

Micronutrient Requirement and Deficiency

Prasad AS. Discovery of human zinc deficiency and studies in an experimental human model. *American Journal of Clinical Nutrition* 1991; 53: 403-12.

Fairfield KM & Fletcher RH (2002) Vitamins for chronic disease prevention in adults. *Journal of the American Medical Association* 287, 3116–3126.

Hogg R & Chakravarthy U (2004) AMD and micronutrient antioxidants. *Current Eye Research* 29, 387–401.

Rimm EB, Willett WC, Hu FB, Sampson L, Colditz GA, Manson JE, Hennekens C & Stampfer MJ (1998) Folate and vitamin B6 from diet and supplements in relation to risk of coronary heart disease among women. *Journal of the American Medical Association* 279, 359–364.

Vermeulen EJ, Stehouwer CA, Twisk JR, van den Berg M, de Jong SC, Mackaay AJ, van Campen CM, Visser FC, Jakobs CA, Bulterjys EJ & Rauwerda JA (2000) Effect of homocysteine-lowering treatment with folic acid plus vitamin B-6 on progression of subclinical atherosclerosis: a randomised, placebo-controlled trial. *Lancet* 355, 517–522.

Rapola JM, Virtamo J, Ripatti S, Huttunen JK, Albanes D, Taylor PR & Heinonen OP (1997) Randomised trial of α -tocopherol and β -carotene supplements on incidence of major coronary events in men with previous myocardial infarction. *Lancet* 349, 1715–1720.

A Astrup and S Bugel Faculty of Life Sciences, Department of Human Nutrition, University of Copenhagen, Frederiksberg, Denmark. (Editorial) Micronutrient deficiency in the aetiology of obesity. *International Journal of Obesity* (2010) 34, 947–948; doi:10.1038/ijo.2010.81

García OP, Long KZ, Rosado JL. Impact of micronutrient deficiencies on obesity. *Nutr Rev* 2009; 67: 559–572.

Bjelakovic G, Nikolova D, Simonetti RG & Gluud C (2004) Antioxidant supplements for prevention of gastrointestinal cancers: a systematic review and meta-analysis. *Lancet* 364, 1219–1228.

Fawzi WW, Msamanga GI, Spiegelman D, Wei R, Kapiga S, Villamor E, Mwakagile D, Mugusi F, Hertzmark E, Essex M & Junter DJ (2004) A randomised trial of multivitamin supplements and HIV disease progression and mortality. *New England Journal of Medicine* 351, 23–32.

Leaf A (1999) Dietary prevention of coronary heart disease: the Lyon Diet Heart Study (editorial; comment). *Circulation* 99, 733–735.

Segasothy M & Phillips PA (1999) Vegetarian diet: panacea for modern lifestyle diseases? *Quarterly Journal of Medicine* 92, 531–544.

IV Therapy for the Advancement of Wellness

Alan R Gaby, Intravenous Nutrient Therapy: Myers' Cocktail (Review) *Alternative Medicine Review*. Vol. 7, No. 5 (2002)

Ather Ali, Valentine Yanchou Nijke, Veronika Northrup, et al. Intravenous Micronutrient Therapy (Myers' Cocktail) for Fibromyalgia: A Placebo-Controlled Pilot Study. *THE JOURNAL OF ALTERNATIVE AND COMPLIMENTARY MEDICINE*. Vol. 15, No. 3, 2009 pp. 247 - 257

Sriram K1, Lonchyna VA. Micronutrient supplementation in adult nutrition therapy: practical considerations. *JPEN J Parenter Enteral Nutr*. 2009 Sep-Oct;33(5):548-62. doi: 10.1177/0148607108328470. Epub 2009 May 19.

Blanchard J, Tozer TN, Rowland M. Pharmacokinetic perspectives on megadoses of ascorbic acid. *Am J Clin Nutr* 1997;66:1165- 1171.

Jacob RA, Sotoudeh G. Vitamin C function and status in chronic disease. *Nutr Clin Care* 2002;5:66-74.

Padayatty SJ, Sun H, Wang Y, Riordan HD, Hewitt SM, Katz A, Wesley RA, Levine M. Vitamin C pharmacokinetics: implications for oral and intravenous use. *Ann Intern Med* 2004;140:533-7

Harakeh S, Jariwalla RJ, Pauling L. Suppression of human immunodeficiency virus replication by ascorbate in chronically and acutely infected cells. *Proc Natl Acad Sci U S A* 1990;87:7245-7249.

