

HEAL MISSION DAILY NUTRIENT FACT SHEET AKA BEWARE OF TOXIC SUPPLEMENTS

By Rev. Angela Smith-Glover

The FDA bases its recommended daily intake of nutrients and fiber on a 2,000 calorie per day diet. Source: <https://www.fda.gov/food/nutrition-facts-label/daily-value-nutrition-and-supplement-facts-labels#referenceguide>. The minimum total daily calories an adult woman needs is 1,200 and the minimum total daily calories an adult man needs is 1,500 per day. Source: <https://www.forbes.com/health/nutrition/calorie-calculator/> Using the FDA recommended intake at 2,000 calories, I've done the math for you to give you the minimum of each nutrient based on the low end of recommended daily calorie intakes for men and women respectively. 1,200 is 60% of 2,000. 1,500 is 75% of 2,000. Therefore, based on the FDA intake of nutrients at 2,000 calories, I've provided an adjusted minimum intake so you don't have to do more math than is absolutely necessary.

WOMEN MINIMUM NUTRIENT INTAKE (AT 1,200 CALORIES/DAY)

NUTRIENT (FDA at 2,000 cal/day daily value recommended intake)	WOMEN (1,200 Calorie/day Diet) mcg=Microgram (1/1000 of a mg)	MEN (1,500 Calorie/day Diet)	TOXIC LEVELS (over daily upper limit (Upper Limit)/do not exceed daily upper limits) THAT CAUSE HEALTH PROBLEMS
BIOTIN (30mcg at 2,000 cal/day)	18mcg	22.5mcg	High-dose biotin can interfere with laboratory tests, such as those for cardiac markers (troponin) and thyroid panels, potentially leading to incorrect diagnoses. No upper limit has been set.
CALCIUM (1000mg)	600mg	750mg	Upper Limit 2,000mg. If exceeded: Chronic high levels can cause kidney stones, kidney failure, and cardiac arrhythmias.
CHLORIDE (2300mg)	1,380mg	1,725mg	Upper Limit: 3,600mg. If exceeded: Excessive chloride intake, often from a high-salt diet, can contribute to high blood pressure and fluid balance issues.
CHOLINE (425mg)	255mg	318.75mg	Upper Limit: 3,500mg Excess causes: Choline toxicity occurs with excessive intake, usually >3,500 mg/day from supplements, resulting in a distinct fishy body odor, sweating, excessive salivation, hypotension (low blood pressure),

			and vomiting. High doses may increase cardiovascular disease risk by boosting TMAO (trimethylamine-N-oxide) production. It is rarely caused by diet alone, as typical intake is well below toxic levels.
CHOLESTEROL (300mg)	180mg	225mg	Upper Limit: 240mg Cholesterol toxicity, or excess cholesterol accumulation, causes widespread damage by promoting atherosclerosis, where plaque buildup restricts blood flow in arteries, leading to heart attacks and strokes. It acts as a systemic, "toxic" force contributing to liver disease, diabetes, kidney disease, and immune dysfunction.
COPPER (0.9mcg)	0.54mcg	0.675mcg	Upper Limit: 10,000mcg/10mg Copper toxicity results from excessive copper accumulation in the body, causing acute symptoms like nausea, vomiting, and abdominal pain, or chronic issues such as liver/kidney damage, neurological issues, and behavioral changes.
DIETARY FIBER (28g)	16.8g	21g	Upper Limit: 50g consuming over 50–70 grams daily can cause bloating, cramps, gas, and reduced nutrient absorption as well as constipation.
FAT (78g)	46.8g	58.5g	Over 35% of total daily calories from fat is considered excess. Lipotoxicity (fat toxicity) is the damage caused to non-adipose tissues (heart, liver, muscles, pancreas) when excess free fatty acids and lipids accumulate, leading to cellular dysfunction and cell death. It occurs when fat storage capacity is exceeded, contributing to insulin resistance, Type 2 diabetes, and heart failure.
Folate/Folic Acid (400mcg)	240mcg	300mcg	Upper Limit: 1mg. Folate (vitamin B9) toxicity is rare from food, but excessive intake of synthetic folic acid supplements (typically >1,000

			mcg/day) can lead to adverse effects, including masking vitamin B12 deficiency, potential neurological damage, and immune system dysfunction.
Iodine (150mcg)	90mcg	112.5mcg	Upper Limit: 1.1mg Iodine toxicity occurs from consuming excessive iodine, usually exceeding 1.1 mg/day, often via supplements, causing gastrointestinal distress (nausea, diarrhea)thyroid dysfunction (hyper/hypothyroidism), skin rashes, and severe symptoms like delirium or shock. Acute poisoning symptoms include a metallic taste, burning mouth, and abdominal pain, requiring immediate medical attention.
Iron (18mg)	10.8mg	13.5mg	Upper Limit: 45mg Iron toxicity (or poisoning) occurs when excessive, often acute, intake of iron supplements—commonly mistaken for candy by children—causes severe gastrointestinal damage, metabolic acidosis, and multi-organ failure. Symptoms start with vomiting and diarrhea within 6 hours, followed by a potential latent phase, and severe shock/liver failure.
Magnesium (420mg)	252mg	315mg	Upper Limit: 350mg Very high doses of magnesium can lead to magnesium toxicity, which can cause hypotension, vomiting, difficulty breathing, irregular heartbeat, cardiac arrest, and other signs and symptoms. A few cases of fatal hypermagnesemia have been reported.
Manganese (2.3mg)	1.38mg	1.725mg	Upper Limit: 11mg Manganese toxicity (manganism) is a serious, often irreversible, neurological condition caused by chronic overexposure to manganese, typically via inhalation in occupational settings (welding, mining) or contaminated water. It

