructive Pulmonary Disease	Cluster Headache	Cold Sores	Colds	Colon Cancer	Congestive Heart Disease	Conjunctivitis	Contact Dermatitis	Cradle Cap/ Seborrheic Dermatitis	Crohn's Disease	Cystic Fibrosis	Depression	Dermatitis Herpetiformis	Diabetes	Diabetic Neuropathy	Diarrhoea	Diarrhoea	Dupuytren's Contracture	Dysmenorrhoea
Beta Carotene					1														3					1					
Biotin																													
Calcium						2			1						1							3							2
Chromium									1													3		1					
Copper	3								2																				
Folic Acid						2	1								2					3		1	3			3			
Inositol																						1		3					
Iron						2																2	3						
Magnesium	1	1	1			2			3	3	3	3												1					1
Manganese																								2					2
Potassium	2															2													
Selenium	3	3	1												2,3							2	2						
Vitamin A						2											3			3	1					3			
Vitamin B1		3														1				1				2	1				3
Vitamin B2					1																								
Vitamin B3					3				1														3	1					2
Vitamin B5									1																				
Vitamin B6				1		3		1											3			1,2		1					
Vitamin B12										2									3	3	2	1	3	3					
Vitamin C			1		1				1		3		2	1	3					1				2					2
Vitamin D	3					2									3							2		3					
Vitamin E					3				3				2		3						3		2	1				3	
Vitamin K						2															2								
Zinc					1	2							2	1,2				3		2	3		3	2		3	3		

EVIDENCE-BASED VITAMIN AND MINERAL USAGE SUMMARY TABLE (APRIL 2002)

	Ear Infections	Eating Disorders	Epilepsy	Eczema	Fatigue	Fibrocystic Breast Disease	Fibromyalgia	Gallstones	Gastritis	Genital Herpes	Gingivitis	Glaucoma	Gout	Halitosis	Hayfever	Heart Attack	Heart Disease	Hepatitis	HIV Support	Hives	Homocysteine (High)	Hypertension/High Blood Pressure	Hypoglycaemia	Hypothyroidism	Immune Function/ Infections	Infertility (Female)	Infertility (Male)	Inflammation	Influenza
Beta Carotene									3							3	1		3						1,2				
Biotin																													
Calcium											3											2							
Chromium																							1						
Copper																							3						
Folic Acid			3								1,3		3			2			3		1								
Inositol																													
Iron																			3							3			
Magnesium					1		3					3				1,3						1	3						
Manganese			1																				3					2	
Potassium																						1							
Selenium														2		2		3	2					3	1,2		2		
Vitamin A									3							2			3					3	2				
Vitamin B1			1				2												3										
Vitamin B2																													
Vitamin B3																			3				3	3					
Vitamin B5																													
Vitamin B6		3	3			3										3	1		3		1		3						
Vitamin B12																3		3	3	3	1				3		2		
Vitamin C	3			3				3	2		2	1	3		3	3		3	3	3		3	3		2				2
Vitamin D																													
Vitamin E			1,3			3	3									2	1	3	3				3		1	3	3		
Vitamin K																													
Zinc	3								3	2	2			2					2				3	3	2,3				

EVIDENCE-BASED VITAMIN AND MINERAL USAGE SUMMARY TABLE (APRIL 2002)

