

Vitamin & Mineral Deficiencies From Drug & Alcohol Addiction

Drug addicts are often found to suffer from deficiencies of the following vitamins and minerals.

Below is a list of different food selections for each of the potentially deficient vitamins and minerals. A combination of these foods as part of your withdrawal and recovery nutrition regimen will assist in replenishing levels of these nutrients and will also contain a broad range of the other recommended daily vitamins and minerals for optimum body and brain function.

Ensure to consult with a doctor or qualified nutritionist before you start taking any additional vitamins, minerals and supplements as they can interact with any physical/mental health conditions you may have and any medication you are taking.

- **Vitamin B1**

- Foods high in B1 – Thiamine:

- Pork Chops
- Salmon
- Beef
- Eggs
- Flax Seeds
- Green Peas
- Brown Rice
- Asparagus

- **Vitamin B3**

- Foods high in B3 – Niacin/Nicotinic Acid:

- Chicken Breas, Turkey
- Salmon, Tuna
- Pork, Ground Beef
- Peanuts
- Avocado
- Brown Rice
- Mushrooms
- Potatoes

- **Vitamin B5**

- Foods high in B5 – Pantothenic Acid:

- Most meats: Pork, Chicken, Beef – liver, kidney, fish – salmon
- Eggs, Yoghurt
- Mushrooms
- Avocado
- Broccoli
- Sweet Potato
- Cauliflower
- Kale

- Tomatoes
- **Vitamin B6**
 - Foods high in B6 – Pyridoxine:
 - Most meats: Pork, Chicken, Beef – liver, kidney, fish – salmon
 - Most Vegetables
 - Bananas
 - Potatoes
 - Pistachio Nuts
- **Vitamin C**
 - Foods high in Vitamin C – Ascorbic Acid:
 - Kale
 - Broccoli
 - Cauliflower
 - Brussel Sprouts
 - Citrus Fruits – Oranges, Kiwi Fruits, Strawberries (consume minimally, responsibly due to high sugar content)
 - Capsicum (Peppers)
- **Vitamin D**
 - Foods high in Vitamin D(3) – Cholecalciferol:
 - Sun Exposure
 - Salmon / Sardines / Canned Tuna
 - Eggs
 - Shiitake Mushrooms
 - Milk
 - Oatmeal
- **Vitamin E**
 - Foods high in Vitamin D(3) – Gamma-Tocopherol:
 - Almonds
 - Hazelnuts
 - Peanuts
 - Atlantic Salmon
 - Avocado
 - Capsicum (Red Peppers)
- **Calcium**
 - Foods high in Calcium – Gamma-Tocopherol:
 - Cheese
 - Sardines & Canned Salmon
 - Almonds
 - Whey Protein
 - Milk
 - Broccoli
 - Kale

- **Iron**
 - Foods high in Iron:
 - Red Meat – Beef
 - Turkey
 - Spinach
 - Silverbeet
 - Broccoli
 - Brown Rice

- **Magnesium**
 - Foods high in Magnesium:
 - Avocado
 - Nuts
 - Fish - Salmon, Tuna, Mackerel and Halibut
 - Kale
 - Spinach
 - Bananas
 - Spinach

Vitamins, minerals and supplements for other types of addiction and recovery can be found on our website www.drink-n-drugs.com