

NUTRIENT FOOD SOURCES TABLE 1 VITAMINS AND MINERALS

<p>1 Vitamin A - Apricots; Barley Grass; Butter; Carrots; Egg yolk; Fish liver oils (cod, salmon, halibut); GLV; Hard and cream cheese; Kohlrabi; Liver; Mint; Spinach; Sweet potatoes. Synergistic nutrients; Vitamins B1, B3, C, D, E, Mg, Se, Mn, K, P, Carotenoids, I, Tyrosine, Zn.</p>	<p>7 Vitamin B12 - Bacterial synthesis occurs in the gut. Brain; Clams; Egg yolk; Herring; Kidney; Liver wurst; Meat; Milk; Oysters; Salmon; Sardines; Swiss cheese. Synergistic Nutrients - Vitamin A, B1, B2, B5, B6, C, E, Biotin, Ca, Cobalt, Cu, B9, Fe, Methionine, N-Acetyl cysteine, Omega-3, Phosphate, Se.</p>	<p>13 Choline - Beans; Beef liver; Chicken liver; Egg yolk; Lecithin; Lentils; Liver; Milk; Peanuts; Split peas; Soybeans; Spinach; Wholegrain cereals; Yeast. Synergistic Nutrients - Vitamins B5, B6, B12, Betaine, Dimethyl glycine, Ethanolamine, B9, Inositol, Methionine</p>
<p>2 Vitamin B1 - Asparagus; Beef; Brewer's yeast; Lamb; Legumes; Liver; Nuts; Pork; Rye; Spirulina; Wheat germ; Whole grains. Synergistic Nutrients - Vitamins B2, B3, B5, B6, B12, Cu, Choline, Mn, Mg, Mo, Phosphate, Zn</p>	<p>8 Beta-carotene - Broccoli; Carrots; Yellow and greenish-yellow vegetables; Crude palm oil; Papaya; Red peppers; Spinach; Sweet potatoes; Tomatoes. Synergistic Nutrients - Vitamin A, E, CoQ10; Lipoic acid; Se</p>	<p>14 Vitamin D - Synthesised by the action of sunlight on skin. Fish liver oils (cod, halibut, herring, tuna); Butter; Egg yolk; Milk; Sprouted seeds. Synergistic Nutrients - Vitamin A, B3, k, Boron, Ca, Carnosic acid, Cu, curcumin, lycopene, Mg, Mn, P, Silica, Na.</p>
<p>3 Vitamin B2 - Almonds; Asparagus; Avocados; Beans; Currants; Eggs; Milk and dairy products; Organ meats; Sprouts; Wholegrain cereals; Yeast; Broccoli. Synergistic Nutrients - Vitamin A, B1, B3, B5, B6, B12, Biotin, Cr, Cu, Cysteine, B9, Glutathione, Insulin, Fe, Mg, Mo, Phosphate, K, Thyroxine, Zn</p>	<p>9 Lycopine - Apricots; Guava; Papaya; Pink grapefruit; Red carrots; Rosehip; Tomato (most abundant in red tomatoes and processed tomato products); Watermelon. Synergistic Nutrients - Vitamin D, Genistein; Lutein; Se.</p>	<p>15 Vitamin E - Almonds; Apricot oil; Beef; Corn; Egg yolk; Hazel nuts; Safflowers; Sunflowers; Wheat germ. Synergistic Nutrients - Vitamin A, B2, B6, B12, C, D, K, Cu, Cysteine, B9, Glutathione, Fe, Lipoic acid, Mn, P, K, Se, Na, Zn, Gamma tocopherol and Mixed tocopherols</p>
<p>4 Vitamin B3 - Almonds; Beef; Chicken; Eggs; Fish; Halibut; Legumes; Mackerel; Meat; Peanuts; Salmon; Sardines; Sunflower seeds; Yeast. Synergistic Nutrients - Vitamin B1, b2, B6, B12, C, Cr, Zn, K, Mn, P, Cu, B9, Fe, Mg, Methionine, SAME, Mo, Se, Tryptophan</p>	<p>10 Lutein - Corn; DGLV (spinach; kale; collard greens and others); Egg yolks. Zeaxanthin - Corn; Orange peppers; Oranges; Tangerines. Synergistic Nutrients -</p>	<p>16 Tocotrienols - Almonds; Barley oil; Palm oil; Palm fruits and annato; Pistachio nuts; Rice bran; Rice oil; Rapeseed oil; Soybean oil. Synergistic Nutrients - Docosahexaenoic acid (DHA), Curcumin</p>
