

Supplement Intake:

- Essential Fatty Acids (EFA)
- Calcium (Ca)
- Magnesium (Mg)
- Vitamin D
- Iodine (I)
- Folic acid (folate)

Suspected Nutritional Imbalance Symptoms:

- Cyanosis
- Hypocalcemia
- Serum creatine kinase (CK) elevation
- Hypotension
- Frequent urination
- Impaired bowel and bladder control
- Fatigue
- Cramps (muscle)
- Convulsions
- Dizziness
- Leg discomfort
- Motion sickness
- Numbness and tingling in the hands, arms, feet, legs, and around the mouth
- Edema
- Dry unmanageable hair

Nutri-IQ® Suggestions to alleviate Imbalance Symptoms:

Reduce or temporary stop intake of the following supplements:

Nutrient	Recommended dietary allowance	Foods
Iodine (I)	Deficiency results in goiter, cretinism, intellectual disability, neonatal hypothyroidism, miscarriage, and increased infant mortality RDA: Adults (Age 19+): 150 mcg Infants/children: 0-6months: 110 mcg 7-12 months: 130 mcg 1-3 years: 90 mcg 4-8 years: 90 mcg 9-13 years: 120 mcg 14-18 years: 150 mcg Pregnancy: 220 mcg Lactation: 290 mcg	

Reduce consumption of foods with the following nutrients:

Nutrient	Recommended dietary allowance	Foods
Choline	Deficiency may lead to liver and kidney disorders RDA: Adults (Age 19+): ♂males 550 mg, females 425 mg Infants/children: 0-6months: 125 mg 7-12 months: 150 mg 1-3 years: 200 mg 4-8 years: 250 mg 9-13 years: 375 mg 14-18 years: males 550 mg, females 400 mg Pregnancy: 450 mg Lactation: 550 mg	Pan fried beef liver, Hard boiled egg, Braised beef top round, Roasted soybeans, Roasted chicken breast, Ground beef, broiled, Cooked cod fish, Shiitake mushrooms, Baked red potatoes, Wheat germ, Canned kidney beans, Cooked quinoa, Milk, Yogurt, Brussels sprouts, Boiled and drained broccoli, Cottage cheese, Canned in water white tuna
Potassium (K)	Deficiency is associated with muscle weakness, fatigue, mental confusion, irritability, heart disturbances, and problems in nerve conduction and muscle contraction RDA: Adults and children (Age 14+): ♂4,700 mg Infants/children: 0-6months: 400 mg 7-12 months: 700 mg 1-3 years: 3,000 mg 4-8 years: 3,800 mg 9-13 years: 4,500 mg Pregnancy: 4,700 mg Lactation: 5,100 mg	Dried apricots, Cooked lentils, Dried prunes, Mashed acorn squash, Raisins, Baked potato, Canned kidney beans, Orange juice, Boiled soybeans, Banana, Milk, Raw spinach, Grilled chicken breast, Yogurt, Cooked Atlantic salmon, Beef, Molasses, Raw tomato, Soymilk, Greek yogurt, Cooked chopped broccoli, Cantaloupe, Roasted turkey breast, Cooked asparagus, Apple, with skin
Iron (Fe)	Deficiency may cause excessive menstrual blood loss, anemia, and deterioration of physical performance RDA: Adults Age 19+: males 8 mg Females Age 19-50: 18 mg, Age 51+: 8 mg Infants/children: 0-6months: 0.27 mg 7-12 months: 11 mg 1-3 years: 7 mg 4-8 years: 10 mg 9-13 years: 8 mg 14-18 years: males 11 mg, females 15 mg Pregnancy: 27 mg Lactation: Age younger 18: 10 mg, age 19+: 9 mg	Fortified breakfast cereals, Eastern oysters, Canned white beans, Dark chocolate, Pan fried beef liver, Boiled lentils, Boiled spinach, Firm tofu, Canned kidney beans, Canned in oil Atlantic sardines, with bone, Chickpeas, Canned tomatoes, Beef, Baked potato, Oil roasted cashew nuts, Boiled green peas, Roasted chicken, White enriched rice, Whole wheat bread, Seedless raisins, Whole wheat spaghetti, Light Tuna, canned in water, Roasted turkey breast meat and skin, Dry roasted pistachio nuts, Boiled broccoli, Hard boiled egg, Brown rice
	Deficiency may lead to Keshan disease, heart disturbances, muscle weakness, and low immune function	Brazil nuts, Cooked (dry heat) yellowfin tuna, Cooked (dry heat) halibut, Canned in oil sardines, with bone, Roasted ham, Cooked shrimp, Macaroni (enriched), Beef steak