	Insomnia	Insulin Resistance/ Syndrome X	Intermittent Claudication	Kidney Stones	Lactation Support	Lead Toxicity	Leukaemia	Leukoplakia	Liver Cirrhosis	Low Back Pain	Lung Cancer	Lupus	Macular Degeneration	Measles	Menkes' Disease	Menopause	Menorrhagia	Migraine Headaches	Multiple Sclerosis	Myelodysplastic Syndromes	Nausea/Morning Sickness	Night Blindness	Obsessive Compulsive Disorder	Osgood-Schlatter Disease	Osteoarthritis	Osteoporosis	Pain	Pancreatic Insufficiency	Pap Smear (Abnormal)
Beta Carotene					1			1					1															2	
Biotin																													
Calcium		3		3														3	3							1			
Chromium		2																											
Copper															2											2			
Folic Acid											3															3			
Inositol																							1						
Iron																	1												
Magnesium	3	3	3	1														1	3							1			
Manganese																								3		2			
Potassium				1																									
Selenium									3				3											3				2	3
Vitamin A								1			2			2			2		1			1							3
Vitamin B1										2									3										
Vitamin B2																		1											
Vitamin B3			1																3						1				
Vitamin B5												3																	
Vitamin B6				1						2												1			3		3		
Vitamin B12	3									2	3															3	3		
Vitamin C						2		3		3			1			3	3				3							2	
Vitamin D																		3	3							1			
Vitamin E		3	1	3				2	3		2	3	3			3	3								3	1		2	3
Vitamin K							3													3	3					1			
Zinc		3							2				2												3	3	3		

EVIDENCE-BASED VITAMIN AND MINERAL USAGE SUMMARY TABLE (APRIL 2002)

	Parkinson's Disease	Peptic Ulcer	Peripheral Vascular Disease	Pernicious Anaemia	Phenylketonuria	Photosensitivity	Postpartum Support	Pre- and Post-Surgery Health	Preeclampsia	Pregnancy Support	Pregnancy-induced (Gestational) Hypertension	Premenstrual Syndrome (PMS)	Progressive Pigmented Purpura	Prostate Cancer	Prostatitis	Psoriasis	Raynaud's Disease	Restless Leg Syndrome	Retinitis Pigmentosa	Retinopathy	Rheumatoid Arthritis	Rickets	Schizophrenia	Scurvy	Seasonal Affective Disorder	Shingles	Skin Ulcers	Sickle Cell Anaemia	Sinusitis	
Beta Carotene						1				1																			3	
Biotin																														
Calcium							3		1	3	1	1										1								
Chromium																														
Copper			3																		3									
Folic Acid			3						2							3		3										3	2	
Inositol																														
Iron								2										2												
Magnesium									3		1	1					3			3									3	
Manganese																														
Potassium												2																		
Selenium					2			3													3	2								
Vitamin A		2						3				3							2	3									3	
Vitamin B1								3		2																				
Vitamin B2									3																				3	
Vitamin B3			2			3											2						2							
Vitamin B5																					2									
Vitamin B6	3					3		3	3			1											2						3	
Vitamin B12				1	3			3	3											3			3				3		2	
Vitamin C	3	3						2	2				3		3					3			2	1				2	3	3
Vitamin D	3																					1			3					
Vitamin E	3					3		3	2			2		2				3		2,3	1						3	2,3	3	
Vitamin K					3																									
Zinc		2						3	3	2	3				3						3							2	2	

EVIDENCE-BASED VITAMIN AND MINERAL USAGE SUMMARY TABLE (APRIL 2002)

	Sprains and Strains	Stroke	Sunburn	Tardive Dyskinesia	Tinnitus	Triglycerides (High)	Ulcerative Colitis	Urinary Tract Infection	Urinary Urgency (Women)	Vaginitis	Vertigo	Viral Illnesses	Vitiligo	Weight Loss and Obesity	Wilson's Disease	Wound Healing	Yellow Nail Syndrome
Beta Carotene																	
Biotin																	
Calcium						2											
Chromium						2								1			
Copper	3															2	
Folic Acid		3					2						3				
Inositol																	
Iron																	
Magnesium		3							2								
Manganese	2			1													
Potassium		2															
Selenium																	
Vitamin A	2							3		3		1				2	
Vitamin B1																	
Vitamin B2																	
Vitamin B3				3		1											
Vitamin B5						1											
Vitamin B6		3		3							2						
Vitamin B12		3			3								3				
Vitamin C	2		1	3				3					3			1	
Vitamin D													3				
Vitamin E	3	1	1	1						3						2	1
Vitamin K																	
Zinc	2				2										1	1	