

THE HOLISTIC DETOX

# SOURCES OF ESSENTIAL NUTRIENTS

KEY FOODS FOR VITAMINS AND MINERALS



# I'M CAROLA

**founder of Wellhistic and The Holistic Detox, a  
certified herbalist, and the formulator behind our  
unique line of supplements**

With certifications in Bioenergetic Testing, Functional Diagnostic Nutrition, and Traditional Chinese Medicine (TCM) principles, I've spent years helping clients uncover the root causes of their health imbalances.

As a formulator, I carefully select specific plants for specific conditions based on their nutrient content—kelp, motherwort, maca, ashwagandha, chaste tree, and dong quai are just a few examples of plants naturally packed with essential vitamins and minerals. And I work with countless other herbs to provide a well-rounded spectrum of nutrients to support your overall health.

Through bioenergetic testing, we can identify nutrient deficiencies that may be contributing to physical or emotional imbalances. For example, ongoing anxiety or nervousness is often connected to low magnesium levels. This is just one of many ways your emotional and physical health can be influenced by nutrient imbalances. During my journey with POTS dysautonomia, I discovered how critical maintaining vitamin and mineral balance was in my recovery. Nutritional imbalances can drastically impact heart function, energy levels, and more. This guide will help you understand the importance of specific vitamins and minerals, their best food sources, and how they contribute to overall health.



# BIOTIN (VITAMIN B7)

## FOR HAIR, SKIN, AND NAILS

### RECOMMENDED DAILY DOSE

30 mcg

### NATURAL SOURCES

Eggs, nuts, seeds, sweet potatoes.

### BEST IF TAKEN WITH

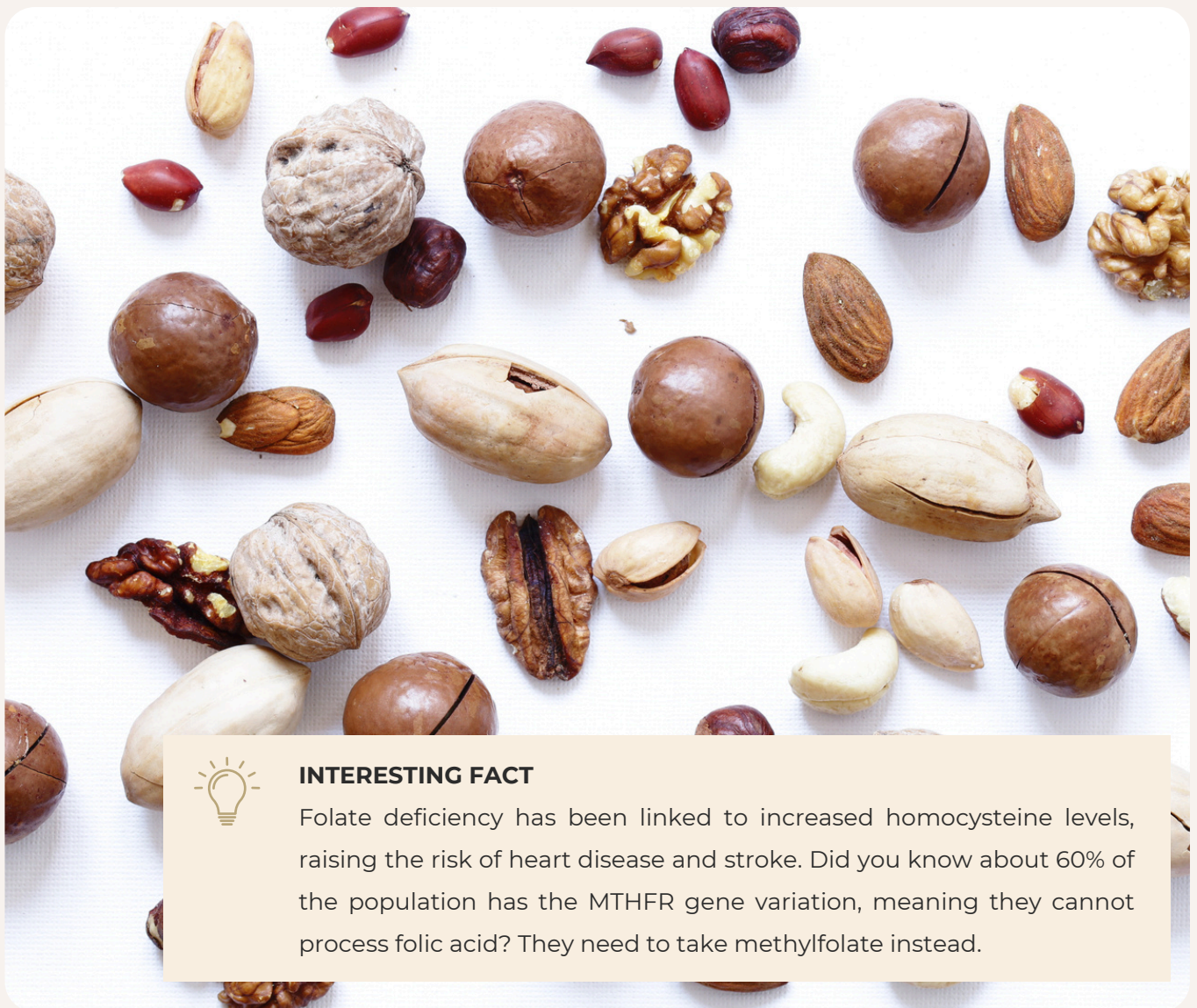
Vitamin B complex to promote healthy hair and skin.

### WHY YOU NEED IT

Biotin helps maintain healthy hair, skin, and nails, and supports carbohydrate metabolism.

### DEFICIENCY SYMPTOMS

Hair loss, brittle nails, dry skin.



### INTERESTING FACT

Folate deficiency has been linked to increased homocysteine levels, raising the risk of heart disease and stroke. Did you know about 60% of the population has the MTHFR gene variation, meaning they cannot process folic acid? They need to take methylfolate instead.

# CALCIUM

## FOR BONE HEALTH

### RECOMMENDED DAILY DOSE

1,000 - 1,200 mg for adults.

### NATURAL SOURCES

Dairy products, fortified plant milks, kale, tofu, sardines.

### BEST IF TAKEN WITH

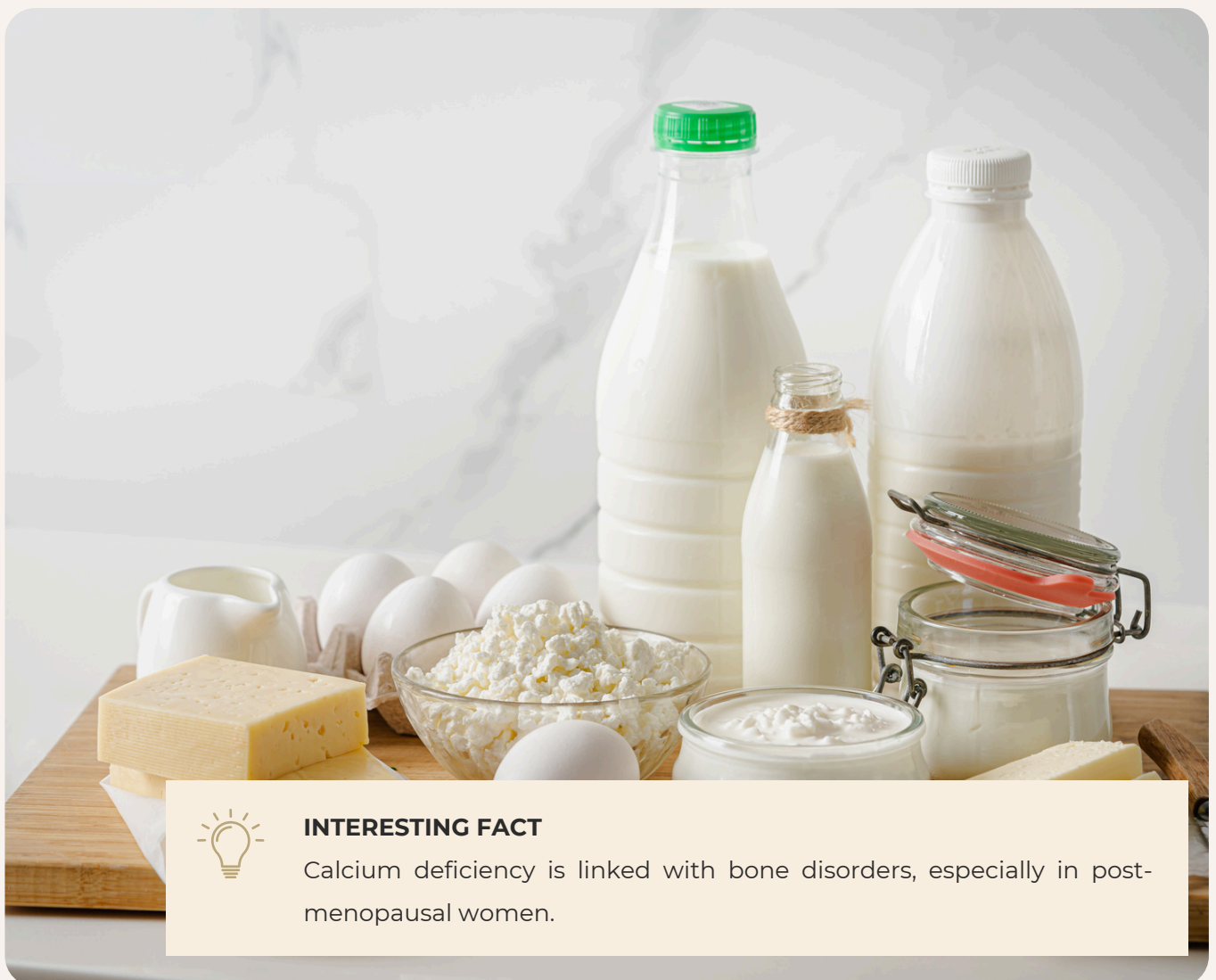
Vitamin D for improved calcium absorption.