			results in severe Parkinson-like symptoms, including tremors, rigid muscles, gait disturbances, and cognitive decline.
Molybdenum (45mcg)	27mcg	33.75mcg	Upper Limit: 2mg Molybdenum toxicity is rare in humans, usually stemming from high industrial exposure (mining/metalworking) rather than diet, and causes symptoms like joint pain, gout-like symptoms, high uric acid, and fatigue as well as kidney and liver damage.
Pantothenic Acid (5mg)	3mg	3.75mg	Upper Limit: No established upper limit on this nutrient. Doses up to 10 grams per day are generally well-tolerated, though very high doses may cause mild diarrhea or gastrointestinal distress.
Phosphorus (1250mg)	750mg	937.50mg	Upper Limit: 4,000mg Phosphorus toxicity is a severe, often fatal condition caused by ingesting or inhaling white phosphorus (found in fireworks, fireworks, and rodenticides), leading to rapid, multi-stage failure of the liver, kidneys, cardiovascular system, and central nervous system. Acute symptoms include garlic-scented vomit/stools, severe diarrhea, and abdominal pain. Chronic exposure causes "phossy jaw" (mandibular necrosis).
Potassium (4700mg)	2,820mg	3,525mg	Upper Limit: 4800mg Potassium toxicity, or hyperkalemia, occurs when blood potassium levels are too high, often due to kidney disease, medications, or supplements. It is a life-threatening condition that causes heart palpitations, chest pain, muscle weakness, and nausea, often with no symptoms until levels are critically dangerous. Treatment includes diet changes, medications, and, in severe cases, dialysis.
Protein (50g)	30g	37.5g	Upper Intake: None established Protein toxicity (or protein

			poisoning) is a rare, severe condition caused by consuming excessive protein (often >2g/lb of body weight) without adequate fat or carbohydrates, or due to kidney impairment. It leads to a toxic buildup of metabolic wastes like urea, ammonia, and creatinine, resulting in nausea, fatigue, diarrhea, headaches, and potential kidney damage.
Riboflavin: (1.1mg)	0.66mg	0.825mg	Upper Limit: none established No known adverse effects.
Sat Fat (20g)	12g	15g	Upper Limit: Over 10% of daily calorie intake Saturated fat toxicity, often termed lipotoxicity, occurs when excessive saturated fatty acids (e.g., palmitate) accumulate in cells, causing severe metabolic stress, inflammation, and cell death.
Selenium (55mcg)	33mcg	41.25mcg	Upper Limit: 400mcg Selenium toxicity, or selenosis, occurs when excessive selenium is ingested, usually from over-supplementation or high-selenium foods like Brazil nuts. Common symptoms include garlic-scented breath, hair loss, brittle nails, gastrointestinal distress, fatigue, and nervous system damage.
Sodium (2300mg)	1,380mg	1,725mg	Upper Limit: 2,300mg Sodium toxicity, or hypernatremia, occurs when blood sodium levels are too high, usually due to excessive salt intake or severe dehydration, causing water to be drawn out of cells. This can be fatal, causing neurological damage, brain swelling, seizures, coma, and severe gastrointestinal distress.
Thiamin (1.1mg)	0.66mg	0.825mg	Upper Limit: No upper limit has been established. While high-dose supplementation can rarely cause nausea, diarrhea, or itching, the primary risk is severe, though uncommon, allergic reactions (anaphylaxis) with rapid intravenous

			administration.
Total Carbs: (275g)	165g	206.25g	Upper Limit: 325g or 65% of daily calories. Carbohydrate toxicity (or "carbotoxicity") refers to the harmful metabolic, molecular, and cellular effects caused by excessive intake of refined sugars and processed carbohydrates, rather than a direct poison. This overload leads to chronic high blood sugar, insulin resistance, weight gain, fatigue, and increased risk of type 2 diabetes and heart disease.
Vitamin A (700mcg)	420mcg	525mcg	Upper Limit: 3mg Vitamin A toxicity (hypervitaminosis A) occurs from excessive intake of preformed Vitamin A (retinol), usually via supplements or medications, leading to accumulation in the liver. Symptoms include severe headache, nausea, vomiting, dizziness, dry skin, joint pain, and increased intracranial pressure.
Vitamin B6 (1.5mg)	0.9mg	1.125mg	Upper Limit: 100mg Vitamin B6 toxicity is an often overlooked, neurological condition caused by consuming excessive amounts of synthetic vitamin B6 (pyridoxine), usually via supplements exceeding 50-100 mg/day. It manifests as painful peripheral neuropathy, characterized by numbness, tingling, or burning in the extremities, ataxia (loss of coordination), and, in severe cases, inability to walk. Treatment requires immediately stopping all B6 supplements, with recovery sometimes taking months or years.
Vitamin B12 (2.4mcg)	1.44mcg	1.8mcg	Upper Limit: No upper limit set. While no upper intake limit exists, excessive supplementation may cause acne, rash, headache, dizziness, nausea, and, in severe, rare cases, nerve damage or heart palpitations.
Vitamin C	45mg	56.25mg	Upper Limit: 2000mg But large

