FOOT & ANKLE
SURGICAL ASSOCIATES
OF ORANGE COUNTY

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Sports Medicine: Vitamin and Supplement Guide

- Vitamin A: 5000 IU Wound Healing: 10,000 IU
- Vitamin C: 200 mg
- Vitamin D: 1600 IU
- Vitamin E: 30 IU
- Vitamin K: 80 mcg
- Thiamin: 50 mg
- Riboflavin: 50 mg
- Niacin: 50 mg
- Vitamin B 6: 50 mg
- Folic Acid 400 mcg
- Vitamin B 12: 50 mcg
- Biotin: 300 mcg
- Calcium: 500 mg
- Iron (Ferrous Fumerate): 18 mg
- Iodine (Potassium Iodide): 150 mcg
- Magnesium: 100mg
- Zinc: 15 mg
- Selenium: 200 mcg
- Copper: 2 mg
- Maganese: 2 mg
- Chromium: 120 mcg
- Molybdenum: 75 mcg

Alpha Lipoic Acid, Green Tea

Choline 10 mg.

“Mega Multi Vitamin” contains most of these supplements.

Highlighted Vitamins are good for Sports Performance and Fluid Management.