### WHY YOU NEED IT

Calcium is essential for building strong bones and teeth and supports proper muscle and nerve function.

### DEFICIENCY SYMPTOMS

Osteoporosis, weak bones, muscle spasms.



### INTERESTING FACT

Calcium deficiency is linked with bone disorders, especially in post-menopausal women.



# CHOLINE

## FOR BRAIN HEALTH

### RECOMMENDED DAILY DOSE

425 - 550 mg for adults.

### NATURAL SOURCES

Egg yolks, beef liver, soybeans, wheat germ.

### BEST IF TAKEN WITH

Folate and Omega-3s to support brain and liver function.

### WHY YOU NEED IT

Choline supports cognitive function, liver health, and the formation of cell membranes.

### DEFICIENCY SYMPTOMS

Fatty liver, memory problems, muscle damage.



### INTERESTING FACT

Choline is especially important for pregnant women, as it is critical in fetal brain development.



# CHROMIUM

## THE BLOOD SUGAR REGULATOR

### RECOMMENDED DAILY DOSE

25 - 35 mcg

### NATURAL SOURCES

Broccoli, whole grains, grapes, potatoes.

### BEST IF TAKEN WITH

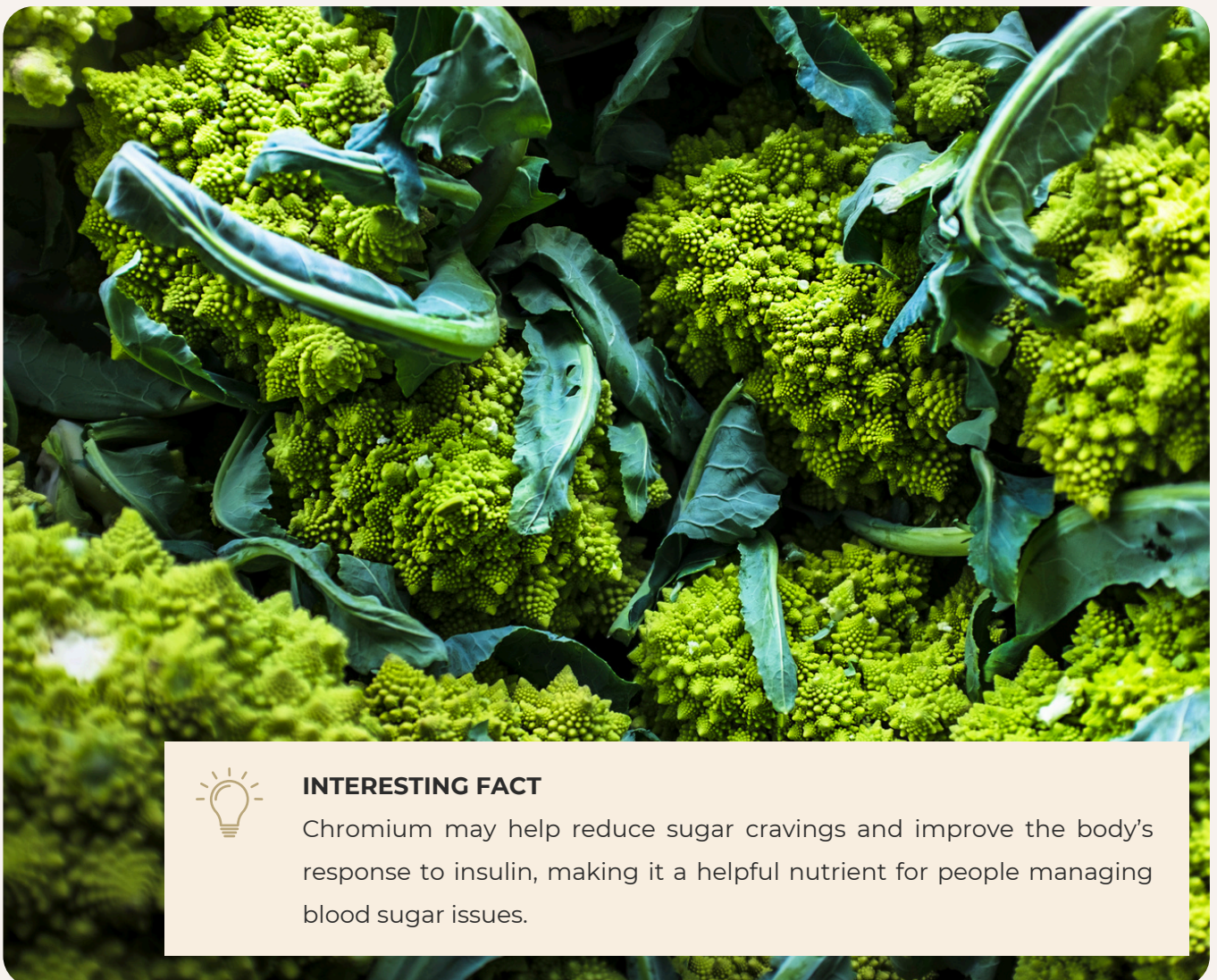
Magnesium to support insulin regulation.

### WHY YOU NEED IT

Chromium helps regulate blood sugar levels and improves insulin sensitivity.

### DEFICIENCY SYMPTOMS

Increased sugar cravings, blood sugar imbalances, fatigue.



### INTERESTING FACT

Chromium may help reduce sugar cravings and improve the body's response to insulin, making it a helpful nutrient for people managing blood sugar issues.



# COENZYME Q10 (COQ10)

## THE ENERGY BOOSTER

### RECOMMENDED DAILY DOSE

30 - 200 mg

### NATURAL SOURCES

Oily fish (sardines, mackerel), organ meats, whole grains.

### BEST IF TAKEN WITH

Fats, such as CoQ10 are fat-soluble and absorb better with healthy fats.

### WHY YOU NEED IT

CoQ10 helps your cells produce energy and acts as a potent antioxidant, protecting cells from oxidative stress.

### DEFICIENCY SYMPTOMS

Muscle weakness, heart issues, fatigue.



### INTERESTING FACT

CoQ10 production naturally decreases with age, which is why it's often recommended for heart health, especially for those on statin medications.



# COPPER

## FOR IRON ABSORPTION

### RECOMMENDED DAILY DOSE

900 mcg

### NATURAL SOURCES

Shellfish, nuts, seeds, liver, whole grains.

### BEST IF TAKEN WITH

Zinc (in balance) to prevent competition for absorption.

### WHY YOU NEED IT

Copper aids in iron absorption and supports red blood cell formation.

### DEFICIENCY SYMPTOMS

Fatigue, anemia, weakened immune system.



### INTERESTING FACT

Copper plays an important role in maintaining the elasticity of skin and blood vessels by supporting collagen formation.



# FOLATE (VITAMIN B9)

## FOR CELL GROWTH

### RECOMMENDED DAILY DOSE

400 mcg for adults.

### NATURAL SOURCES

Leafy greens, beans, lentils, avocados, asparagus.

### BEST IF TAKEN WITH

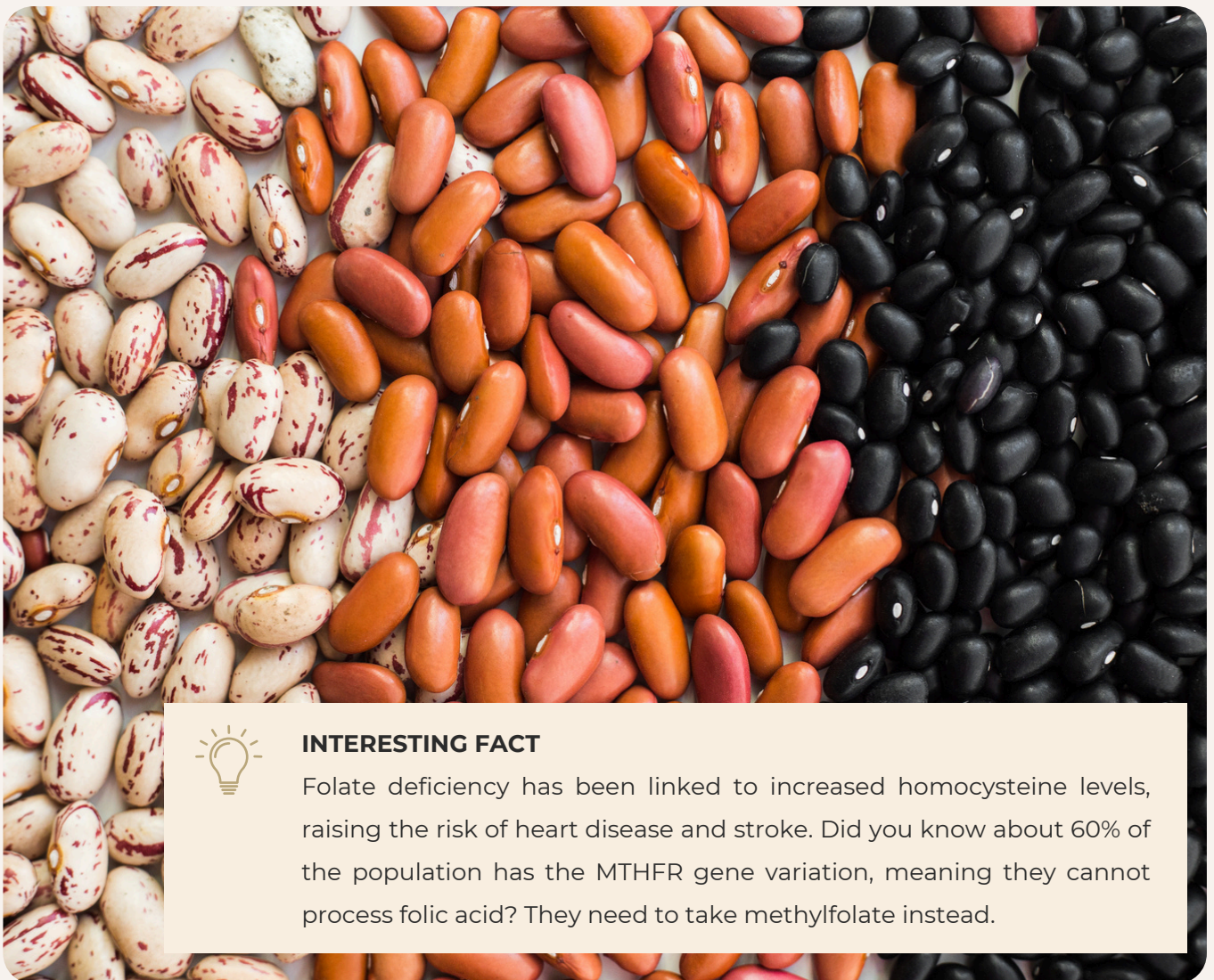
Vitamin B12 for optimal red blood cell production.

