|  |
| --- |
| **Vitamins, Minerals, & Supplements for Preventing a Heart Attack** |
| **Name** | **Function** | **Daily Dosage** | **Details** |
| **Calcium** | Electrical activity | 400 – 1200 mg | Ratio:1:1 or 2:1 |
| **Magnesium** | Electrical activity | 400 – 1000 mg |
| **Potassium** | Blood pressure | 4,700 mg | Ratio:5:1 |
| **Sodium** | Blood pressure | < 1500 mg |
| **Vitamin B3** | Improves lipids | 1.5 – 3 gm | Side effects |
| **Vitamin B6** | Decreases homocysteine | 40 – 80 mg |  |
| **Vitamin B9** | Decreases homocysteine | 400 – 800 mg |  |
| **Vitamin B12** | Decreases homocysteine | 20 mcg |  |
| **Homocysteine Formulas** | Decrease homocysteine | Variable |  |
| **Vitamin C** | Prevents fat adherence to vessels | 1000 – 3000 mg |  |
| **Vitamin E** | Decreases risk of blood clots | 200 – 800 IU |  |
| **CoQ10** | Pumping activity | 30 - >90 mg |  |
| **L-Carnitine** | Improves lipids | 250 – 500 mg |  |
| **Alpha Lipoic Acid** | Maintains Vitamins C & E levels | 50 – 200 mg |  |