

# SUPPLEMENTS IN CANCER PREVENTION AND TREATMENT

## GREEN TEA

Whether it is helpful for cancer prevention is being researched. More than two cups per day may cause stomach pain. It contains caffeine.



## EPHEDRA

Ephedra also is known as ma huang, sea grape, Mormon tea, popotillo, or yellow horse. It may cause headache, restlessness, nausea, heart palpitations, and vomiting. It has no cancer-prevention benefit.



## FOLIC ACID

Recommended daily allowance is 400 mcg.

Folic acid works best with B vitamins for nervous system development. The best food sources are asparagus, spinach, broccoli, and cabbage.



## FLAX SEED/OIL

One tablet per day

Flax seed/oil has a laxative effect. Do not take it without increased fluids.



## VITAMIN C

Recommended daily allowance is 200 mg.

Vitamin C is needed for healthy gums, teeth, bones, and blood vessels. It helps healing take place. The best food sources are oranges, lemons, grapefruit, fruit juice, cantaloupe, honeydew, watermelon, kiwi, strawberries, asparagus, broccoli, cauliflower, mustard greens, peppers, potatoes, and tomatoes.



## LYCOPENE

Lycopene is *not* recommended as a supplement.

Lycopene is an antioxidant and may reduce cancer risk. The best food sources are tomatoes and tomato-based foods.



## CALCIUM

Recommended daily allowance is 800–1,200 mg.

Calcium is needed for strong bones and teeth. The best food sources are dairy products, spinach, and other green, leafy vegetables.



## START WITH A MULTIVITAMIN.



## MAGNESIUM

Recommended daily allowance is 350 mg.

Magnesium is needed for energy. The best food sources are seeds, nuts, whole grains, and green, leafy vegetables.



## SAW PALMETTO

160 mg twice a day

Saw palmetto is used to treat symptoms of benign prostate enlargement. It is *not* a treatment for prostate cancer.



## B VITAMINS

Dosage varies with specific vitamin.

B vitamins are needed for energy and control of blood sugar. They are helpful for premenstrual syndrome, high cholesterol, stress, and some anemias. The best food sources are citrus fruits, whole grains, nuts, seeds, cheese, egg yolks, cauliflower, mushrooms, poultry, fish, organ meats, and avocados.



## VITAMIN A

Recommended daily allowance is 5,000 IU.

Use vitamin A for healthy eyes. It is thought to be helpful in cancer prevention. The best food sources are green plants, carrots, sweet potatoes, squash, spinach, apricots, green peppers, potatoes, apples, peaches, watermelon, and corn.



## ACIDOPHILUS

Acidophilus should be taken under the direction of a healthcare professional.

Acidophilus helps intestinal balance.



## VITAMIN E

Recommended daily allowance is 100–400 IU.

Vitamin E is important in the development of the central nervous system (i.e., brain and nerves) and protects the neuromuscular system (i.e., nerves and muscles) and retina (i.e., eye). The best food sources are vegetable oils; nuts; grains; green, leafy vegetables; and fortified cereals.



## SELENIUM

Recommended daily allowance is 200 mcg.

Selenium is a beneficial antioxidant. The best food sources are seafood, meat, and grains.



## SOY

Soy is best consumed as a food. Research does not confirm risks or benefits.



## GARLIC

Garlic is best consumed as a food source, not a supplement.

More is not necessarily better. Garlic can cause stomach upset. The average dose is one fresh garlic clove. As a daily supplement, the dose is 4 g. A disadvantage is garlic breath.



## ECHINACEA

Echinacea "boosts" the immune system. Do not take it if you are allergic to daisies and chrysanthemums or if you have an autoimmune disorder such as lupus, multiple sclerosis, or rheumatoid arthritis. Echinacea should be taken with supervision. Avoid if you are taking methotrexate.

Echinacea should be taken under the supervision of a healthcare professional.



## GINSENG

Ginseng has been used as a treatment for fatigue and decreased concentration. Avoid it if you are taking drugs for diabetes, blood pressure medications, diuretics, hormones, or monoamine oxidase inhibitors (i.e., antidepressants). Ginseng is estrogenic.

Ginseng has many drug interactions.