### WHY YOU NEED IT

Folate supports DNA synthesis, cell growth, and prevents neural tube defects in pregnancy.

### DEFICIENCY SYMPTOMS

Anemia, birth defects, fatigue, mood changes.



### INTERESTING FACT

Folate deficiency has been linked to increased homocysteine levels, raising the risk of heart disease and stroke. Did you know about 60% of the population has the MTHFR gene variation, meaning they cannot process folic acid? They need to take methylfolate instead.



# IRON

## YOUR ENERGY SOURCE

### RECOMMENDED DAILY DOSE

8 mg for men, 18 mg for women.

### NATURAL SOURCES

Red meat, lentils, spinach, tofu, fortified cereals.

### BEST IF TAKEN WITH

Vitamin C to boost absorption.

### WHY YOU NEED IT

Iron is crucial for transporting oxygen in the blood, maintaining energy levels, and supporting cognitive function.

### DEFICIENCY SYMPTOMS

Fatigue, dizziness, shortness of breath, weakened immune function.



### INTERESTING FACT

Iron deficiency has been linked to conditions like POTS dysautonomia and parasites, which rob the body of this vital nutrient.



# IODINE

## FOR METABOLISM AND THYROID HEALTH

### RECOMMENDED DAILY DOSE

150 mcg.

### NATURAL SOURCES

Iodized salt, seaweed, fish, dairy.

### BEST IF TAKEN WITH

Selenium to support thyroid function.

### WHY YOU NEED IT

Iodine is necessary for thyroid hormone production, which regulates metabolism and energy levels.

### DEFICIENCY SYMPTOMS

Goiter, weight gain, cognitive issues, fatigue.



### INTERESTING FACT

Iodine deficiency is the leading cause of preventable brain damage worldwide and is critical for proper fetal brain development.

# LITHIUM

## THE MOOD STABILIZER

### RECOMMENDED DAILY DOSE

No established RDA, but 5-10 mg (as orotate or aspartate) in supplements is commonly used.

### NATURAL SOURCES

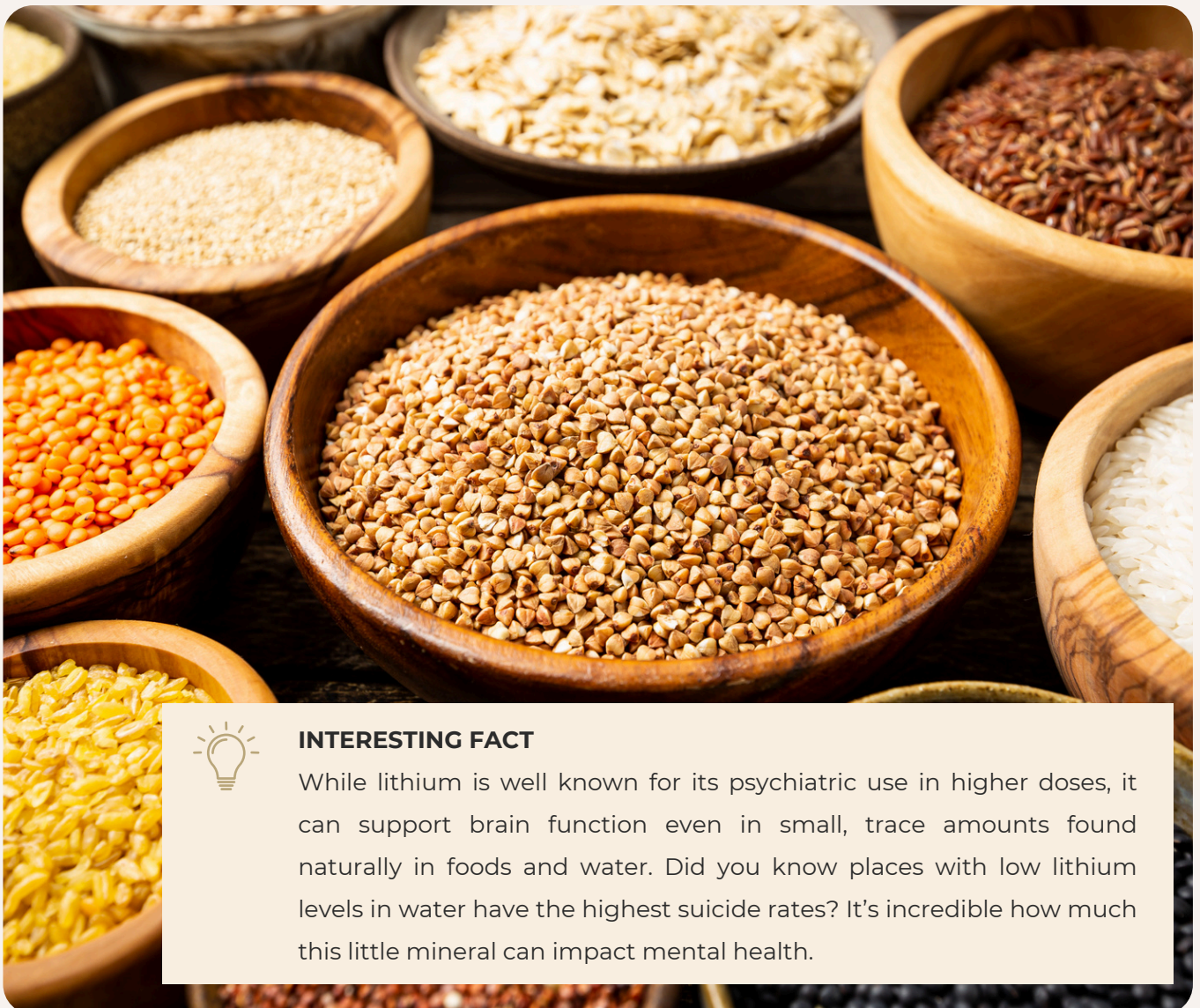
Found in trace amounts in grains, vegetables, and some mineral waters.

### WHY YOU NEED IT

Lithium supports mood balance and nervous system function and is often used therapeutically for mood disorders.

### DEFICIENCY SYMPTOMS

Mood swings, nervous system disorders, irritability.



### INTERESTING FACT

While lithium is well known for its psychiatric use in higher doses, it can support brain function even in small, trace amounts found naturally in foods and water. Did you know places with low lithium levels in water have the highest suicide rates? It's incredible how much this little mineral can impact mental health.



# MAGNESIUM

## THE RELAXATION MINERAL

### RECOMMENDED DAILY DOSE

400 - 420 mg for men, 310-320 mg for women.

### NATURAL SOURCES

Almonds, spinach, cashews, black beans, dark chocolate.

### BEST IF TAKEN WITH

Calcium for balancing muscle and nerve function.

### WHY YOU NEED IT

Magnesium supports muscle relaxation, mental calmness, and a healthy cardiovascular system.

### DEFICIENCY SYMPTOMS

Muscle cramps, headaches, anxiety, sleep disturbances.



### INTERESTING FACT

Magnesium deficiency is often linked to anxiety, stress, and insomnia, as this mineral helps regulate the nervous system.



# MANGANESE

## THE BONE PROTECTOR

### RECOMMENDED DAILY DOSE

1.8 - 2.3 mg for adults.

### NATURAL SOURCES

Whole grains, nuts, seeds, leafy vegetables, tea.

### BEST IF TAKEN WITH

Calcium and vitamin B complex for better absorption.

### WHY YOU NEED IT

Manganese is vital for bone formation, collagen production, and antioxidant defense.

### DEFICIENCY SYMPTOMS

Bone pain, skin issues, slow wound healing.



### INTERESTING FACT

Manganese plays a role in forming cartilage, making it particularly beneficial for joint health and reducing the risk of osteoporosis as you age.

# MOLYBDENUM

## FOR DETOXIFICATION

### RECOMMENDED DAILY DOSE

45 mcg

### NATURAL SOURCES

Legumes, grains, nuts, dairy.

