

Vitamin/Mineral	What it does for me	Where I get it
Vitamin A	Promotes normal vision, helps the immune system and reproduction. Helps the heart, lungs, kidneys and other organs work properly.	salmon, tuna, mackerel, carrots, sweet potatoes, winter squash, cantaloupe, apricots, spinach, kale, and collard greens
Thiamin (B1)	Enables the body to use carbohydrates as energy. Essential for glucose metabolism. Key role in nerve, muscle and heart function.	pork, fish, seeds, nuts, beans, green peas, brown rice, squash, asparagus, broccoli, onions, carrots, kale, tomatoes, green beans, Brussels sprouts, cabbage, eggplant, crimini mushrooms, spinach
Riboflavin (B2)	Helps break down proteins, fats, and carbs. Vital role in maintaining the body's energy supply. Converts carbs into ATP's (which produce energy for the body as it requires it). Offers antioxidant protection.	beef, tofu, milk, fish, mushrooms, pork, spinach, almonds, avocados, eggs, chicken, turkey, artichokes, cayenne, soybeans, beet greens, yogurt, quinoa, lentils, feta cheese, sun-dried tomatoes, kidney beans
Niacin (B3)	Improves cholesterol levels. Reduces cardiovascular risks. Boosts brain function. Eases arthritis.	chicken breast, salmon, peanuts, lentils, tuna, turkey, pork, avocado, brown rice, whole wheat, mushrooms, green peas, potatoes
Pantothenic Acid (B5)	Helps to maintain a healthy digestive system. Aids with depression symptoms. Forms red blood cells. Forms stress related hormones. Breaks down fat, protein and carbs to help them be used for energy.	Pork, chicken, turkey, duck, beef, salmon, lobster, shellfish, whole grains, eggs, milk, yogurt, lentils, split peas, soybeans, mushrooms, avocado, broccoli, sweet potatoes, corn, cauliflower, kale, tomatoes
Pyroxidine (B6)	Aids with heart health, the digestive tract, muscular function, and regulating the body's energy. Helps with brain and liver function. Maintains healthy hair, skin, and vision. Involved in the production of hemoglobin (which carries oxygen through the body). Helps the body make melatonin (regulating sleep).	Chickpeas, tuna, salmon, chicken, fortified cereal, potatoes, turkey, bananas, spinach, watermelon, raisins, nuts, winter squash, brown rice, onions, eggs, oatmeal, whole grains, green peas, avocado, ricotta, carrots, sweet potato,
Biotin (B7)	Helps the body convert food into energy. Keeps your skin, hair, eyes, liver, and nervous system healthy. Crucial during pregnancy promoting healthy fetus growth. Helps reduce blood sugar in diabetics.	Eggs, beef, pork, yeast, almonds, peanuts, walnuts, pecans, sunflower seeds, salmon, milk, cheddar cheese, camembert cheese, avocado, sweet potato, cauliflower, mushrooms, spinach, legumes, corn, barley
Folate (B9)	Supports healthy adrenal glands, helps to calm and maintain the nervous system. Encourages proper brain function. Protects against lung, colon, and cervical cancer. Deficiencies can increase memory loss and contribute to depression.	Legumes (beans, peas, lentils), asparagus, eggs, spinach, kale, arugula, beets, oranges, lemons, grapefruit, limes, Brussels sprouts, nuts, papaya, bananas, avocado, whole grains
Cobalamin (B12)	Keeps the body's nerves and blood cells healthy. Helps make DNA. Helps to prevent anemia.	Clams, sardines, beef, tuna, trout, salmon, eggs, cheese. Nutritional yeast is a good source for vegetarians, as most B12 is found in animal products rather than plant based.

