



Recommended Dietary Supplements and Resource List

It is recommended, but not required, that you include the following dietary supplements to your daily diet, these can be obtained from any local source and of any brand. Below is a resource list for supplement brands and suppliers.

Recommended Dietary Supplements

Vitamin B12, 200 mcg

Vitamin D3, 1000-2000 iu

Iodine 150 mcg (unless you have hyperthyroidism or overactive thyroid)

DHA-EPA 200-300 mg

If pregnant – all of the above plus Iron

We encourage you to check with your primary care provider before starting any supplements as they may interact with certain medications.

Resource List

B12

mykind Organics Vitamin B-12 Spray

Deva Vegan Vitamin B-12 Fast Dissolve Lozenges 90 Tablets

MegaFood - Vegan B12

VeganSafe B-12 - Certified Organic Liquid Vegan Vitamin B12 Methylcobalamin

Jarrow Formulas Methyl B-12

Nature Made B12 Tablets

Country Life COENZYME B-COMPLEX CAPS

Twinlab B12 Dots

Live Wise Naturals B12

DHA + EPA

Deva Vegan Omega-3 DHA-EPA Non-Fish

Source Naturals, Vegan Omega-3s EPA-DHA, 300 mg, 30 Vegan Softgels

Spectrum Essentials Vegan Ultra Omega EPA + DHA

Vitacost ROOT2 Vegan EPA – DHA

Jarrow Formulas EPA DHA Balance® -- 600 mg - 120 Softgels

NuTru O-Mega-Zen + EPA

Nordic Naturals Algae Omega

Barlean's Omega Swirl 3-6-9 Vegan Total Omega

Garden of Life Minami Algae Omega-3 Vegan DHA

Ovega-3 Omega-3 Supplement

Iodine

Sea-Iodine™ Iodine with sea plant complex
Trace Minerals Research Liquid Ionic Iodine from Potassium Iodide
Hallelujah Diet Nascent Iodine
Puritan's Pride Sea Kelp
Solaray Iodine -- 500 mcg - 30 Vegetarian Capsules
Terry Naturally Tri-Iodine
IODINE EDGE® - NASCENT IODINE SUPPLEMENT FOR THYROID

Zinc

Nature Made Zinc
MegaFood Zinc Supplement
Nature's Bounty Zinc 50 mg Caplets 100 ea
Trace Minerals Liquid Ionic Zinc
NOW® ZINC
Spring Valley Zinc
Garden of Life Raw Zinc
Country Life Zinc Picolinate
New Chapter Zinc
Metagenics Zinlori 75
Pure Encapsulations Liquid Zinc

Vitamin D

Nature Made Vitamin D3
Carlson Labs Vitamin D3
Nutrigold Vitamin D3 Gold
Do Vitamins DailyD
Nature's Way Vitamin D3
Nordic Naturals Vitamin D3
NOW Foods Vitamin D3
Solgar Vitamin D3
GNC Vitamin D3

Common Sources

Amazon.com
iHerb.com
GNC
Vitaminshoppe.com
Vitamin Cottage
Natural Grocers
Sprouts
Walmart
Vitacost.com
Whole Foods

This is simply a list of brands of dietary supplements to offer suggestions. This is not intended to be an endorsement from the Nutritarian Women's Health Study of any kind. Additionally, the study did not test these products and can therefore not certify their content. If you would like more information regarding dietary supplementation please check out the National Institutes of Health Office of Dietary Supplements FAQ Page for more information.

[https://ods.od.nih.gov/Health Information/ODS Frequently Asked Questions.aspx#Brands](https://ods.od.nih.gov/Health%20Information/ODS%20Frequently%20Asked%20Questions.aspx#Brands)

Please note that dietary supplements are recommended for study participants but not required. Your decision regarding dietary supplements is completely voluntary and will not cause withdrawal from the study. Additionally, you do not need to purchase the dietary supplements from this list. If you choose to purchase dietary supplements you can buy whichever brand from any source that you choose.

If you have any questions, comments, or concerns please contact us at nwhs@nau.edu.