### BEST IF TAKEN WITH

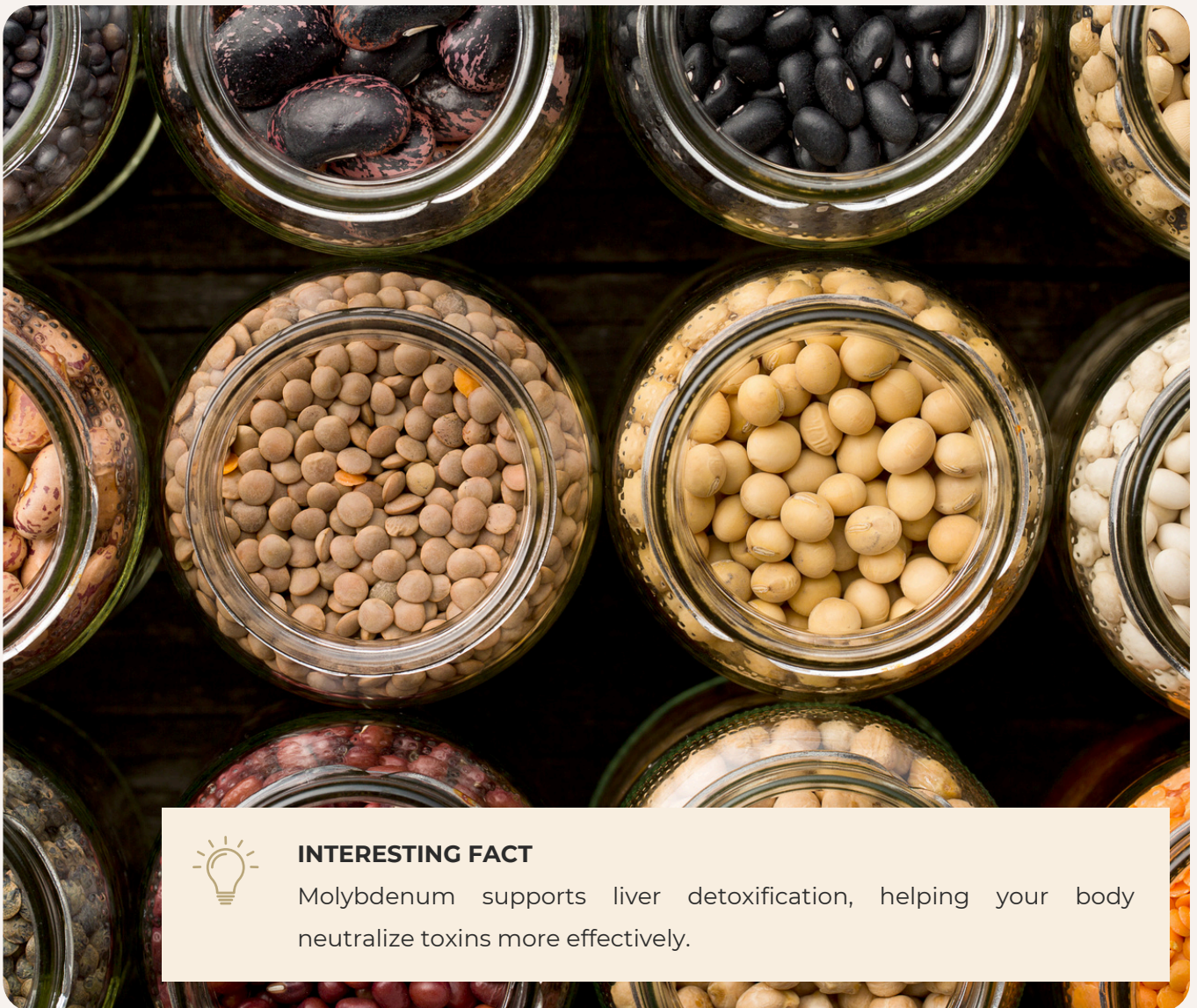
Not typically combined with other nutrients.

### WHY YOU NEED IT

Molybdenum is necessary for breaking down harmful toxins and sulfur-containing amino acids.

### DEFICIENCY SYMPTOMS

Night blindness, fatigue, weakness.



### INTERESTING FACT

Molybdenum supports liver detoxification, helping your body neutralize toxins more effectively.



# PANTOTHENIC ACID (VITAMIN B5)

## FOR STRESS RELIEF

### RECOMMENDED DAILY DOSE

5 mg

### NATURAL SOURCES

Avocados, sweet potatoes, whole grains, chicken.

### BEST IF TAKEN WITH

Vitamin C for adrenal support.

### WHY YOU NEED IT

Pantothenic acid supports the adrenal glands and helps your body cope with stress.

### DEFICIENCY SYMPTOMS

Fatigue, irritability, depression.



### INTERESTING FACT

Vitamin B5 is sometimes referred to as the "anti-stress vitamin" because of its role in producing stress hormones.



# PHOSPHORUS

## FOR ENERGY AND BONES

### RECOMMENDED DAILY DOSE

700 mg for adults.

### NATURAL SOURCES

Dairy, fish, meat, eggs, nuts, and seeds.

### BEST IF TAKEN WITH

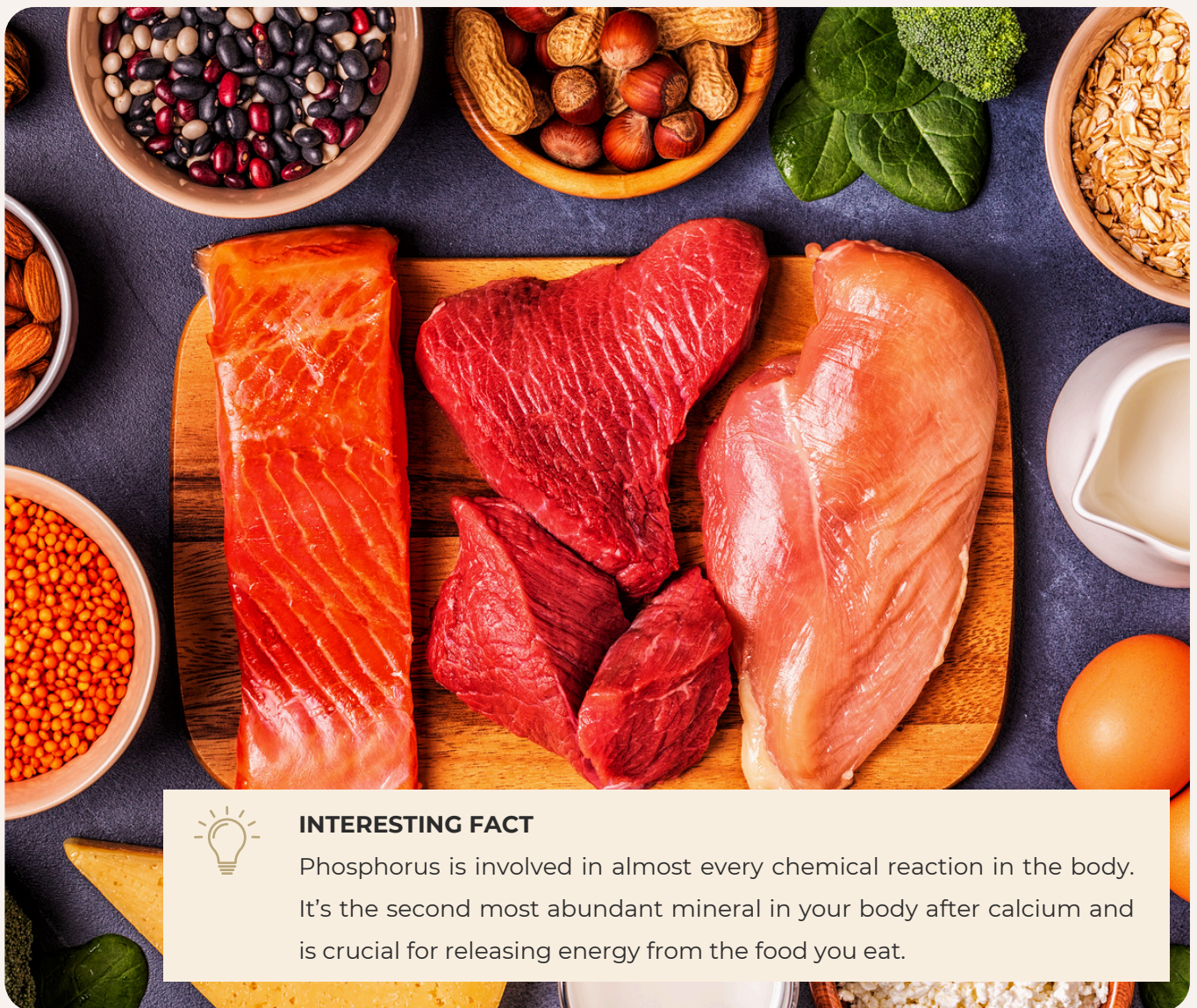
Calcium promotes strong bones and teeth.

### WHY YOU NEED IT

Phosphorus works with calcium to strengthen bones and teeth, and it also plays a crucial role in energy production.

### DEFICIENCY SYMPTOMS

Weak bones, fatigue, irritability.



### INTERESTING FACT

Phosphorus is involved in almost every chemical reaction in the body. It's the second most abundant mineral in your body after calcium and is crucial for releasing energy from the food you eat.

# POTASSIUM

## THE HEART HELPER

### RECOMMENDED DAILY DOSE

3,500-4,700 mg for adults.

### NATURAL SOURCES

Bananas, potatoes, spinach, avocados, beans.

### BEST IF TAKEN WITH

Balancing sodium is crucial for maintaining a healthy ratio.

### WHY YOU NEED IT

Potassium is critical for maintaining normal blood pressure, fluid balance, and heart rhythm.

### DEFICIENCY SYMPTOMS

Muscle weakness, cramps, irregular heartbeat.



### INTERESTING FACT

A diet rich in potassium can help reduce the risk of stroke and high blood pressure by balancing out the negative effects of sodium in the diet. Electrolytes are usually essential for people with POTS dysautonomia, helping regulate heartbeat and blood pressure.