Uchida K, Mitsui M, Kawakishi S. Monooxygenation of N-acetylhistamine mediated by L-ascorbate. *Biochim Biophys Acta* 1989;991:377-379.

Okayama H, Aikawa T, Okayama M, et al. Bronchodilating effect of intravenous magnesium sulfate in bronchial asthma. *JAMA* 1987;257:1076-1078.

Iseri LT, French JH. Magnesium: nature's physiologic calcium blocker. *Am Heart J* 1984;108:188-193.

Brunner EH, Delabroise AM, Haddad ZH. Effect of parenteral magnesium on pulmonary function, plasma cAMP, and histamine in bronchial asthma. *J Asthma* 1985;22:3-11.

Michael Hambridge. University of Colorado Health Science Center, Denver, CO 80262. Biomarkers of Trace Mineral Intake and Status. American Society for Nutritional Sciences. *Journal of Nutrition*. 2003. 948S – 955S. www.jn.nutrition.org

Ingredient Specific Reference

Vitamins: Critical Enzyme Co-Factors. 1996-2016 [themedicalbiochemistrypage.org](http://www.themedicalbiochemistrypage.org), LLC <http://www.themedicalbiochemistrypage.org/vitamins.php>

Johnson EJ, Russell RM. Beta-Carotene. In: Coates PM, Betz JM, Blackman MR, et al., eds. *Encyclopedia of Dietary Supplements*. 2nd ed. London and New York: Informa Healthcare; 2010:115-20

Solomons NW. Vitamin A. In: Bowman B, Russell R, eds. *Present Knowledge in Nutrition*. 9th ed. Washington, DC: International Life Sciences Institute; 2006:157-83.

Ross CA. Vitamin A. In: Coates PM, Betz JM, Blackman MR, et al., eds. *Encyclopedia of Dietary Supplements*. 2nd ed. London and New York: Informa Healthcare; 2010:778-91.

Graham-Maar RC, Schall JI, Stettler N, Zemel BS, Stallings VA. Elevated vitamin A intake and serum retinol in preadolescent children with cystic fibrosis. *Am J Clin Nutr* 2006;84:174-82

O'Neil C, Shevill E, Chang AB. Vitamin A supplementation for cystic fibrosis. *Cochrane Database Syst Rev* 2010:CD006751.pub2

Peto R, Doll R, Buckley JD & Sporn MB (1981) Can dietary beta-carotene materially reduce human cancer rates? *Nature* 290, 201–209. Carotene & lung cancer

Rapola JM, Virtamo J, Ripatti S, Huttunen JK, Albanes D, Taylor PR & Heinonen OP (1997) Randomised trial of a-tocopherol and b-carotene supplements on incidence of major coronary events in men with previous myocardial infarction. *Lancet* 349, 1715–1720.

Goodman GE, Thornquist MD, Balmes J, Cullen MR, Meyskens FL, Omenn GS, Valanis B & Williams JH Jr (2004) The Carotene and Retinol Efficacy Trial: incidence of lung cancer and cardiovascular disease mortality during 6-year follow-up after stopping beta-carotene and retinol supplements. *Journal of the National Cancer Institute* 96, 1743–1750.

Omenn GS, Goodman GE, Thornquist MD, Balmes J, Cullen MR, Glass A et al. (1996) Effects of a combination of beta carotene and vitamin A on lung cancer and cardiovascular disease. *New England Journal of Medicine* 334, 1150–1155.

National Institutes of Health. Office of Dietary Supplements. Vitamin and Mineral Fact Sheets. <http://www.ods.od.nih.gov/factsheets/list-VitaminsMinerals/>

Age-Related Eye Disease Study Research Group. A randomized, placebo-controlled, clinical trial of high-dose supplementation with vitamins C and E, beta carotene, and zinc for age-related macular degeneration and vision loss: AREDS report no. 8. *Arch Ophthalmol* 2001;119:1417-36

Holick MF. Vitamin D deficiency. *N Engl J Med* 2007;357:266-81.

Holick MF. Vitamin D: the underappreciated D-lightful hormone that is important for skeletal and cellular health. *Curr Opin Endocrinol Diabetes* 2002;9:87-98.

