

Vitamin and Mineral Intake Tracker

RDA: Recommended Dietary Allowance UL: Tolerable upper intake levels. The UL is the recommended Upper Intake Limit. Amounts taken over this UL number may harm more than they help.

In columns S1 - S8, enter the amounts that each of your supplements provide, using one column per supplement. Remember to take into account the serving size on the bottle and what you actually take. For instance, if the serving size on the bottle is 2 capsules, but you take 4 capsules, you must double the amounts you type in that supplement column. If you only take 1 capsule, half the amounts you type into the column. At the bottom, list your supplements and the amount you take. Adjust the amounts if needed to stay below the UL level for each nutrient.

Total in Units
Formula (don't type in this column)

	RDA	UL	Unit	S1	S2	S3	S4	S5	S6	S7	S8	TU	% of Total
Enzyme - CoQ10	100	400	mg										
Fatty Acid - alpha-Linolenic acid, (ALA) omega-3	1.1		g										
Fatty Acid - DHA - Omega 3	500	1000	mg										
Fatty Acid - EPA - Omega 3	500	1000	mg										
Fatty Acid - Linoleic acid - omega-6	12		g										
Mineral - Boron*	1	20	mg										
Mineral - Calcium	1000	2500	mg										
Mineral - Chloride	2300	3600	mg										
Mineral - Choline	550	3500	mg										
Mineral - Chromium	35	ND	mcg										
Mineral - Copper	900	10000	mcg										
Mineral - Fluoride	4	10	mg										
Mineral - Iodine	150	1100	mcg										
Mineral - Iron	8	45	mg										
Mineral - Magnesium (pill only)	420	500	mg										
Mineral - Manganese	2.3	11	mg										
Mineral - Molybdenum	45	2000	mcg										
Mineral - Nickel*	0.25	1	mg										
Mineral - Phosphorus	700	4000	mg										
Mineral - Potassium	4700	ND	mg										
Mineral - Selenium	55	400	mcg										
Mineral - Sodium	1500	2300	mg										
Mineral - Vanadium	1.8		mg										
Mineral - Zinc	11	40	mg										
Vitamin A Complex	3000	10000	IU										
Vitamin Biotin	300	ND	mcg										
Vitamin C	90	2000	mg										
Vitamin Cyanocobalamin (B12)	2.4	ND	mcg										
Vitamin D	200	2000	IU										
Vitamin E Complex	15	400	IU										
Vitamin Folate (B9)	400	1000	mcg										
Vitamin K	120	ND	mcg										
Vitamin Niacin	16	35	mg										
Vitamin Pantothenic Acid (B5)	5	ND	mg										
Vitamin Pyroxide (B6)	1.3	100	mg										
Vitamin Riboflavin (B2)	1.3	ND	mg										
Vitamin Thiamin (B1)	1.2	ND	mg										

* No RDA set for this substance

- S1:
- S2:
- S3:
- S4:
- S5:
- S6:
- S7:
- S8:

Vitamin and Mineral Intake Tracker Example

For the Total Units (TU), add all the numbers in columns S1-S8 for each row.

To get the % Total of the RDA, add the numbers in columns S1-S8 for each row, and then divide that number by the number in the RDA column on the same row. Then multiply that number by 100 to get the percentage. See boxes bordered in blue on row 7.

RDA: Recommended Dietary Allowances UL: Tolerable upper intake levels. The RDA is the Recommended Dietary Allowance set by the USDA. The UL is the recommended Upper Intake Limit. Amounts taken over this UL number may harm more than they help.

In columns S1 - S8, enter the amounts that each of your supplements provide, using one column per supplement. Remember to take into account the serving size on the bottle and what you actually take. For instance, if the serving size on the bottle is 2 capsules, but you take 4 capsules, you must double the amounts you type in that supplement column. If you only take 1 capsule, half the amounts you type into the column. At the bottom, list your supplements and the amount you take. Adjust the amounts if needed to stay below the UL level for each nutrient.

	RDA	UL	Unit	S1	S2	S3	S4	S5	S6	S7	S8	Total in Units	Formula (don't type in this column)
												TU	% Total
Enzyme: CoQ10	100	400	mg	0.125		100						100	100%
Fatty Acid: alpha: Linolenic acid, (ALA) omega: 3	1.1		g									0	0%
Fatty Acid: DHA: Omega 3	500	1000	mg		450					64		514	103%
Fatty Acid: EPA: Omega 3	500	1000	mg		650					68		718	144%
Fatty Acid: Linoleic acid: omega: 6	12		g									0	0%
Mineral: Boron	0	20	mg	0.25								0	
Mineral: Calcium	1000	2500	mg	5.25								5	1%
Mineral: Chloride	2300	3600	mg									0	0%
Mineral: Choline	550	3500	mg									0	0%
Mineral: Chromium	35	ND	mcg	30								30	86%
Mineral: Copper	900	10000	mcg	0.375						1500		1500	167%
Mineral: Fluoride	4	10	mg									0	0%
Mineral: Iodine	150	1100	mcg									0	0%
Mineral: Iron	8	45	mg	2								2	25%
Mineral: Magnesium (pill only)	420	500	mg	5.25		500						505	120%
Mineral: Manganese	2.3	11	mg	0.5								1	22%
Mineral: Molybdenum	45	2000	mcg	18.25								18	41%
Mineral: Nickel	0	1	mg									0	
Mineral: Phosphorus	700	4000	mg									0	0%
Mineral: Potassium	4700	ND	mg	0.25				99				99	2%
Mineral: Selenium	55	400	mcg	32				200				232	422%
Mineral: Sodium	1500	2300	mg									0	0%
Mineral: Vanadium	1.8		mg	2.5								3	139%
Mineral: Zinc	11	40	mg	2.5						12		15	132%
Vitamin A Complex	3000	10000	IU	1500						2500		4000	133%
Vitamin Biotin	300	ND	mcg	75						22.5		98	33%
Vitamin C	90	2000	mg	15						250		265	294%
Vitamin Cyanocobalamin (B12)	2.4	ND	mcg	25						6		31	1292%
Vitamin D	200	2000	IU	250						270		520	260%
Vitamin E Complex	15	400	IU	7.5	30					15		53	350%
Vitamin Folate (B9)	400	1000	mcg	200						200		400	100%
Vitamin K	120	ND	mcg	25								25	21%
Vitamin Niacin	16	35	mg	5						50		55	344%
Vitamin Pantothenic Acid (B5)	5	ND	mg	5						10		15	300%
Vitamin Pyroxide (B6)	1.3	100	mg	1						2.5		4	269%
Vitamin Riboflavin (B2)	1.3	ND	mg	1						5		6	462%
Vitamin Thiamin (B1)	1.2	ND	mg	1						5		6	500%

S1: Garden of Life Multi-vitamin for Women: 1 capsule (the serving size is 4 capsules, so I divided each nutrient amount on the container by 4)

S2: Ultimate Omega Fish Oil 2 capsules (The servings size is 2 capsules, so I could use the amounts just as they are written on the container).

S3: CoQ10: 1 capsule

S4: Magnesium 1 capsule

S5: Potassium 1 capsule

S6: Selenium 1 capsule

S7: cod liver oil 2 capsules

S8: Stress B with C and zinc, 1/2 tablet (The serving size is 1 tablet, so I divided the amounts written on the container in half.