# SELENIUM

## FOR THYROID HEALTH

### RECOMMENDED DAILY DOSE

55 mcg

### NATURAL SOURCES

Brazil nuts, fish, eggs, sunflower seeds

### BEST IF TAKEN WITH

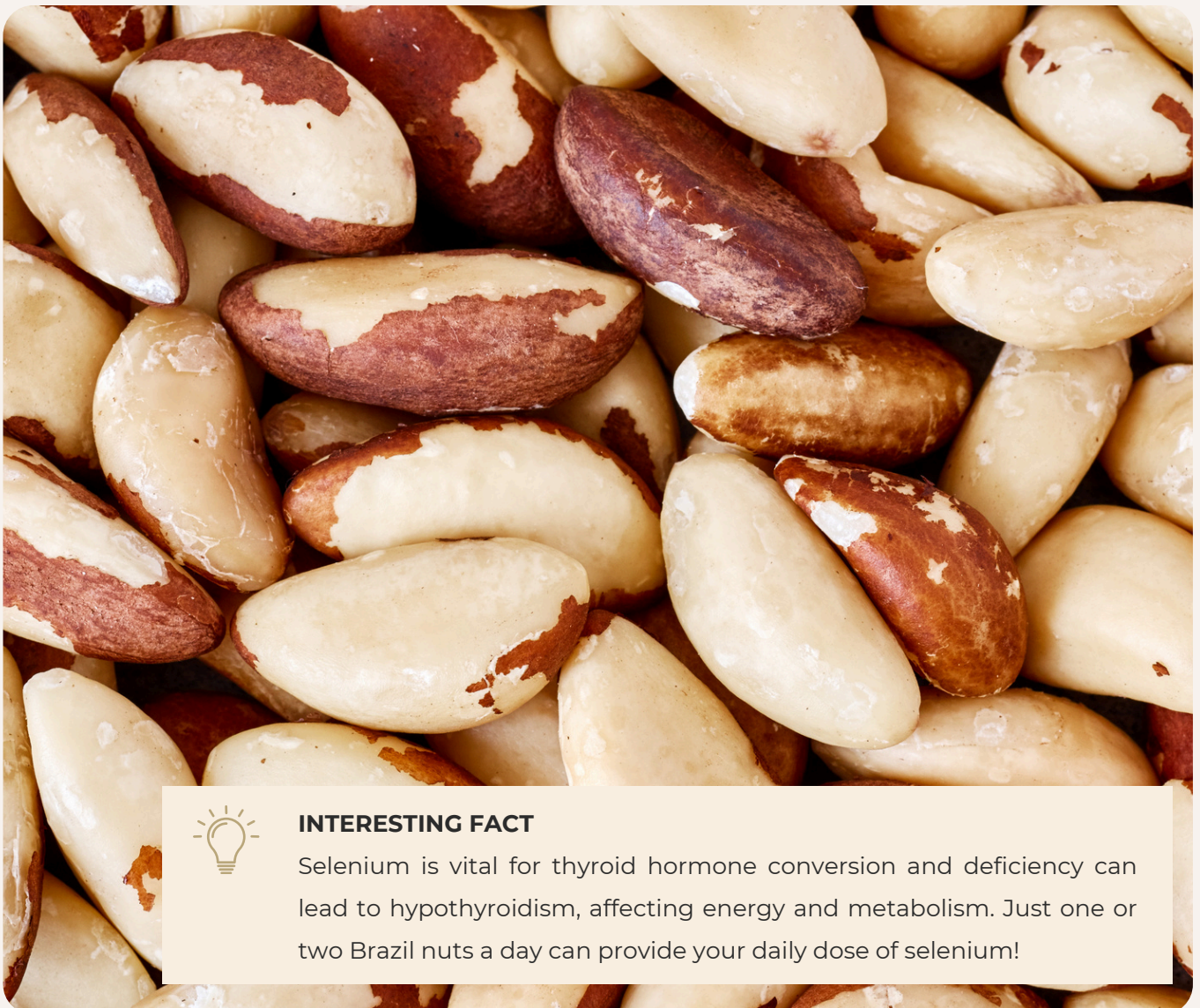
Vitamin E for enhanced antioxidant effects.

### WHY YOU NEED IT

Selenium is crucial for thyroid hormone metabolism and protecting cells from oxidative damage.

### DEFICIENCY SYMPTOMS

Muscle weakness, heart disease, hypothyroidism.



### INTERESTING FACT

Selenium is vital for thyroid hormone conversion and deficiency can lead to hypothyroidism, affecting energy and metabolism. Just one or two Brazil nuts a day can provide your daily dose of selenium!

# SODIUM

## FOR FLUID BALANCE

### RECOMMENDED DAILY DOSE

2,300 mg or less for adults.

### NATURAL SOURCES

Salt, processed foods, sea salt, and naturally in some vegetables.

### BEST IF TAKEN WITH

Potassium to maintain electrolyte balance.

### WHY YOU NEED IT

Sodium is essential for fluid balance, muscle contractions, and nerve function.

### DEFICIENCY SYMPTOMS

Nausea, fatigue, dizziness, dehydration.



### INTERESTING FACT

While sodium is vital, too much can lead to high blood pressure. Most of the sodium in modern diets comes from processed foods, not the salt shaker. If you suffer from adrenal fatigue (low blood pressure), taking a sip of water with salt can help raise your blood pressure naturally—especially useful for pregnant women who can't take medication.



# VITAMIN A

## THE VISION VITAMIN

### RECOMMENDED DAILY DOSE

700 - 900 mcg

### NATURAL SOURCES

Carrots, sweet potatoes, spinach, liver.

### BEST IF TAKEN WITH

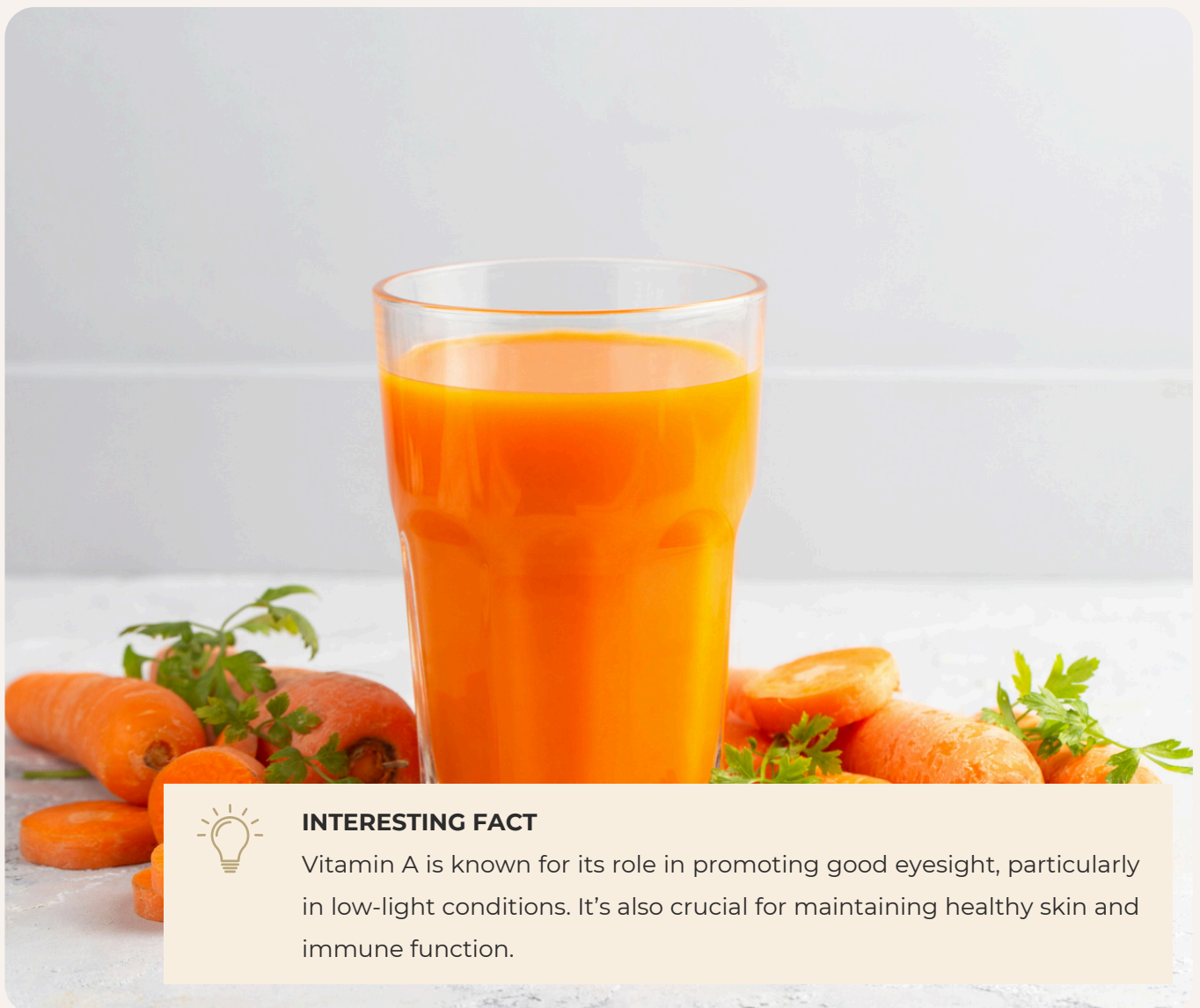
Essential fatty acids to enhance absorption (since it's fat-soluble).

### WHY YOU NEED IT

Vitamin A supports healthy vision, immune function, and cell growth.

### DEFICIENCY SYMPTOMS

Poor night vision, dry skin, increased risk of infections.



### INTERESTING FACT

Vitamin A is known for its role in promoting good eyesight, particularly in low-light conditions. It's also crucial for maintaining healthy skin and immune function.

# VITAMIN B1 (THIAMINE)

## THE ENERGY BOOSTER

### RECOMMENDED DAILY DOSE

1.1 - 1.2 mg

### NATURAL SOURCES

Whole grains, pork, legumes, nuts.