<p>5 Vitamin B5 - Avocado; Baker's yeast; Beans; Brains; Blue vein cheese; Egg yolk; GV; Heart; Kidney; Lentils; Liver; Lobster; Milk; Mushrooms; Oranges; peanut butter; Peas; Royal jelly; Sweet potato; Wholegrain cereal. Synergistic Nutrients - Vitamins B1, B2, B3, B12, C, Biotin, Cr, Cysteine, B9, Glycine, Methionine, Phosphate, Na, K, Zn</p>	<p>11 Biotin - Bacterial synthesis in gut; Bean sprouts; Butter; Bulgur wheat; Cashews; Egg yolk; Kidney; Liver; Milk; Oats; Peanuts; Soy beans; Wholegrain cereal; Yeast. Synergistic Nutrients - Bifidobacterium, Cr, Vitamin B2, B3, B5, B6, B12, B9, Mg, Mn</p>	<p>17 Essential Fatty Acids - Butternuts; Corn oil; Evening Primrose oil; Purslane; Rapeseed oil; Seaweed; Sunflower oil; Tofu; Walnut oil; Wheatgerm oil. Omega-3 Cod liver oil; Mustard seed oil; Linseed oil; Tuna; Salmon; Cod; Walnut oil. Conjugated Linoleic Acid - Full fat milk; Cheese (processed); Parmesan; Romano. Synergistic Nutrients - Vitamin A, B3, B6, E, Gamma tocopherol, Bioflavonoids, Mg, Methionine, Quercetin, Se, Zn.</p>

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<p>6 Vitamin B6 - Avocado; Bananas; Brewer's yeast; Carrot; Cereal; Chicken; Egg yolk; Ham; Legumes; Lentils; Mackerel; Oatmeal; Offal; Peanuts; Salmon; Tuna; Sunflower seeds; Walnuts.</p> <p>Synergistic Nutrients - Vitamin B1, B2, B3, B5, B12, C, E, Biotin, Cr, Cu, B9, Leucine, Mg, K, Phosphate, Se, Na, Zn</p>	<p>12 Vitamin C - Aloe vera juice; Blackcurrant; Broccoli; Brussel sprouts; Citrus fruits; Guava; Parsley; Pawpaw; Peppers; Pineapple; Potato; Raw cabbage; Rosehips; Strawberries; Sweet potato; Tomato.</p> <p>Synergistic Nutrients - Vitamin A, B5, B6, B12, E, Ca, Cu, B9, Fe, Lipoic acid, Lysine, Mg, Mn, Methionine, P, Se, Zn.</p>	<p>18 Folic Acid - Barley; Beans; Eggs; Endive; GLV; Lentils; Liver; Organ meats; Sprouts; Soybeans; Yeast.</p> <p>Synergistic Nutrients - Vitamin B2, B3, B5, B6, B12, C, Biopterin, Biotin, Cu, Fe, Mg, Methionine, Serine, Zn.</p>
<p>19 Vitamin K - Bacterial synthesis in gut; Asparagus; Broccoli; Cabbage; Camembert cheese; Eggs; Kale; Kelp; Lettuce; Liver; Natto; Oats; Pork; Soy beans; Beef liver; Spinach; Soy beans oil.</p> <p>Synergistic Nutrients - Vitamin A, B3, B6, C, Ca, E, D, CoQ10, Mn.</p>	<p>26 Iron - Almonds; Apricots; Avocado; Clams; Liver; Kidney; Oysters; Parsley; Pine nuts; Soybeans; Sunflower and pumpkin seeds; Poultry; Red wine; Wheat germ; Yeast.</p> <p>Synergistic Nutrients - Vitamins B2, B12, C, Citrate, Cu, B9, Histidine, Lysine, Mo, Se.</p>	<p>32 Selenium - Alfalfa; Barley; Broccoli; Brazil nuts; Butter; Cashews; Crab; Celery; Eggs; Fish; Garlic; Human breast milk; Kidney; Liver; Mackerel; Oysters; Peanuts; Seleno-yeasts; Tuna; Wholegrain cereals; Yeast; Organ meats; Onions; Turnip.</p> <p>Synergistic Nutrients - Vitamin B3, C, E, CoQ10, Cysteine, Glutathione, Methionine, Zn, I.</p>
<p>20 Boron - Almonds; Apples; Coffee; Dates; Drinking water; Grapes; Hazelnuts; Legumes; Peanut butter; Pears; Prunes; Raisins; Soy milk.</p> <p>Synergistic Nutrients - Ca, Cu, Fe, Mg, Mn, Vitamins B2, D, Zn</p>	<p>27 Magnesium - Almonds; Barley; Brewer's yeast; Cashews; Cocoa; Cod; Eggs; Figs; Kelp; GLV; Legumes; Lima beans; Mineral water; Molasses; Parsnips; Seeds; Soy beans; Wholegrain cereals.</p> <p>Synergistic Nutrients - Vitamins B1, B6, C, D, Glucose polymer, K, B, Ca. Heavy metal antagonists - Pb, Cd.</p>	<p>33 Silicon - Alpha alpha; Barley; Beer; Bell's peppers; Brown rice; Green beans; High bran cereals; Horsetail plant; Mineral water; Mussels; Oats; Raisins; Root vegetables; Whole grain cereals.</p> <p>Synergistic Nutrients -Cu, Vitamin D, C, K, Mn, Mg, Zn.</p>
