



Micronutrients

Vitamins, Minerals & Essential Nutrients (part 1)

Preventive Medicine

What Does It Do?

- Biotin**
- Calcium**
- Chloride**
- Choline**
- Chromium**
- Cobalt**
- Copper**
- Folate/Folic Acid**
- Inositol**
- Iodine**
- Iron**
- Magnesium**
- Manganese**
- Molybdenum**
- Niacin**
- PABA**
- Pantothenic Acid**

- Energy storage
- Bones & Teeth, Blood clotting
- Converts food into energy
- Liver function
- Insulin function
- Forms red blood cells
- Antioxidant, Bone & Collagen
- Prevention of birth defects
- Brain health
- Metabolism, Thyroid
- Energy, Growth, Reproduction
- Reg. blood sugar & pressure
- Cartilage & Bone Formation
- Enzyme production
- Converts food into energy
- Guards skin from UV rays
- Converts food into energy

Which Foods Have It?

- Avocado, Cauliflower, Eggs, Salmon, Whole Grains
- Almond, Dairy, Green Leafy Veggies, Rice, Sardine, Salmon, Soymilk
- Celery, Lettuce, Olives, Sea Salt, Seaweeds, Tomatoes
- Beans, Egg Yolks, Fish, Lentils, Meats, Soybeans, Wheat Germ
- Apple, Banana, Broccoli, Garlic, Orange Juice, Turkey, Whole Grains
- Clams, Fruits, Green Leafy Veggies, Meats, Milk, Poultry
- Chocolate, Lentils, Nuts, Seeds, Shellfish, Whole Grains
- Asparagus, Avocado, Beans, Green Leafy Veggies, OJ
- Eggs, Almonds, Beans, Citrus Fruits, Grains, Meats, Milk, Nuts, Yogurt
- Breads, Dairy, Iodized Salt, Potatoes, Seafood, Seaweed, Turkey
- Beans, Dark Green Veggies, Peas, Poultry, Prunes, Raisins, Seafood
- Avocado, Banana, Beans, Dairy, Nuts, Peas, Potatoes, Raisins, Spinach
- Beans, Nuts, Pineapple, Spinach, Sweet Potato, Whole Grains
- Beans, Nuts, Peas, Whole Grains
- Beans, Enriched Grains, Nuts, Poultry, Seafood
- Grains, Green Leafy Veggies, Wheat Germ, Yogurt
- Avocado, Beans, Broccoli, Mushrooms, Sweet Potato