Cranney C, Horsely T, O'Donnell S, Weiler H, Ooi D, Atkinson S, et al. Effectiveness and safety of vitamin D. Evidence Report/Technology Assessment No. 158 prepared by the University of Ottawa Evidence-based Practice Center under Contract No. 290-02.0021. AHRQ Publication No. 07-E013. Rockville, MD: Agency for Healthcare Research and Quality, 2007.

Holick MF. Vitamin D. In: Shils ME, Shike M, Ross AC, Caballero B, Cousins RJ, eds. *Modern Nutrition in Health and Disease*, 10th ed. Philadelphia: Lippincott Williams & Wilkins, 2006.

Norman AW, Henry HH. Vitamin D. In: Bowman BA, Russell RM, eds. *Present Knowledge in Nutrition*, 9th ed. Washington DC: ILSI Press, 2006

Davis CD. Vitamin D and cancer: current dilemmas and future research needs. *Am J Clin Nutr* 2008;88:565S- 9S.

Stolzenberg-Solomon RZ, Vieth R, Azad A, Pietinen P, Taylor PR, Virtamo J, et al. A prospective nested case- control study of vitamin D status and pancreatic cancer risk in male smokers. *Cancer Res* 2006;66:10213-9.

Kathy J. Helzlsouer for the VDPP Steering Committee. Overview of the Cohort Consortium Vitamin D Pooling Project of Rarer Cancers. *Am J Epidemiol* 2010;172:4-9

Pappa HM, Bern E, Kamin D, Grand RJ. Vitamin D status in gastrointestinal and liver disease. *Curr Opin Gastroenterol* 2008;24:176-83.

Malone M. Recommended nutritional supplements for bariatric surgery patients. *Ann Pharmacother* 2008;42:1851-8

National Institutes of Health Osteoporosis and Related Bone Diseases National Research Center. Osteoporosis overview . October 2010.

Hyppönen E, Läärä E, Reunanen A, Järvelin MR, Virtanen SM. Intake of vitamin D and risk of type 1 diabetes: a birth- cohort study. *Lancet* 2001;358:1500-3.

Pittas AG, Dawson-Hughes B, Li T, Van Dam RM, Willett WC, Manson JE, et al. Vitamin D and calcium intake in relation to type 2 diabetes in women. *Diabetes Care* 2006; 29:650-6.

Krause R, Bühring M, Hopfenmüller W, Holick MF, Sharma AM. Ultraviolet B and blood pressure. *Lancet* 1998; 352:709- 10.

Chiu KC, Chu A, Go VL, Saad MF. Hypovitaminosis D is associated with insulin resistance and beta cell dysfunction. *Am J Clin Nutr* 2004; 79:820-5.

Munger KL, Levin LI, Hollis BW, Howard NS, Ascherio A. Serum 25-hydroxyvitamin D levels and risk of multiple sclerosis. *JAMA* 2006; 296:2832-8.

Institute of Medicine, Food and Nutrition Board. *Dietary Reference Intakes for Calcium and Vitamin D*. Washington, DC: National Academy Press, 2010

National Institutes of Health. Office of Dietary Supplements. Vitamin and Mineral Fact Sheets. <http://www.ods.od.nih.gov/factsheets/list-VitaminsMinerals/>

Jones G. Pharmacokinetics of vitamin D toxicity. *Am J Clin Nutr* 2008;88:582S-6S.

33. Buckley LM, Leib ES, Cartularo KS, Vacek PM, Cooper SM. Calcium and vitamin D3 supplementation prevents bone loss in the spine secondary to low-dose corticosteroids in patients with rheumatoid arthritis. A randomized, double-blind, placebo-controlled trial. *Ann Intern Med* 1996;125:961-8.

Lukert BP, Raisz LG. Glucocorticoid-induced osteoporosis: pathogenesis and management. *Ann Intern Med* 1990;112:352-64.

McDuffie JR, Calis KA, Booth SL, Uwaifo GI, Yanovski JA. Effects of orlistat on fat-soluble vitamins in obese adolescents. *Pharmacotherapy* 2002;22:814-22.

Compston JE, Horton LW. Oral 25-hydroxyvitamin D3 in treatment of osteomalacia associated with ileal resection and cholestyramine therapy. *Gastroenterology* 1978;74:900-2.

