

**APPALACHIAN REGIONAL HEAD & NECK CENTER**

**HOME OFFICE:**

**200 MEDICAL CENTER DRIVE, SUITE 2N**

**HAZARD, KY 41701**

**606-439-4466**

**OTHER OFFICES ARE LOCATED IN SOMERSET, LONDON AND LEXINGTON, KY**

**VITAMINS/RECOMMENDED LIST**

*Vitamins are essential to our bodies and contribute to growth, digestion, nerve function and a whole host of other things. The important distinction is how to get the vitamins in our bodies. Our diets should be supplying all of the nutrients our bodies need. But, there's not a miracle food that supplies absolutely everything. Therefore, here is a list of recommended vitamins to supplement our daily intake of a good variety of foods.*

**VITAMIN C , BUFFERED** (BUFFERED TO PROTECT THE GUT), VITAMIN C IS AN ANTIOXIDANT AND ITS USES ARE MANY – ESPECIALLY SINCE IT BOOSTS IMMUNITY, **2000 MG/DAILY** IN DIVIDED DOSES

**VITAMIN E**, HELPS SLOW THE AGING PROCESS OF CELLS AND SUPPORTS THE IMMUNE SYSTEM, **800 MG/DAILY**

**BETA CAROTENE** (THE HUMAN BODY CONVERTS BETA CAROTENE INTO VITAMIN A WHICH PROVIDES HEALTHIER SKIN AND MUCUS MEMBRANES, THE IMMUNE SYSTEM AND GOOD EYE HEALTH), **25,000 MG/DAILY**

**B COMPLEX VITAMIN** (DIRECTLY IMPACTS OUR ENERGY LEVELS, BRAIN FUNCTION AND CELL METABOLISM - ALSO HELPS TO PREVENT INFECTIONS), **2 TIMES/DAY**

A GOOD **MULTIVITAMIN** SUCH AS **CENTRUM** MAY BE USED INSTEAD OF INDIVIDUAL VITAMINS. A GOOD **MINERAL** SUPPLEMENT SHOULD BE CONSIDERED AS WELL, **2 TIMES/DAY**