Selenium (Se)	RDA: Adults (Age 19+): 55 mcg Infants/children: 0-6months: 15 mcg 7-12 months: 20 mcg 1-3 years: 20 mcg 4-8 years: 30 mcg 9-13 years: 40 mcg 14-18 years: 55 mcg Pregnancy: 60 mcg Lactation: 70 mcg	(bottom round), roasted, Roasted boneless turkey, Pan fried beef liver, Roasted chicken, Cottage cheese, Brown rice, Broiled ground beef, Hard-boiled egg, Puffed wheat (ready-to-eat cereal), fortified, Whole wheat bread, Canned baked beans, Oatmeal, cooked with water, Boiled spinach, Milk, Plain yogurt, Boiled lentils, White bread, Spaghetti sauce (marinara), Dry roasted cashew nuts, Corn flakes, Green peas, boiled, Bananas, Baked potato, flesh and skin, Canned in water peaches
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Increase or start intake of foods/supplements with the following nutrients:

Nutrient	Recommended dietary allowance	Foods
Vitamin C	Deficiency may result in scurvy and increased oxidative stress RDA: Adults (Age 19+): Males 90 mg, females 75 mg Infants/children: 0-6months: 40 mg 7-12 months: 50 mg 1-3 years: 15 mg 4-8 years: 25 mg 9-13 years: 45 mg 14-18 years: males 75 mg, females 65 mg Pregnancy: Age younger 18: 80 mg, age 19+: 85 mg Lactation: Age <=18: 115 mg, age 19+: 120 mg	Raw sweet red/green pepper, Orange juice/ Orange, Grapefruit/Grapefruit juice, Kiwifruit, Cooked/raw broccoli, Strawberries, Cooked Brussels sprouts, Grapefruit, Tomato/Tomato juice, Cantaloupe, Cabbage, Raw cauliflower, Baked potato, Cooked spinach, Cooked green peas
Pantothenic acid (Vitamin B5)	Deficiency may cause fatigue and burning feet sensation RDA: Adults (Age 19+): 5 mg Infants/children: 0-6months: 1.7 mg 7-12 months: 1.8 mg 1-3 years: 2.0 mg 4-8 years: 3.0 mg 9-13 years: 4.0 mg 14-18 years: 5.0 mg Pregnancy: 6.0mg Lactation: 7.0 mg	Baked russet potatoes, Egg, Greek yogurt, Broiled ground beef, Roasted in oil peanuts, Broccoli, Whole-wheat pita
	Deficiency can cause neural tube defects in newborns, reversible senility, and macrocytic anemia RDA: Adults (Age 19+): 400 mcg Infants/children:	Braised beef liver, Boiled spinach, Boiled black-eyed peas, Fortified breakfast cereals, Boiled asparagus, Boiled brussels sprouts, Shredded romaine lettuce, Raw avocado, Raw spinach, White rice, Cooked broccoli,