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Vitamin C (Ascorbic Acid)	Antioxidant properties protect the body from cancer-causing free radicals. Protects against the immune system deficiencies, cardiovascular disease, eye disease and skin wrinkling.	Kakadu plums, acerola cherries, rose hips, chili peppers, guavas, sweet yellow peppers, blackcurrants, thyme, parsley, mustard spinach, kale, kiwi, broccoli, Brussels sprouts, lemons, lychees, American Persimmons, papayas, strawberries, oranges
Vitamin D	Essential for the body to absorb calcium which promotes healthy bone growth. Helps to regulate both the amount of calcium and phosphate in the body.	The best way to get vitamin D is by exposing your skin to the sunlight. There are no foods that supply vitamin D.
Vitamin E	Support immune function. Prevents heart disease. Promotes eye health. Prevents inflammation. Lowers cancer risks. Promotes healthy skin and nails.	Wheat germ oil, sunflower seeds, almonds, hazelnuts, pinenuts, peanuts, salmon, avocado, rainbow trout, red sweet pepper, brazil nuts, mango, lobster, cod, pistachios, pumpkin seeds, pecans, blackberries, cranberries, olives, apricots, raspberries, butternut squash, mustard greens, broccoli, asparagus, collard greens, swiss chard, spinach
Vitamin K	Helps with blood clot formation. Essential for healing wounds.	Kale, mustard greens, collard greens, swiss chard, spinach, broccoli, Brussels sprouts, pork, chicken, green beans, kiwi, cheese, avocado, green peas, parsley, cabbage, eggs, blackberries, blueberries, pomegranate, figs, tomatoes, grapes, cashews, kidney beans
Calcium	Builds bones and keeps them healthy. Enables blood clotting. Enables the muscles to contract. Enables the heart to beat.	Poppyseed, celery seed, sesame seed, chia seed, parmesan cheese, yogurt, white beans, lentils, almonds, whey protein, collard greens, spinach, kale, rhubarb, edamame, tofu, figs, milk
Phosphorus	Works with calcium to help build bones. Huge role in how the body uses carbs and fats. The body uses phosphorus to make protein for growth, maintenance, and repair of cells and tissues. Also involved in energy production.	Chicken, turkey, pork, clams, scallops, salmon, crab, romano cheese, skim milk, lowfat cottage cheese, yogurt, sunflower seeds, pumpkin seeds, brazil nuts, almonds, cashews, pine nuts, pistachios, oats, brown rice, whole wheat, amaranth, quinoa, lentils, great northern beans, chickpeas, navy beans
Potassium	Regulates the water balance and the acid base balance in the blood and tissues. Muscles need potassium to contract. The heart needs potassium to beat properly and to regulate blood pressure.	White beans, lentils, potatoes, sweet potatoes, beets, parsnips, spinach, swiss chard, tomatoes, oranges, bananas, avocados, yogurt, clams, salmon, coconut water
Sulfur	Promotes joint health. Protects against allergies. Has antibacterial effects. Reduces acne.	Onion, garlic, broccoli, asparagus, spinach, kale, peaches, apricots, milk, cheddar cheese, peanuts, brazil nuts, almonds, walnuts, veal, beef, chicken, pork, eggs, bok choy, horseradish, kale, eggs, turnips, cauliflower, watercress
Sodium	Essential electrolyte that balances water in and around your cells. Essential for proper muscle and nerve function. It maintains stable blood pressure levels.	Natural forms of healthy sodium: beets, celery, carrots, meat, spinach, chard, cantaloupe, shrimp, shellfish, artichokes.

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Chloride	Works in conjunction with sodium and potassium to balance acids and bases in your body. Moves fluid in and out of cells. Helps to maintain proper blood volume and blood pressure.	Cabbage, cauliflower, broccoli, Brussels sprouts, radish, tomatoes, potatoes, eggplant, peppers, rye, lettuce, celery, olives
Magnesium	Regulates muscle and nerve function, blood sugar levels, and blood pressure. Helps make protein, bone, and DNA.	Dark chocolate, avocado, almonds, cashews, brazil nuts, lentils, beans, chickpeas, peas, soybeans, tofu, pumpkin seeds, chia seeds, flax seeds, whole wheat, oats, barley, buckwheat, quinoa, salmon, mackerel, halibut, bananas, kale, spinach, collard greens, turnip greens and mustard greens
Iron	Component of hemoglobin, which transports oxygen from your lungs to the rest of your body. Essential element for blood production.	Lean beef, oysters, chicken, turkey, clams, beans, lentils, chickpeas, pumpkin seeds, quinoa, broccoli, tofu, dark chocolate, baked potatoes, spinach
Zinc	Helps the immune system fight of bacteria and viruses. Helps heal wounds. Is important to have a proper sense of taste and smell. Helps to improve and create healthy testosterone levels.	Beef, lamb, pork, oysters, chickpeas, lentils, beans, hemp seeds, pumpkin seeds, pine nuts, peanuts, cashews, almonds, cheddar cheese, eggs, whole wheat, quinoa, brown rice, oats, potatoes
Copper	Plays a crucial role in making red blood cells and maintaining nerve cells. Helps maintain the immune system. Helps the body to form collagen (protein in skin) and aids with energy production.	Oysters, shellfish, whole grains,
Manganese	Strong antioxidant properties. Reduces inflammation throughout the body. Aides with blood sugar regulation. Helps with protein and amino acid digestion. Contributes to good thyroid health.	Pineapple, pecans, almonds, peanuts, oatmeal, brown rice, whole wheat, pinto beans, lima beans, navy beans, spinach, sweet potato, black tea, green tea
Iodine	Necessary to ensure the thyroid works properly (which produces hormones that regulate the body's metabolic rate as well as heart and digestive function, muscle control, brain development, mood and bone maintenance).	Seaweed, kelp, cod, milk, iodized salt, shrimp, tuna, eggs, prunes, lima beans
Selenium	Helps with thyroid gland function (see iodine). Aids with DNA production. Protects the body from infection and free radicals.	Brazil nuts, yellowfin tuna, clams, halibut, shrimp, salmon, ham, pork, beef, turkey, chicken, cottage cheese, eggs, brown rice, sunflower seeds, baked beans, mushrooms, oatmeal, spinach, milk, yogurt, lentils, cashews, bananas