SUPPLEMENTS IN CANCER PREVENTION AND TREATMENT

GREEN TEA
Whether it is helpful for cancer prevention is being researched. More than two cups per day may cause stomach pain. It contains caffeine.

FOLIC ACID
Recommended daily allowance is 400 mcg.
Folic acid works best with B vitamins for nervous system development. The best food sources are asparagus, spinach, broccoli, and cabbage.

CALCIUM
Recommended daily allowance is 800–1,200 mg.
Calcium is needed for strong bones and teeth. The best food sources are dairy products, spinach, and other green, leafy vegetables.

MAGNESIUM
Recommended daily allowance is 350 mg.
Magnesium is needed for energy. The best food sources are seeds, nuts, whole grains, and green, leafy vegetables.

B VITAMINS
Dosage varies with specific vitamin. B vitamins are needed for energy and control of blood sugar. They are helpful for premenstrual syndrome, high cholesterol, stress, and some anemias. The best food sources are citrus fruits, whole grains, nuts, seeds, cheese, egg yolks, cauliflower, mushrooms, poultry, fish, organ meats, and avocados.

ACIDOPHILUS
Acidophilus helps intestinal balance. Acidophilus should be taken under the direction of a healthcare professional.

SOY
Soy is best consumed as a food. Research does not confirm risks or benefits.

ECHINACEA
Echinacea “boosts” the immune system. Do not take it if you are allergic to daisies and chrysanthemums or if you have an autoimmune disorder such as lupus, multiple sclerosis, or rheumatoid arthritis. Echinacea should be taken with supervision. Avoid if you are taking methotrexate.

FOLIC ACID
Recommended daily allowance is 400 mcg.
Soy is best consumed as a food. Nutritional Poster.qxd 7/3/2003 9:52 AM Page 1