

Table of vitamin and mineral agonists (friends) and antagonists (foes)

NUTRIENT	FRIENDS	FOES
Vitamin A	Vitamins: B1, B2, B3, B6, B12, C and E Minerals: Ca, K, Mg, Mn, P, Se and Zn	Vitamins: D and E Minerals: Ca, Cu, Na and Se.
Vitamin B1	Vitamins: A, B2, B3, B5, B6, B10, B12, C and E Minerals: Cobalt, Cu, Fe, K, Mn, Mg, Na, P, Se and Zn	Vitamins: B2, B6 and B12 Minerals: Cu, K and Zn
Vitamin B2	Vitamins: A, B1, B3, B5, B6, B9, B10 and B12 Minerals: Cr, Cu, Fe, K, Mg, P and Zn	Vitamins: B1 Minerals: Ca, Cu, Fe, Mn, Na and Se
Vitamin B3	Vitamins: A, B1, B2, B5, B6, B9, B10 and B12 Minerals: Cr, Cu, Fe, K, Mg, Mn, P, Na, Se and Zn	Vitamins: A Minerals: Ca, Cu and Na
Vitamin B5	Vitamins: A, B1, B2, B3, B6, B9, B10 and B12 Minerals: Cr, K, Na, P and Zn	Minerals: Cu
Vitamin B6	Vitamins: A, B1, B2, B3, B5, B9, B10 and B12 Minerals: Cr, Cu, Fe, K, Mg, Mn, Na, P, Se and Zn	Vitamins: B1 Minerals: Ca, Cu and Fe
Vitamin B9 (Folic Acid/Folate)	Vitamins: B2, B3, B5, B6, and B12 Minerals: Cu, Fe, Mg and Zn	Minerals: Cu Metals: Aluminum (Al)
Vitamin B10 (PABA)	Vitamins: B5 and B6	Minerals: K, Mg and Zn
Vitamin B12	Vitamins: B1, B3, B5, B6, B9, B10, C, D and E Minerals: Ca, Cobalt, Cu, Fe, Na and Se	Vitamins: B1, C Minerals: K, Mg and Zn

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Vitamin C	Vitamins: A, B3, B5, B6, B9, B12 and E Minerals: Ca, Cobalt, Cu, Fe, Mg, Mn, Na, Se and Zn	Minerals: Cu Metals: Aluminum (Al)
Vitamin D	Vitamins: B2, B3, B12, E and K Minerals: Ca, Cu, Mg, Mn, Na, P and Se	Vitamins: A Minerals: Ca, K, Mg, P and Zn
Vitamin E	Vitamins: A, B1, B2, B3, B5, B6, B9, B10, B12, C, D and K Minerals: Ca, Fe, K, Mn, Na, P, Se and Zn	Minerals: Ca, Fe, Mg, Mn and Zn
Vitamin K	Vitamins: A, B3, B6, C and E Minerals: Mn	Vitamins: A and E Minerals: Ca
Calcium (Ca)	Vitamins: A, C, D and K Minerals: Mg	Vitamins: A, C, B1, B3, B6 and E Minerals: Fe, K, Mg, Na, P and Zn Metals: Lead (Pb)
Chromium (Cr)	Vitamins: B3, B5, B6 and C Minerals: K, Mg and Zn	Minerals: Ca, Fe, Mn and P Metals: Lead (Pb)
Copper (Cu)	Vitamins: B2, B6, B9 and B12 Minerals: Ca, Co, Fe, Mn, Na, Se and Zn	Vitamins: A, B3, B5, B6 and C Minerals: Fe, K and Zn Metals: Cadmium (Cd), Mercury (Hg) and Lead (Pb)
Iron (Fe)	Vitamins: B2, B9, B12 and C. Minerals: Cr, Cu, K, Mn, Na, P and Se.	Vitamins: E Minerals: Ca, Cu, Mn, P and Zn Metals: Aluminum (Al), Mercury (Hg) and Lead (Pb)

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Magnesium (Mg)	<p>Vitamins: B1, B6, C and D</p> <p>Minerals: Ca, Fe, K, Mg, P and Zn</p>	<p>Vitamins: B9, B10, B12, D and E</p> <p>Minerals: Ca, Cu, Fe, Mn, Na and P</p> <p>Metals: Cadmium (Cd) and Lead (Pb)</p>
Manganese (Mn)	<p>Vitamins: B1, C and K</p> <p>Minerals: Cu, Fe and Zn</p>	<p>Vitamins: B12 and E</p> <p>Minerals: Ca, Cr, Cu, Fe and P</p> <p>Metals: Cadmium (Cd) and Lead (Pb)</p>
Phosphorous (P)	<p>Vitamins: B's and D</p> <p>Minerals: Ca, Fe, K, Mg, Na and Zn</p>	<p>Vitamins: D</p> <p>Minerals: Ca, Cu, Fe, Mn, Mg and Zn</p>
Potassium (K)	<p>Vitamins: B6, B10 and D</p> <p>Minerals: Ca, Fe, Mg, Mn, Na, P and Zn</p>	<p>Vitamins: B1, B10, B12 and D</p> <p>Minerals: Ca, Cu and Na</p>
Selenium (Se)	<p>Vitamins: B3, C and E</p> <p>Minerals: Ca, Cu, Fe, K, Mn, Na and Zn</p>	<p>Vitamins: A and B2</p> <p>Metals: Aluminum (Al), Cadmium (Cd) and Mercury (Hg)</p>
Sodium (Na)	<p>Vitamins: B6 and D</p> <p>Minerals: Ca, Co, Cu, Fe, K, Mg, P and Se</p>	<p>Vitamins: A, B2 and B3</p> <p>Minerals: Ca, K, Mg and Zn</p>
Zinc (Zn)	<p>Vitamins: A, B6, D and E</p> <p>Minerals: Cr, K, Mg, Mn and P</p>	<p>Vitamins: B1, B10, B12, D and E</p> <p>Minerals: Ca, Cu, Fe and P</p> <p>Metals: Aluminum (Al), Cadmium (Cd), Mercury (Hg), Nickel (Ni) and Lead (Pb)</p>