

## **NUTRITIONAL SOURCES OF WHOLE NATURAL FOODS**

### **VITAMIN A (Carotene, Fat soluble)**

Alfalfa, Fish-liver oils, Butter, Carrots, Egg Yolk, Dark green vegetables, Beef liver, Yellow & orange vegetables, Dandelion greens

### **VITAMIN B COMPLEX (Water Soluble for all B Vitamins)**

Brewer's yeast, Desiccated liver, Liver, Wheat germ

### **VITAMIN B1 (Thiamine)**

Green peas, Oranges, lean ham, Muscle meats, Nuts, Lean pork, Whole-grain products, soy beans

### **VITAMIN B2 (Riboflavin)**

Dried peas and beans, Eggs, Fish, Liver, Milk, cottage cheese & whey, Brewer's yeast, Muscle meats & tongue, Mustard greens, Oysters, Soybeans, Whole grain products

### **VITAMIN B6 (Pyridoxine)**

Molasses, Eggs, Ferment of yeast, Fresh fruits & vegetables, Seeds & nuts, Soybean products & (

### **VITAMIN B12 (Cyanocobalamin)**

Cheese, Egg yolk, Kelp, Liver, Whole milk, Yeast

### **VITAMIN B15 (Pangamic Acid)**

Brown rice, Liver, Pumpkin seeds, Sesame seeds, Sunflower seeds, Rice bran

### **BIOTIN (B vitamins)**

Cauliflower, Eggs, Organ & muscle meats, Sardines & salmon, Soybeans, Unpolished rice, Whole-grain products

**VITAMIN C (Ascorbic Acid)**

Rose hips, Citrus fruits, Green leafy vegetables, Green peppers, Parsley, Tomatoes, Raw potato

**CALCIUM**

Bone meal, Cheese, Fish, Green leafy vegetables, Milk, Yogurt

**CHLORINE (Mineral)**

Seaweed, Leafy green vegetables, Clams, Olives, Oysters, Sardines

**CHOLINE (B Vitamin)**

Beans & rice, Cabbage, Eggs, Liver, Muscle meats, Soybean products and nuts, Spinach, Yeast

**COPPER (Trace Mineral)**

Dried peas & beans, Egg yolks, Liver, Prunes, Shrimp, Whole-grain products

**VITAMIN D (Fat Soluble)**

Fish liver oil, Butter, Eggs, Liver, Milk, Saltwater fish

**VITAMIN E (Fat Soluble)**

Wheat germ, Wheat germ oil, Leafy green vegetables, Sweet potato, Sunflower seeds, Nuts & legumes, Vegetable oils, Whole-grain products

**VITAMIN F (Unsaturated Fatty Acids)**

Fish liver oil, Golden vegetable oils (soy, corn, safflower), Avocados, Nuts, Sunflower seeds

**FLUORINE (Trace Mineral)**

Bone meal, Rose hips, Seaweed, Mineral water, ocean fish, Sea salt

**INOSITOL (B Vitamins)**

Blackstrap molasses, Beef heart, Cantaloupe, Grapefruit, Dried peas & beans, Fruits & raisins, Peanuts, Yeast

**IODINE MINERAL**

Seaweed, Dried beans, Wheat, Mushrooms, Sea foods, Spinach

**IRON**

Blackstrap molasses, Brewer's yeast, Liver, Wheat germ, Soy beans, Dried fruits, Muscle & organ meat, Oysters

**VITAMIN K (Menadione K, Fat soluble)**

Fish liver oil, Molasses, Alfalfa, Spinach, Cabbage, Green leafy vegetables, Liver and Eggs, Soybeans

**LECITHIN (Fatty substance)**

Cold pressed oils, Egg yolk, Green leafy vegetables, Liver & eggs, Soybeans

**MAGNESIUM**

Wheat germ & kelp, Nuts & Figs, Pumpkin & Sunflower seeds, Soybean products, Whole-grain products

**MANGANESE (Mineral)**

Beets, Dried peas & beans, Egg yolk, Green leafy vegetables, Sunflower seeds, Whole-grain products

**NIACIN (B Vitamin)**

Beef heart, Fish, Liver, Muscle meats, Mushrooms, Peanuts, Poultry, Yeast

**VITAMIN P (Water Soluble, Bioflavonoids)**

Rose hips, Grapes, Foods high in Vitamin C, Prunes, White segment of citrus

**PABA (Para-Aminobenzoic Acid, B Vitamin)**

Eggs, Liver, Milk, Molasses, Rice bran, Rye, Wheat germ, Yeast

**PANTOTHENIC ACID (B Vitamin)**

Beans (dry), Cheese, Eggs, Liver, Mushrooms, Peanuts, Soybeans, Yeast

**PHOSPHORUS**

Bone meal, Dried peas & beans, Eggs, Meat & fish, Nuts & Sunflower seeds, Whole-grains

**POTASSIUM**

Molasses, Citrus fruits & figs, Fish & meat, Watercress, Whole-grain products

**PROTEIN AND AMINO ACIDS**

Brewer's yeast, Wheat germ, Dried peas and beans, Milk, cheese and eggs, Meats & fish, Nuts & seeds, Soybeans

**SILICON**

White onion, Oats, Grasses, Radishes, Calmyrna figs, Grains

**SODIUM (Mineral)**

Kelp, Beets & carrots, Green leafy vegetables, Sea foods, Sea salt

**SULPHUR**

Nuts & seeds, Soybeans, Sea foods, Eggs, Beans, Cabbage

**VANADIUM AND OTHER TRACE MINERALS**

Kelp & sea salt, Brewer's yeast, Bone meal, Leafy green vegetables, Salt-water fish

**ZINC (Trace Mineral)** Wheat germ, Fish, Liver, Milk & eggs, Poultry, Sunflower seeds & nuts

