Vitamins and Minerals:
Vital in the Correct Amounts, Potentially Harmful in Excess

**Proper Amounts**
1. Supports Metabolism
2. Promotes Tissue Strength

**Potential Side Effects**
1. Risk of Liver and/or Brain Damage
2. Various others from rashes to cancer

**Guidelines**
A. Consult a Medical Professional
B. Follow the Label Directions
C. Less is More
D. Seek out natural sources vs manufactured when possible