

Nutrients & Foods

Magnesium - Almonds, Cashews, dark leafy greens, seeds, beans, fish, whole grains, nuts, avocados, bananas

Zinc - Oysters, Ground Beef, Steak, beef, lamb, pork, chicken and turkey

Iodine - Yogurt, Cod, Dairy, Shrimp

Selenium - Lobster, Tuna, Shrimp, Ham, Pasta, Whole Grain Cereal, Pork, Beef, Turkey, Chicken, Eggs, Brown Rice, Oatmeal, Cashews, Bananas, Milk, Yogurt

Iron - Oysters, Dark Chocolate, Brown Rice, Wheat, Red Meat, Broccoli, Wild Fish, Baked Potato, Cashews

Potassium - Bananas, oranges, honeydew melon, potatoes, tuna,

Calcium - Yogurt, cheese, whey protein, milk, almonds, sardines

Vitamin K - Collard Greens, broccoli, pork chops, chicken, avocado

Vitamin A / Carotenoids - Sweet Potatoes, Pumpkin, Cheddar, Eggs, Clams / Pumpkins, Collard Greens

Vitamin D - Sardines, Tuna, Pork Ribs, Eggs, Milk, Yogurt, Almond Milk, Orange Juice, Oatmeal

Vitamin E - Olive Oil, Sunflower Seeds, Almonds, Avocados, Broccoli, Trout, Shrimp

Vitamin B12 - Clams, Sardines, Crab, Wild Salmon, Tuna, Oysters, Lamb

Vitamin B9 - Tomatoes, Peanuts

Vitamin B1 - Pork, Pecans, Fish, Bread

Vitamin C - Bell Peppers, Broccoli, Strawberries, Guavas, Lemons, Oranges

Choline - Eggs, Whey Protein Isolate, Clams, Salmon, Pork, Bison, Turkey, Lean Ground Beef, Shrimp

Mufas - Macadamia Nuts, Peanuts, Olive Oil, Avocados

Pufas - Fish Oil, Tuna, Canola Oil, Walnuts

Complete Protein - Turkey, Salmon, Chicken, Tuna, Eggs, Dairy, Poultry, Fish

Fiber & Probiotics - Lentils, Raspberries, Collard Greens, Yogurt, Dark Chocolate

Polyphenols - Dark Chocolate, Hazel Nuts, Strawberries, Red Grapes, Red Onions