

Evaluating Supplements

Criteria/Category: [Supplement Formulas - Ingredient Amounts](#)

DOSAGE STANDARDS FOR IMPORTANT INGREDIENTS

INGREDIENT	STANDARDS CRITERIA	REF's.
Vitamin B	At least: 200 mcg Folic Acid 1.5 mg Vitamin B6 2.4 mcg Vitamin B12	Click here
Flavonoids	At least 20 mgs of dietary flavonoids from at least 3 different well characterized sources.	Click here
Carotenoids	At least 6 mgs from at least 3 out of the 6 most important sources. beta-carotene; alpha-carotene; lutein; zeaxanthin; lycopene; cryptoxanthin	Click here
Trace Minerals	Uses well absorbable, bioavailable sources of trace minerals: zinc, copper, and chromium (if present), such as organic acid salts and/or amino acid chelates.	Click here