Gough H, Goggin T, Bissessar A, Baker M, Crowley M, Callaghan N. A comparative study of the relative influence of different anticonvulsant drugs, UV exposure and diet on vitamin D and calcium metabolism in outpatients with epilepsy. *Q J Med* 1986;59: 569-77.

Traber MG. Vitamin E. In: Shils ME, Shike M, Ross AC, Caballero B, Cousins R, eds. *Modern Nutrition in Health and Disease*. 10th ed. Baltimore, MD: Lippincott Williams & Wilkins, 2006;396-411.

Institute of Medicine. Food and Nutrition Board. *Dietary Reference Intakes: Vitamin C, Vitamin E, Selenium, and Carotenoids*. Washington, DC: National Academy Press, 2000

Weitberg AB, Corvese D. Effect of vitamin E and beta-carotene on DNA strand breakage induced by tobacco-specific nitrosamines and stimulated human phagocytes. *J Exp Clin Cancer Res* 1997;16:11-4.

National Institutes of Health. Office of Dietary Supplements. Vitamin and Mineral Fact Sheets. <http://www.ods.od.nih.gov/factsheets/list-VitaminsMinerals/>

Jacques PF, Taylor A, Moeller S, Hankinson SE, Rogers G, Tung W, et al. Long-term nutrient intake and 5-year change in nuclear lens opacities. *Arch Ophthalmol* 2005;123:517-26

Institute of Medicine. *Dietary reference intakes for vitamin A, vitamin K, arsenic, boron, chromium, copper, iodine, iron, manganese, molybdenum, nickel, silicon, vanadium, and zinc*. Washington, DC: National Academy Press; 2001.

Suttie JW. Vitamin K. In: Coates PM, Betz JM, Blackman MR, et al., eds. *Encyclopedia of Dietary Supplements*. 2nd ed. London and New York: Informa Healthcare; 2010:851-60

Institute of Medicine. *Dietary reference intakes for vitamin A, vitamin K, arsenic, boron, chromium, copper, iodine, iron, manganese, molybdenum, nickel, silicon, vanadium, and zinc*. Washington, DC: National Academy Press; 2001.

Health and Disease. 11th ed. Baltimore, MD: Lippincott Williams & Wilkins; 2014:305-16

Tucker KL, Ziegler TR, eds. *Modern Nutrition in Health and Disease*. 11th ed. Baltimore, MD: Lippincott Williams & Wilkins; 2014:317-24

Institute of Medicine. Food and Nutrition Board. *Dietary Reference Intakes: Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Vitamin B12, Pantothenic Acid, Biotin, and Choline*. Washington, DC: National Academy Press; 1998

Yang JD, Acharya K, Evans M, Marsh JD, Beland S. Beriberi disease: is it still present in the United States? *Am J Med* 2012;125:e5.

50. Howard AJ, Kulkarni O, Lekwuwa G, Emsley HC. Rapidly progressive polyneuropathy due to dry beriberi in a man: a case report. *J Med Case Rep* 2010;4:409.

rdman JW, Macdonald IA, Zeisel SH, eds. Present Knowledge in Nutrition. 10th ed. Washington, DC: Wiley-Blackwell; 2012:261-79.

Kopelman MD, Thomson AD, Guerrini I, Marshall EJ. The Korsakoff syndrome: clinical aspects, psychology and treatment. *Alcohol Alcohol* 2009;44:148-54

Vognar L, Stoukides J. The role of low plasma thiamin levels in cognitively impaired elderly patients presenting with acute behavioral disturbances. *J Am Geriatr Soc* 2009;57:2166-8.

Wilkinson TJ, Hanger HC, George PM, Sainsbury R. Is thiamine deficiency in elderly people related to age or co-morbidity? *Age and Ageing* 2000;29:111-6

O'Rourke NP, Bunker VW, Thomas AJ, Finglas PM, Bailey AL, Clayton BE. Thiamine Status of Healthy and Institutionalized Elderly Subjects: Analysis of Dietary Intake and Biochemical Indices. *Age Ageing* 1990;19:325-9.

Thornalley PJ, Babaei-Jadidi R, Al Ali H, Rabbani N, Antonysunil A, Larkin J, et al. High prevalence of low plasma thiamine concentration in diabetes linked to a marker of vascular disease. *Diabetologia* 2007;50:2164-70.