(75mg)			<p>doses of vitamin C supplements can cause:</p> <p>Diarrhea. Upset stomach or vomiting. Heartburn. Swelling of the esophagus, called esophagitis. Stomach cramps. Headache. Kidney stones in some people.</p>
Vitamin D (15mcg)	9mcg	11.25mcg	<p>Upper Limit: 100mcg The main concern of vitamin D toxicity is a buildup of calcium in the blood. This is called hypercalcemia. Hypercalcemia can cause upset stomach and vomiting, weakness, and frequent urination. It also can lead to bone pain and kidney troubles such as kidney stones.</p>
Vitamin E (15mg)	9mg	11.25mg	<p>Upper Limit: 1000mg Vitamin E toxicity (hypervitaminosis E) is a rare condition usually caused by excessive supplementation—not diet—exceeding 1,000 mg/day (1,100–1,500 IU). It causes severe bleeding risks (including hemorrhagic stroke), muscle weakness, fatigue, diarrhea, and nausea by acting as a strong anticoagulant.</p>
Vitamin K (90mcg)	54mcg	67.5mcg	<p>Upper Limit: 10mg Vitamin K toxicity (hypervitaminosis K) is rare because the body eliminates excess natural vitamins K1 and K2 efficiently. Toxicity typically arises from excessive, high-dose synthetic vitamin K3 (menadione), causing symptoms like hemolytic anemia, jaundice, and, in infants, severe brain damage (kernicterus). Treatment involves stopping the vitamin K. (one cup serving of kale has 547mcg of Vitamin K)</p>
Zinc (11mg)	6.6mg	8.25mg	<p>Upper Limit: 40mg Zinc is an essential mineral that becomes toxic</p>

			at high doses, usually >40 mg/day for adults from supplements, causing acute gastrointestinal distress (nausea, vomiting, abdominal cramps) and, if chronic, serious copper deficiency, anemia, and reduced immune function.
Chromium (35mcg)	21mcg	26.25mcg	Upper Limit: 1mg Chromium toxicity, specifically from hexavalent chromium (Cr(VI)), causes severe health issues through inhalation or ingestion, including respiratory damage, skin ulcers, lung cancer, and damage to the liver, kidneys, and immune system. Acute, high-level exposure can be fatal. Symptoms include nasal irritation, ulcers, asthma, and dermatitis.

#TaoFu Joker says: “Ending with Chromium I see... And, 1000mcg/1mg is the toxic level not to exceed. Why does the supplement sold here <https://amzn.to/4rcPHsb> contain 1000mcg/1mg of chromium as one serving in the form of gummy candy?”

#TaoFu Harvey Dent says: “Don’t worry, the supplements aren’t FDA approved and likely don’t even contain what is claimed on the bottle. 89% don’t contain what is claimed according to Forbes: <https://www.forbes.com/sites/brucelee/2023/07/18/89-of-sports-supplements-tested-did-not-accurately-label-their-ingredients/> “

#TaoFu Joker says: “So it is more of a scam than anything? Anyone die?”

#TaoFu Harvey Dent says: “The NIH reports “Based on 3,667 cases, we estimated that 23,005 (95% confidence interval [CI], 18,611–27,398) emergency department visits, resulting in 2,154 (CI, 1,342–2,967) hospitalizations, were attributed to adverse events from supplements annually.” Source: <https://pmc.ncbi.nlm.nih.gov/articles/PMC6196363> “In the United States, an account submitted by poison control centers reported that annually more than 60,000 people, including children under the age of 6, are subjected to life-threatening outcomes due to vitamin toxicities.” Source: <https://www.uspharmacist.com/article/hypervitaminosis-a-global-concern> “Hypervitaminosis, or vitamin toxicity, can lead to fatal outcomes, most commonly from excessive, long-term intake of fat-soluble vitamins (A, D, E, K). While rare, deaths are primarily linked to severe hypercalcemia (high calcium) caused by vitamin D toxicity, resulting in kidney failure, heart failure, and heart arrhythmia.” Source: <https://www.healthline.com/nutrition/can-you-overdose-on-vitamins> Yes, people have been hospitalized and have died, mostly infants and the elderly.”

#TaoFu Joker says: “So the frauds might be more benign than when supplements contain what is on the label?”

#TaoFu Harvey Dent says: “It depends on the contents. Some have contained allergens and other harmful substances rather than what is on the label.”

#TaoFu Joker says: “Damn, I guess I’ll just eat right then.”