Folic acid (folate)	0-6months: 65 mcg 7-12 months: 80 mcg 1-3 years: 150 mcg 4-8 years: 200 mcg 9-13 years: 300 mcg 14-18 years: 400 mcg Pregnancy: 600 mcg Lactation: 500 mcg	Boiled mustard greens, Boiled green peas, Canned kidney beans, Cooked spaghetti, Wheat germ, Canned tomato juice, Dungeness crab, Orange juice, White bread, Boiled turnip greens, Dry roasted peanuts, Orange, Raw papaya, Banana, Bakers yeast, Egg
Cobalamin (Vitamin B12)	Deficiency may result in impaired nerve and mental function, diarrhea, beefy red tongue, and anemia RDA: Adults (Age 19+): 2.4 mcg Infants/children: 0-6months: 0.4 mcg 7-12 months: 0.5 mcg 1-3 years: 0.9 mcg 4-8 years: 1.2 mcg 9-13 years: 1.8 mcg 14-18 years: 2.4 mcg Pregnancy: 2.6 mcg Lactation: 2.8 mcg	Cooked clams, Cooked beef liver, Fortified nutritional yeasts, Cooked wild rainbow trout, Cooked sockeye salmon, Cooked farmed rainbow trout, Canned in water tuna fish, Cheeseburger, Cooked haddock, Fortified breakfast cereals, Broiled beef top sirloin, Milk, Yogurt, Swiss cheese, Beef taco, Roasted cured ham, Hardboiled egg, Roasted chicken breast
Calcium (Ca)	Deficiency may lead to rickets, bone deformities, growth retardation, muscle spasms, leg cramps, and may increase risk of osteoporosis and colon cancer RDA: Adults (Age 19-50): 1,000 mg Adults (Age 51+): 1,200 mg Infants/children: 0-6months: 210 mg 7-12 months: 270 mg 1-3 years: 500 mg 4-8 years: 800 mg 9-18 years: 1,300 mg 14-18 years: males 550 mg, females 400 mg Pregnancy: Age younger 18: 1,300 mg, age 19+: 1,000 mg	Plain low fat yogurt, Mozzarella cheese, Canned in oil sardines with bones, Fruit low fat yogurt, Cheddar cheese, Soymilk, calcium-fortified, (Whole) Milk, Buttermilk, Orange juice, calcium-fortified, Firm tofu, with calcium sulfate, Canned with bone pink salmon, Cottage cheese, Soft tofu, with calcium sulfate, Ready-to-eat cereal, calcium-fortified, Frozen yogurt, Cooked turnip greens, Cooked kale, Ice cream, Chinese cabbage (bok choy)
Magnesium (Mg)	Deficiency may increase susceptibility to heart disease, high blood pressure, kidney stones, cancer, insomnia, PMS, and menstrual cramps RDA: Adults Age 19-30: males 400 mg, females 310 mg Age 31+: males 420 mg, females 320 mg Infants/children: 0-6months: 30 mg 7-12 months: 75 mg	Dry roasted almonds, Boiled spinach, Dry roasted cashews, Oil roasted peanuts, Shredded wheat cereal, Soymilk, Black beans, cooked, Cooked edamame, Peanut butter, Whole wheat bread, Avocado, Potato, baked with skin, Plain yogurt, Dark chocolate, Breakfast cereals, fortified with

	<p>1-3 years: 80 mg 4-8 years: 130 mg 9-13 years: 240 mg 14-18 years: males 410 mg, females 360 mg Pregnancy: Age younger 18: 400 mg, age 19-30: 350 mg, age 31-50: 360 mg Lactation: Age <=18: 360 mg, age 19-30: 310 mg, age 31-50: 320 mg</p>	<p>magnesium, Instant oatmeal, Canned kidney beans, Banana, Cooked Atlantic salmon, Milk, Halibut, Raisins</p>
Sodium (Na)	<p>Adults Age 19-50: 1,500 mg Age 51-70: 1,300 mg Age 71+: 1,200 mg Infants/children: 0-6 months: 120 mg 7-12 months: 370 mg 1-3 years: 1,000 mg 4-8 years: 1,200 mg 9-18 years: 1,500 mg Pregnancy: 1,500 mg Lactation: 2,300 mg</p>	<p>Baking soda, Sodium nitrite (preservative), Monosodium glutamate (flavour enhancer), White bread, Salted nuts, Chips, sauces, Canned food items, Butter, Margarine, Salted meat and fish, Pickles, Burgers, Pizzas, Rolls, Sandwiches, Cheese, Tomato ketchup, Sauces, Bacon, Ham, Olives in brine solution, Milk and cheese, Cocoa powder, Drinking chocolate, Caramel, Cornflakes and breakfast cereals, Puffed rice, Oysters and boiled prawns, Fast foods, Canned and baked food items, Processed foods, Garnishes, Spreads</p>
Essential Fatty Acids (EFA)	<p>Deficiency is associated alteration of cell membrane function, the central factor of cell injury and death RDA: Adults (Age 19+): Males 400 mg, females 300 mg Infants/children: 200 mg Pregnancy/lactation: 400 mg</p>	<p>Flaxseed oil, Chia seeds, English walnuts, Whole flaxseed, Cooked farmed/wild Atlantic salmon, Cooked Atlantic herring, Canola oil, Sardines canned in tomato sauce, Cooked Atlantic mackerel, Canned pink salmon, Soybean oil, Cooked rainbow trout, Black walnuts, Mayonnaise, Cooked wild eastern oysters, Cooked Sea bass, Edamame, Shrimp, Canned refried beans, Cooked Lobster, Canned in water light tuna, Cooked Tilapia, Cooked Scallops, Pacific cod, Yellowfin tuna</p>

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