### BEST IF TAKEN WITH

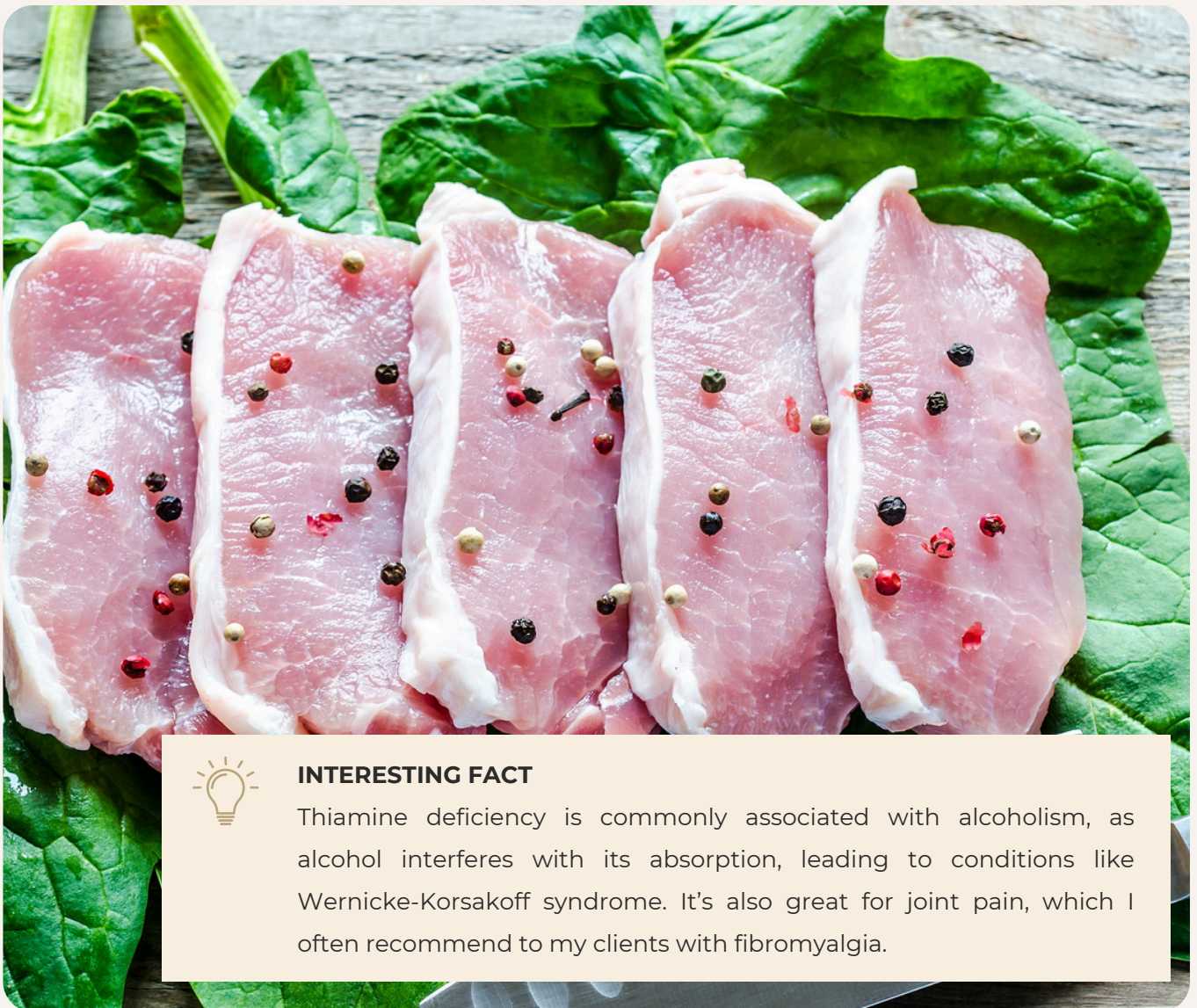
Other B vitamins for energy metabolism.

### WHY YOU NEED IT

Thiamine helps your body convert carbohydrates into energy and is vital for nerve function.

### DEFICIENCY SYMPTOMS

Fatigue, irritability, nerve damage, weight loss.



### INTERESTING FACT

Thiamine deficiency is commonly associated with alcoholism, as alcohol interferes with its absorption, leading to conditions like Wernicke-Korsakoff syndrome. It's also great for joint pain, which I often recommend to my clients with fibromyalgia.



# VITAMIN B2 (RIBOFLAVIN)

## FOR ENERGY AND SKIN

### RECOMMENDED DAILY DOSE

1.1 - 1.3 mg

### NATURAL SOURCES

Eggs, dairy, meat, green leafy vegetables.

### BEST IF TAKEN WITH

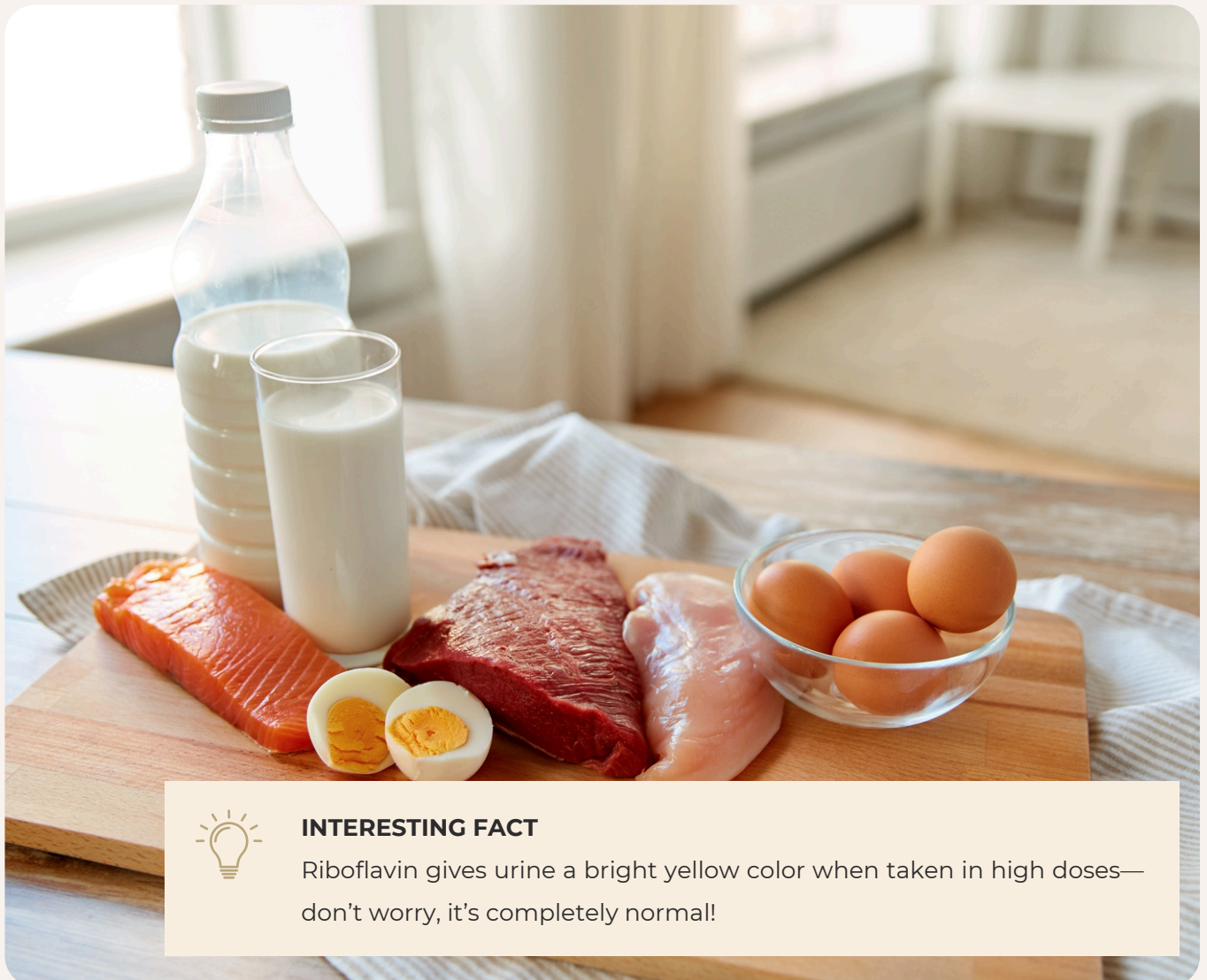
Vitamin B complex to support overall health.

### WHY YOU NEED IT

Riboflavin is essential for energy production and healthy skin, eyes, and nerves.

### DEFICIENCY SYMPTOMS

Cracked lips, sore throat, skin disorders.



### INTERESTING FACT

Riboflavin gives urine a bright yellow color when taken in high doses—don't worry, it's completely normal!

# VITAMIN B3 (NIAICIN)

## THE SKIN SAVER

### RECOMMENDED DAILY DOSE

14 - 16 mg

### NATURAL SOURCES

Chicken, tuna, turkey, peanuts, mushrooms.

### BEST IF TAKEN WITH

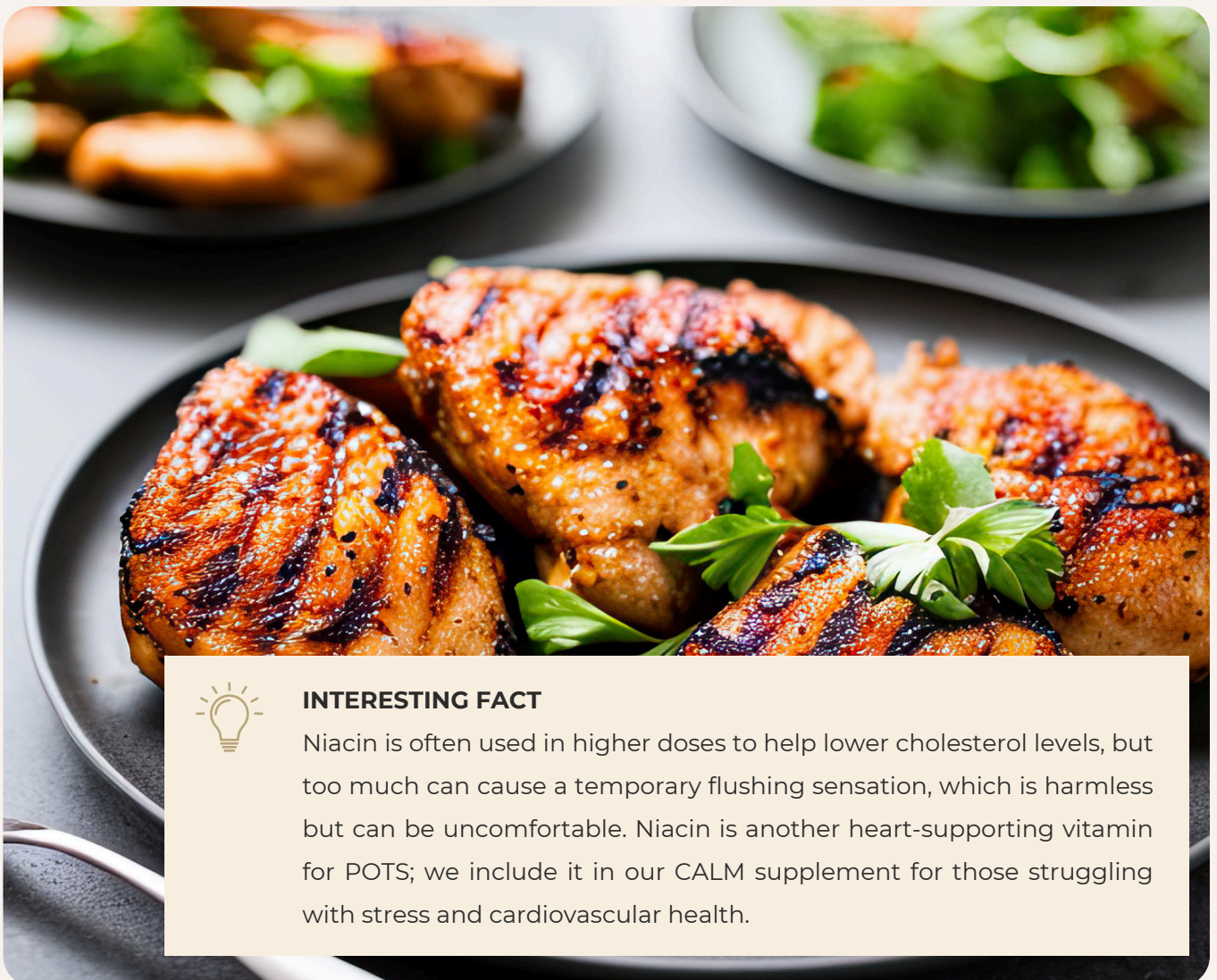
Vitamin B complex for energy production.

