

| <b>VitaMineral</b>   | <b>Some Benefits</b>   | <b>Easy Sources</b>  |
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| <b>Vitamin A</b>     | Night Sight, Immune System, Anti-aging   | *alfalfa*, apricots, beets, broccoli, cantaloupe, carrots, greens, garlic, kale, mustard, papaya, parsley, peaches, red peppers, *spirulina*, squash |
| <b>Vitamin C</b>     | Tissue Growth, Immune System, Anti-stress, Works w/Vitamin E                                 | strawberries, raspberries, cherries, plums, pears, apples, melons, avocados, mangos, lemons, onions, oranges, pineapple, *rose hips*                 |
| <b>Vitamin D</b>     | Cellular Growth, Works w/Calcium   | *melanin synthesis*, eggs, *alfalfa*, oatmeal, sweet potato  |
| <b>Vitamin E</b>     | Anti-Heart Disease, Anti-Oxidant, Anti-Cancer, Circulation                                   | nuts, whole grains, seeds, dried beans, eggs, oatmeal, sweet potato  |
| <b>Vitamin K</b>     | Bones, Blood   | *alfalfa*, broccoli, soybeans, black strap molasses, cauliflower   |
| <b>Vitamin B1</b>    | Nerves, Skin, Eyes, Muscle, Energy, Anxiety  | dried beans, black rice, soybeans, whole grains, broccoli, nuts, plums, dried prunes, raisins  |
| <b>Vitamin B2</b>    | Red Blood Cells, Digestion   | beans, spinach, avocado, currents, nuts, grains  |
| <b>Vitamin B3</b>    | Mental Health, Skin, Nerves, Digestion   | broccoli, carrots, cauliflower, potato, tomato   |
| <b>Vitamin B5</b>    | Anti-Stress, Adrenaline, Anti-Inflammation   | beans, whole wheat   |
| <b>Vitamin B6</b>    | ***Balancing Good Physical and Mental Health***<br>Cellular Growth, Nerves, Anti-Anemia,     | carrots, peas, spinach, sunflower seeds, walnuts, wheat, avocado, bananas, beans, black strap molasses, black rice, cabbage, cantaloupe              |
| <b>Vitamin B12</b>   | Digestion  | pickles, mushrooms, pickled beets  |
| <b>Biotin</b>        | Bones, Cells, Proteins, Hair, Skin   | soybeans   |
| <b>Choline</b>       | Memory, Nerves, Bladder, Liver   | beans, whole grains  |
| <b>Folic Acid</b>    | Brain, DNA, Blood, Protein   | barley, beans, bran, grains, oranges, carrots, turnips   |
| <b>Inositol</b>      | Hair, Heart  | fruits, vegetables, grains   |
| <b>PABA</b>          | Protein, Blood   | sea weed, black strap molasses, grains   |
| <b>Bioflavonoids</b> | Pain, Blood Vessels  | rose hips, red peppers, cherries   |
| <b>Calcium</b>       | Bones, Heart, Muscles  | almonds, black strap molasses, broccoli, cabbage, collard greens, kale, tofu, *hijiki* (sea veggies)   |
| <b>Iron</b>          | Blood, Immunity  | green veggies, grains, avocado, beets, black strap molasses, lima beans, pears, dried prunes, sesame seeds, soybeans                                 |
| <b>Zinc</b>          | Prostate, Immunity, Wounds   | legumes, sea weed, nuts, whole grains, mushrooms, soy beans, sunflower seeds   |
| <b>Copper</b>        | Plasma, Wounds, Melanin Synthesis, Adrenals  | nuts, dried beans, dried fruits  |
| <b>Selenium</b>      | Anti-Oxidant, Immunity   | wheat, grains, broccoli, garlic, black strap molasses, onions  |
| <b>Aluminum</b>      | ***Toxic*** May cause Alzheimers, Osteoporosis, Liver-Kidney Damage, Memory Loss, Parkinsons | coated cooking utensils, tap water, foil, antacids, pain/inflammation drugs, douches, meat, processed cheeses  |
| <b>Gold</b>          | Cellular Regeneration, Joints  | jewelry  |
| <b>Iodine</b>        | Thyroid  | hijiki, garlic, mushrooms, soybeans  |