<p>21 Calcium - Almonds; Broccoli; Bone meal; Buckwheat; Dairy products; Egg yolk; GLV; Molasses; Sardines; Soybeans; Turnips.</p> <p>Synergistic Nutrients - Vitamin A, C, E, D, k, Arginine, Boron, Carnosine, Cr, Cu, Lysine, Mg, Methionine, P, Se.</p> <p>22 Chloride - Kelp, Celery, Olives; Salt; Seawater; Tomato.</p>	<p>28 Manganese - Almond; Avocado; Beans; Broccoli; Buckwheat; Carrots; Coconuts; Corn; Kelp; Legumes; Liver; Olives; Organ meats; Oysters; Pecans; Pineapple juice; Sunflower seeds; Tea; Turnips; Walnuts; Whole grains.</p> <p>Synergistic Nutrients - Vitamin B1, C, K, Biotin, Choline, Cu, Fe, Zn, Glucosamine.</p>	<p>34 Sodium - Anchovies; Bacon; Bologna sausage; Brains; Celery; Cheeses; Clams; Corned beef; Liver; Pickled olives; Peas; Pickles; Table salt; Tuna; Salted butter; Sardines; Sauerkraut; Processed meats; Pasteurised cheese; Potato chips; Softened water.</p> <p>Synergistic Nutrients - Vitamin B6, D, Bicarbonate, Ca, Mg, Phosphate, K.</p>
<p>23 Chromium - Aparagus; Apples; beer; Brewer's yeast; Cheese; Egg yolk; Grape juice; Liver; Lobsters; Molasses; Mushrooms; Nuts; Oysters; Peanuts; Pepper; Potato; Prunes; Raisins; Shrimp; Wheat; Yeast.</p> <p>Synergistic Nutrients - Vitamin B3, B5, B6, Cysteine, Glycine, Insulin, Mg, B3, Zn. heavy metal antagonists - Pb, Hg</p>	<p>29 Molybdenum - Beans; Buckwheat; Black-eye peas; Butter; Kidney; Lamb; Legumes; Lentils; Lima beans; Liver; Navy beans; Oats; Oysters; Organ meats; Peas; Pork; Soy beans; Sunflower seeds; Sweet peas; Wheat germ; Yeast.</p> <p>Synergistic Nutrients - Vitamins B2, B3, Pyridoxal-5-phosphate (PLP), Fe, Sulfate.</p>	<p>35 Vanadium - Black pepper; Chicken fat; Dill seeds; Corn; Linseed; Mushroom; Parsley; Rye; Shellfish; Seafood; Soy beans.</p> <p>Antagonists - Vitamin C, Choline, glutathione, Lithium, Mg.</p>

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<p>24 Copper - Almonds; Avocado; Beans; Broccoli; Buckwheat; Chocolate; Crab; Dried legumes; Lamb; Mushrooms; Oysters; Pecans; Perch; Pork; Prunes; Sunflower seeds; Wholegrain cereals; Water from copper pipes. Synergistic Nutrients - Vitamin B2, B6, B12, D, Amino acids; Ca, B9, Fe, Mn, Se, Zn. Ca and K increase Cu absorption and retention. Fe inhibits Cu uptake</p>	<p>30 Phosphorus - Almonds; Beef; Biscuits; Cashews; Cheese; Chicken; Chickpeas; Cola soft drinks; Eggs; Fast food; Garlic; Milk; Nuts; Offal; Salmon; Sardines; Seed grains; Sesame sandwiches; Sausages; Soy beans; Tahini; Tuna. Synergistic Nutrients - Vitamin B complex, D, B3, Ca, Mg, K.</p>	<p>36 Zinc - Beef; Bilberry; Brewer's yeast; Capsicum; Egg yolk; Ginger; Herring; Liver; Milk; Lamb; Oysters; Sunflower and Pumpkin seeds; Sea food; Whole grains; Yeast. Synergistic Nutrients -Vitamin A, B6, D, E, Cysteine, Glucose polymers; Glutathione; Insulin; Mg; Mn.</p>
<p>25 Iodine - Asparagus; Cod; Dairy products; Garlic; Iodised salt; Irish moss; Lima beans; Mushrooms; Oysters; Seaweed; Sunflower seeds. Synergistic Nutrients - Vitamins B3, B complex, C, NAD, Cu, Mg, Tyrosine, Se, Zn</p>	<p>31 Potassium - All vegetables; Apricots; Avocado; Banana; Citrus fruit; Dates; Herring; Milk; Nuts (almond, cashew, pecan); Parsley; Potato; Raisins; Sardines; Sunflower seeds. Synergistic Nutrients - Vitamin B6, D, Bicarbonate, Ca, Insulin, Mg, Phosphate, Na.</p>	