Al-Attas OS, Al-Daghri NM, Alfadda AA, Abd-Alrahman SH, Sabico S. Blood thiamine and its phosphate esters as measured by high-performance liquid chromatography: levels and associations in diabetes mellitus patients with varying degrees of microalbuminuria. *J Endocrinol Invest* 2012;35:951-6.

Aasheim ET. Wernicke encephalopathy after bariatric surgery: a systematic review. *Ann Surg* 2008;248:714- 20.

Xanthakos SA. Nutritional deficiencies in obesity and after bariatric surgery. *Pediatr Clin North Am* 2009;56:1105-21.

Gibson GE, Sheu KF, Blass JP, Baker A, Carlson KC, Harding B, et al. Reduced activities of thiamine- dependent enzymes in the brains and peripheral tissues of patients with Alzheimer's disease. *Arch Neurol* 1988;45:836-40

Butterworth RF, Besnard AM. Thiamine-dependent enzyme changes in temporal cortex of patients with Alzheimer's disease. *Metab Brain Dis* 1990;5:179-84.

Seligmann H, Halkin H, Rauchfleisch S, Kaufmann N, Motro M, Vered Z, et al. Thiamine deficiency in patients with congestive heart failure receiving long-term furosemide therapy: a pilot study. *Am J Med* 1991;91:151-5.

Cho IJ, Chang HJ, Lee KE, Won HS, Choi MY, Nam EM, et al. A case of Wernicke's encephalopathy following fluorouracil-based chemotherapy. *J Korean Med Sci* 2009;24:747-50

Rivlin RS. Riboflavin. In: Coates PM, Betz JM, Blackman MR, et al., eds. *Encyclopedia of Dietary Supplements*. 2nd ed. London and New York: Informa Healthcare; 2010:691-9

65. Said HM, Ross AC. Riboflavin. In: Ross AC, Caballero B, Cousins RJ, Tucker KL, Ziegler TR, eds. *Modern Nutrition in Health and Disease*. 11th ed. Baltimore, MD: Lippincott Williams & Wilkins; 2014:325-30.

Institute of Medicine. Food and Nutrition Board. Dietary Reference Intakes: Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Vitamin B12, Pantothenic Acid, Biotin, and Choline. Washington, DC: National Academy Press; 1998.

McCormick DB. Riboflavin. In: Erdman JW, Macdonald IA, Zeisel SH, eds. *Present Knowledge in Nutrition*. 10th ed. Washington, DC: Wiley-Blackwell; 2012:280-92.

McCormick DB. Vitamin/mineral supplements: of questionable benefit for the general population. *Nutr Rev* 2010;68:207-13.

American Dietetic Association, Dietitians of Canada, American College of Sports Medicine, Rodriguez NR, Di Marco NM, Langley S. American College of Sports Medicine position stand. Nutrition and athletic performance. *Med Sci Sports Exerc* 2009;41:709-31.

Wacker J, Fruhauf J, Schulz M, Chiwora FM, Volz J, Becker K. Riboflavin deficiency and preeclampsia. *Obstet Gynecol* 2000;96:38-44.

Schoenen J, Jacqy J, Lenaerts M. Effectiveness of high-dose riboflavin in migraine prophylaxis. A randomized controlled trial. *Neurology* 1998;50:466-70

Vitamins: Critical Enzyme Co-Factors. 1996-2016 [themedicalbiochemistrypage.org](http://www.themedicalbiochemistrypage.org), LLC <http://www.themedicalbiochemistrypage.org/vitamins.php>

Andreas Gille, Erik T. Bodor, Kashan Ahmed, and Stefan Offermanns Institute of Pharmacology, University of Heidelberg, D-69120 Heidelberg, Nicotinic Acid: Pharmacological Effects and Mechanisms of Action. *Annual Review of Pharmacology and Toxicology* Vol. 48: 79-106 (Volume publication date February 2008)

University of Maryland Medical Center. Vitamin B5 (pantothenic acid) <http://umm.edu/health/medical/altmed/supplement/vitamin-b5-pantothenic-acid>

Gropper, S. S, Smith, J. L., Groff, J. L. (2009). *Advanced nutrition and human metabolism*. Belmont, CA: Wadsworth, Cengage learning

Otten, J. J., Hellwig, J. P., Meyers, L. D. (2008). *Dietary reference intakes: The essential guide to nutrient requirements*. Washington, DC: The National Academies Press

Herbert V. *Vitamin B12 in Present Knowledge in Nutrition*. 17th ed. Washington, DC: International Life Sciences Institute Press, 1996

Herbert V, Das K. *Vitamin B12 in Modern Nutrition in Health and Disease*. 8th ed. Baltimore, MD: Williams & Wilkins, 1994. Combs G. *Vitamin B12 in The Vitamins*. New York: Academic Press, Inc., 1992.