### WHY YOU NEED IT

Niacin helps convert food into energy and supports skin, digestive health, and nervous system function.

### DEFICIENCY SYMPTOMS

Digestive issues, skin inflammation, fatigue.



### INTERESTING FACT

Niacin is often used in higher doses to help lower cholesterol levels, but too much can cause a temporary flushing sensation, which is harmless but can be uncomfortable. Niacin is another heart-supporting vitamin for POTS; we include it in our CALM supplement for those struggling with stress and cardiovascular health.



# VITAMIN B6

## THE MOOD BALANCER

### RECOMMENDED DAILY DOSE

1.3 - 2.0 mg

### NATURAL SOURCES

Bananas, eggs, chicken, potatoes.

### BEST IF TAKEN WITH

Other B vitamins to support energy and brain function.

### WHY YOU NEED IT

Vitamin B6 is crucial for brain development, immune function, and hormone balance, particularly related to mood.

### DEFICIENCY SYMPTOMS

Anemia, irritability, depression, confusion.



### INTERESTING FACT

Vitamin B6 plays a role in producing serotonin, the “happy hormone,” making it a key nutrient for supporting mood stability.

# VITAMIN B12

## THE ENERGY BOOSTER

### RECOMMENDED DAILY DOSE

2.4 mcg for adults.

### NATURAL SOURCES

Meat, dairy, eggs, fortified cereals.

### BEST IF TAKEN WITH

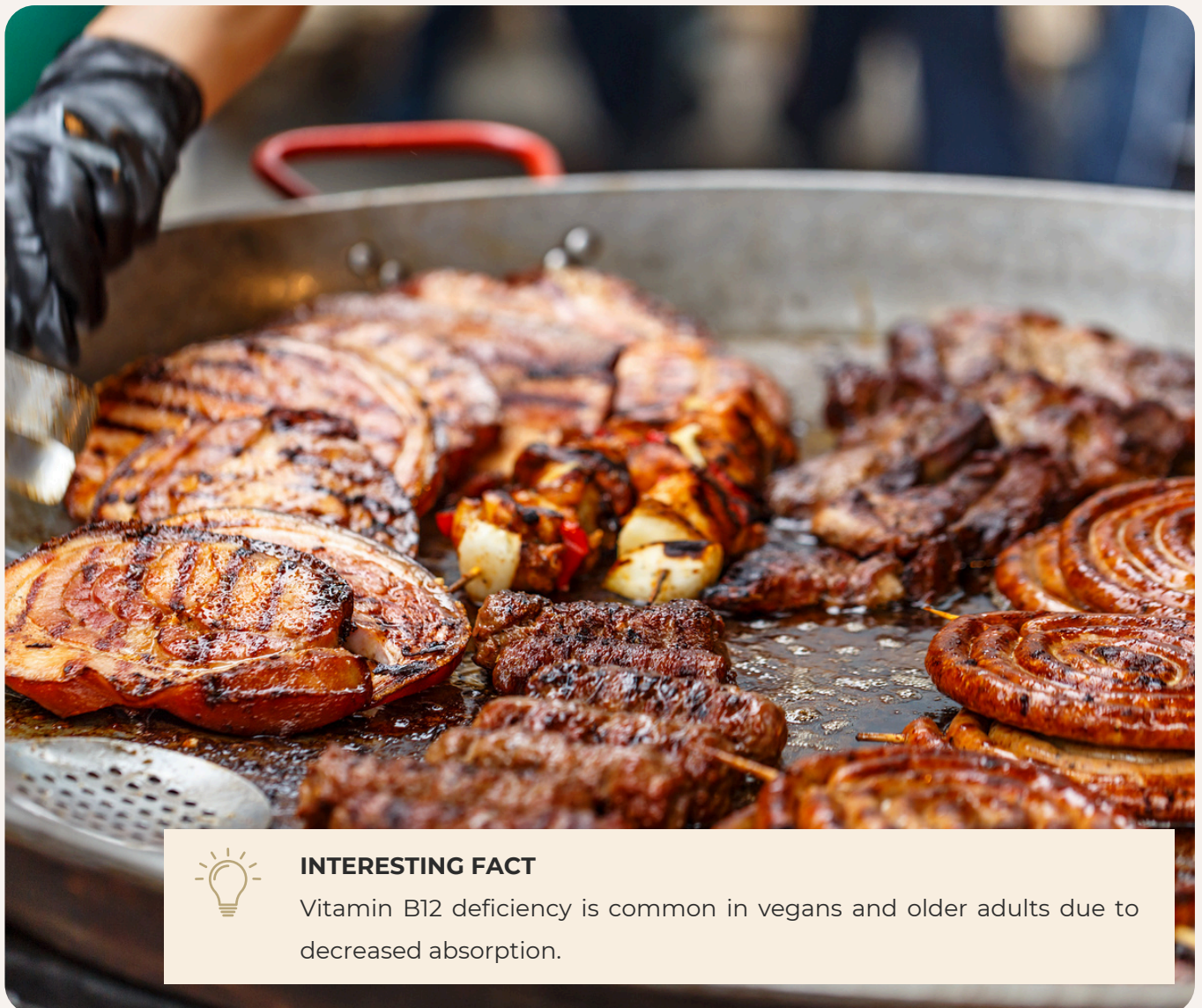
Folate for red blood cell formation.

### WHY YOU NEED IT

Vitamin B12 is essential for red blood cell production, nerve function, and DNA synthesis.

### DEFICIENCY SYMPTOMS

Fatigue, anemia, memory loss, nerve damage.



### INTERESTING FACT

Vitamin B12 deficiency is common in vegans and older adults due to decreased absorption.



# VITAMIN C

## THE IMMUNITY BOOSTER

### RECOMMENDED DAILY DOSE

75 mg for women, 90 mg for men.

### NATURAL SOURCES

Citrus fruits (oranges, lemons),  
strawberries, bell peppers, broccoli,  
kale, spinach.

### BEST IF TAKEN WITH

Bioflavonoids to enhance antioxidant  
activity.

### WHY YOU NEED IT

Vitamin C helps protect your body  
from infection, supports healthy skin,  
and aids in wound healing.

### DEFICIENCY SYMPTOMS

Easy bruising, bleeding gums, slow  
healing of wounds.



### INTERESTING FACT

Vitamin C is a staple in skincare routines due to its ability to boost collagen production and give your skin a glowing appearance.

# VITAMIN D

## FOR STRONG BONES

### RECOMMENDED DAILY DOSE

600 IU for adults.

### NATURAL SOURCES

Fatty fish (salmon, mackerel), fortified dairy products, egg yolks, mushrooms.