Zittoun J, Zittoun R. Modern clinical testing strategies in cobalamin and folate deficiency. *Sem Hematol* 1999;36:35-46

Institute of Medicine. Food and Nutrition Board. *Dietary Reference Intakes: Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Vitamin B12, Pantothenic Acid, Biotin, and Choline*. Washington, DC: National Academy Press, 1998

Shepherd G, Velez LI (May 2008). "Role of hydroxocobalamin in acute cyanide poisoning". *Ann Pharmacother*. 42 (5): 661–9. doi:10.1345/aph.1K559. PMID 18397973.

Natural Medicines Comprehensive Database . Vitamin B12.

Force RW, Nahata MC. Effect of histamine H2-receptor antagonists on vitamin B12 absorption. *Ann Pharmacother* 1992;26:1283-6

Bailey LB, Gregory JFr (2006). *Folate. Present Knowledge in Nutrition* . B. Bowman and R. Russell. Washington, DC, International Life Sciences Institute. I: 278-301.

Institute of Medicine. Food and Nutrition Board (1998). *Dietary Reference Intakes: Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Vitamin B12, Pantothenic Acid, Biotin, and Choline* . Washington, DC, National Academy Press.

Huang T, Chen Y, Yang B, Yang J, Wahlqvist ML, Li D (2012). Meta-analysis of B vitamin supplementation on plasma homocysteine, cardiovascular and all-cause mortality. *Clin Nutr* 31(4): 448-454.

Li Y, Schellhorn HE. New developments and novel therapeutic perspectives for vitamin C. *J Nutr* 2007;137:2171-84

Frei B, England L, Ames BN. Ascorbate is an outstanding antioxidant in human blood plasma. *Proc Natl Acad Sci U S A* 1989;86:6377-81

Jacob RA, Sotoudeh G. Vitamin C function and status in chronic disease. *Nutr Clin Care* 2002;5:66-74.

Padayatty SJ, Sun H, Wang Y, Riordan HD, Hewitt SM, Katz A, Wesley RA, Levine M. Vitamin C pharmacokinetics: implications for oral and intravenous use. *Ann Intern Med* 2004;140:533-7

Institute of Medicine. Food and Nutrition Board. Dietary Reference Intakes for Vitamin C, Vitamin E, Selenium, and Carotenoids . Washington, DC: National Academy Press, 2000.

Francescone MA, Levitt J. Scurvy masquerading as leukocytoclastic vasculitis: a case report and review of the literature. *Cutis* 2005;76:261-6.

Hoffman FA. Micronutrient requirements of cancer patients. *Cancer*. 1985;55 (1 Suppl):295-300

Deicher R, Hörl WH. Vitamin C in chronic kidney disease and hemodialysis patients. *Kidney Blood Press Res* 2003;26:100-6.

Carr AC, Frei B. Toward a new recommended dietary allowance for vitamin C based on antioxidant and health effects in humans. *Am J Clin Nutr* 1999;69:1086-107.

Seifried HE, Anderson DE, Sorkin BC, Costello RB. Free radicals: the pros and cons of antioxidants. Executive summary report. *J Nutr* 2004;134:3143S-63S

Natural Medicines Comprehensive Database . Vitamin C.

Council for Responsible Nutrition: Are vitamins and minerals safe for persons with G6PD deficiency? FACT SHEET. www.crnusa.org

Honarbaksh S, Schachter M. Vitamins and cardiovascular disease. *Br J Nutr* 2008:1-19

Levine M, Rumsey SC, Daruwala R, Park JB, Wang Y. Criteria and recommendations for vitamin C intake. *JAMA* 1999;281:1415-23

IV Therapy

Gaby Alan R., Intravenous Nutrient Therapy: the "Myers' Cocktail" Alternative Medicine Review - Volume 7, Number 5 - 2002. P.389

Ali, N.D., M.P.H.,¹ Valentine Yanchou Njike, M.D., M.P.H.,¹ Veronika Northrup, M.P.H.,¹ Alyse B. Sabina, et al. Intravenous Micronutrient Therapy Myers' Cocktail) for Fibromyalgia: A Placebo-Controlled Pilot Study. *THE JOURNAL OF ALTERNATIVE AND COMPLEMENTARY MEDICINE* Volume 15, Number 3, 2009, pp. 247–257

Brunner EH, Delabroise AM, Haddad ZH. Effect of parenteral magnesium on pulmonary function, plasma cAMP, and histamine In bronchial asthma. *J Asthma* 1985;22:3-11.

Iseri LT, French JH. Magnesium: nature's physiologic calcium blocker. *Am Heart* 1984;108:188-193.

Brown, Spencer A. Ph.D.; Coimbra, Maria M.D.; Coberly, Dana M. M.D.; Chao, James J. M.D.; Rohrich, Rod J. M.D. Oral Nutritional Supplementation Accelerates Skin Wound Healing: A Randomized, Placebo-Controlled, Double-Arm, Crossover Study. *Plastic & Reconstructive Surgery*. 114(1):237-244, July 2004.

Volpe SL. Magnesium. In: Erdman JW, Macdonald IA, Zeisel SH, eds. *Present Knowledge in Nutrition*. 10th ed. Ames, Iowa; John Wiley & Sons, 2012:459-74.

Gibson, RS. *Principles of Nutritional Assessment*, 2nd ed. New York, NY: Oxford University Press, 2005.

Shenkin A., Micronutrient Requirements in Home Intravenous Nutrition (Editorial Comments). *Nutrition* Vol. 13, Nos. 11/12. 1997.

McCallum L, Higgins D, Care of peripheral venous cannula sites. *Nursing Times* 21.08.12 Vol No 34/35 pp. 12-15 syndrome. *Br J Hosp Med* 1997;57:461-465

Stephen JM, Grant R, Yeh CS. Anaphylaxis from administration of intravenous thiamine. *Am J Emerg Med* 1992;10:61- 63.

Cook CC, Thomson AD. B-complex vitamins in the prophylaxis and treatment of Wernicke- Korsakoff syndrome. Br J Hosp Med 1997;57:461-465.

Swaminathan R, Magnesium Metabolism and its Disorders. Clin Biochem Rev. 2003 May; 24(2):47 – 66

Andreas Gille, Erik T. Bodor, Kashan Ahmed, and Stefan Offermanns Institute of Pharmacology, University of Heidelberg, D-69120 Heidelberg, Nicotinic Acid: Pharmacological Effects and Mechanisms of Action. Annual Review of Pharmacology and Toxicology Vol. 48: 79-106 (Volume publication date February 2008)

Vitamins: Critical Enzyme Co-Factors. 1996-2016 themedicalbiochemistypage.org, LLC <http://www.themedicalbiochemistypage.org/vitamins.php>

Committee to Review Dietary Reference Intakes for Vitamin D and Calcium, Food and Nutrition Board, Institute of Medicine. Dietary Reference Intakes for Calcium and Vitamin D. Washington, DC: National Academy Press, 2010.

Kuhn K. Glutamine as indispensable nutrient in oncology: experimental and clinical evidence. Eur J Nutr. 2010;49(4):197-210.

Calculating Osmolarity of an IV Admixture. www.rxkinetics.com File://Volumes/VERBATIM/IVNS/ Calculating%20Osmolarity%20of%20an%20IV%20Admixture.webarchive

Seifried HE, Anderson DE, Sorkin BC, Costello RB. Free radicals: the pros and cons of antioxidants. Executive summary report. J Nutr 2004;134:3143S-63S.

Lawenda BD, Kelly KM, Ladas EJ, Sagar SM, Vickers A, Blumberg JB. Should supplemental antioxidant administration be avoided during chemotherapy and radiation therapy? J Natl Cancer Inst 2008;100:773-83

Ladas EJ, Jacobson JS, Kennedy DD, Teel K, Fleischauer A, Kelly KM. Antioxidants and cancer therapy: a systematic review. J Clin Oncol 2004;22:517-28.