### BEST IF TAKEN WITH

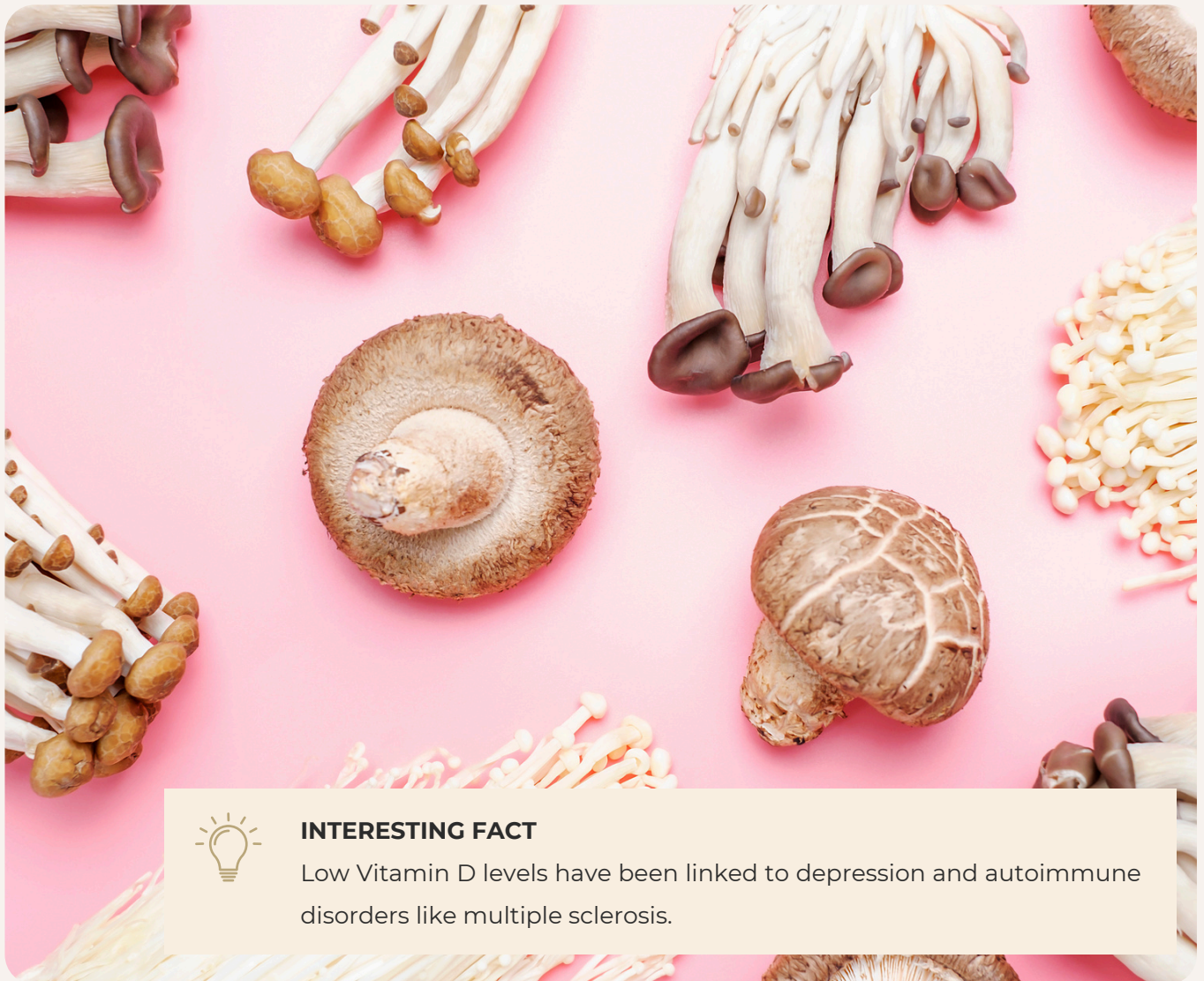
Calcium, as Vitamin D helps with calcium absorption.

### WHY YOU NEED IT

Vitamin D is essential for calcium absorption, which supports bone health and a strong immune system.

### DEFICIENCY SYMPTOMS

Bone pain, muscle weakness, increased risk of fractures.



### INTERESTING FACT

Low Vitamin D levels have been linked to depression and autoimmune disorders like multiple sclerosis.



# VITAMIN E

## THE SKIN PROTECTOR

### RECOMMENDED DAILY DOSE

15 mg for adults.

### NATURAL SOURCES

Nuts, seeds, spinach, sunflower oil, almonds.

### BEST IF TAKEN WITH

Fats for better absorption (since Vitamin E is fat-soluble).

### WHY YOU NEED IT

Vitamin E is a powerful antioxidant that protects your cells from oxidative damage and supports immune function.

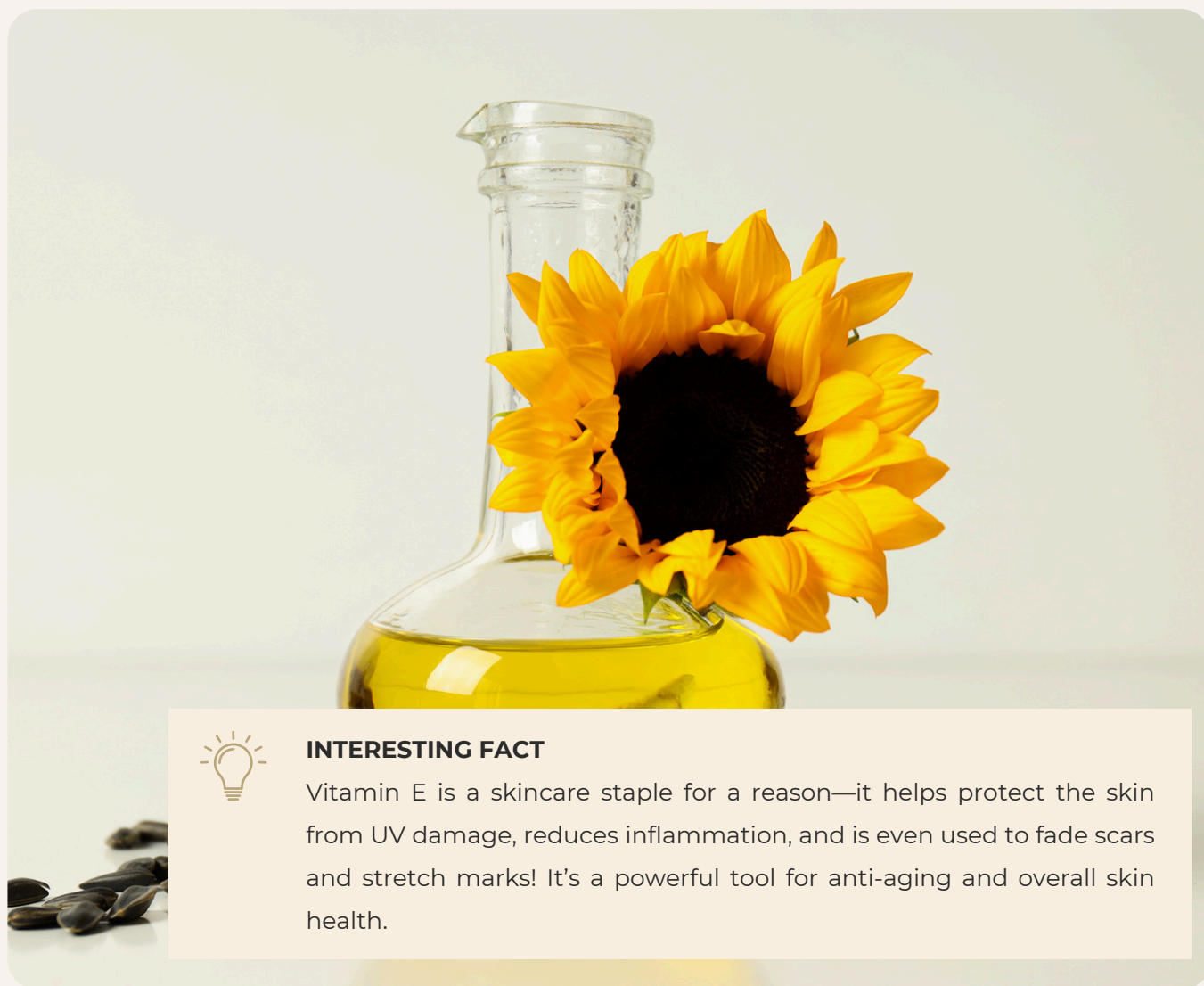
### DEFICIENCY SYMPTOMS

Nerve damage, muscle weakness, impaired vision.



### INTERESTING FACT

Vitamin E is a skincare staple for a reason—it helps protect the skin from UV damage, reduces inflammation, and is even used to fade scars and stretch marks! It's a powerful tool for anti-aging and overall skin health.



# VITAMIN K2

## THE BONE & HEART PROTECTOR

### RECOMMENDED DAILY DOSE

100 - 200 mcg

### NATURAL SOURCES

Natto (fermented soy), animal products like beef liver, and cheese.

### BEST IF TAKEN WITH

Calcium to support bone health.

### WHY YOU NEED IT

Vitamin K2 is essential for directing calcium to your bones and teeth, where it belongs, rather than allowing it to build up in your arteries.

### DEFICIENCY SYMPTOMS

Poor bone health, heart disease, easy bruising.



### INTERESTING FACT

Vitamin K2 is crucial for cardiovascular health—without it, calcium can get deposited in your arteries rather than your bones, increasing the risk of heart disease.



# ZINC

## THE IMMUNITY HERO

### RECOMMENDED DAILY DOSE

8 mg for women, 11 mg for men.

### NATURAL SOURCES

Shellfish, seeds, nuts, eggs, legumes.

### BEST IF TAKEN WITH

Magnesium and Vitamin B6 for immune support.

### WHY YOU NEED IT

Zinc supports immune function, wound healing, and protein synthesis.

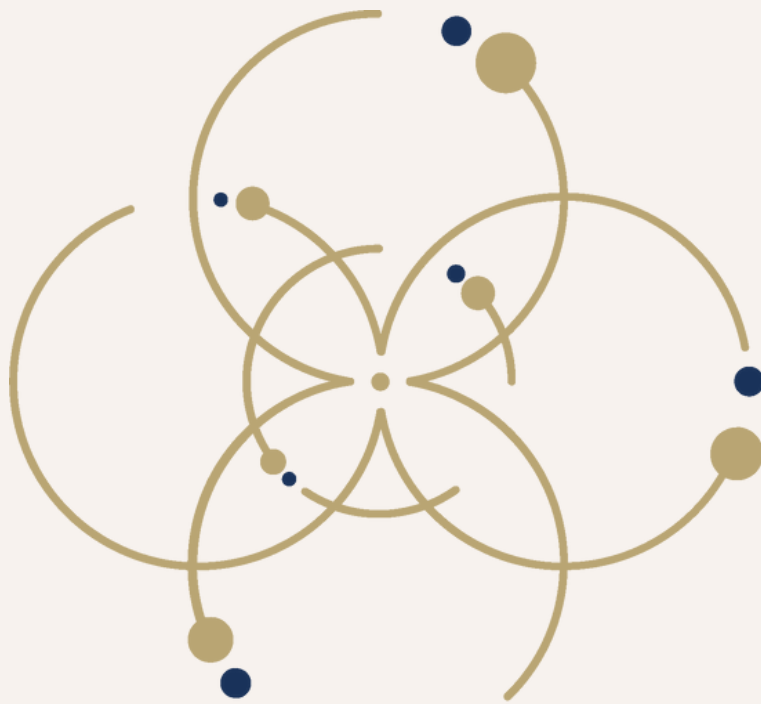
### DEFICIENCY SYMPTOMS

Impaired immune response, slow wound healing, hair loss.



### INTERESTING FACT

White spots on nails can indicate a zinc deficiency, which also plays a key role in skin health and wound healing.



THE  
H O L I S T I C  
D E T O X