

## MINERALS

Calcium	
Potassium	
Magnesium	
Sodium	

## TRACE MINERALS

Iron	
Zinc	
Copper	
Manganese	
Molybdenum	
Iodine	
Cobalt	
Chromium	
Selenium	

## VITAMINS – FAT SOLUBLE

Vitamin A	
Vitamin D	
Vitamin E	
Vitamin K2	

## VITAMINS, WATER SOLUBLE

Vitamin C	
Vitamin B1 - thiamine	
Vitamin B2 - riboflavin	
Vitamin B3- niacin	
Vitamin B5 – pantothenic acid	
Vitamin B6- pyridoxine	
Vitamin B7 – biotin	
Vitamin B9-folic acid	
Vitamin B12 – cobalamin	
Vitamin B17 - laetril	

## PROBIOTIC BACTERIA

Lactobacillus rhamnosus	
Bifidobacterium lactis	
Bifidobacterium longum	
Lactococcus lactis	
Lactobacillus sorogenes	
Lactobacillus casei	
Lactobacillus plantarum	

Lactobacillus acidophilus	
Bifidobacterium infantis	
Lactobacillus salivarius	
Bifidobacterium bifidum	

## FATTY ACIDS

Monocarboxylic acids	
Saturated fatty acids	
Monounsaturates	
Polyunsaturates	
Essential fatty acids (omega 3 and 6)	

## ESSENTIAL AMINO ACIDS

L Isoleucine	
L Leucine	
L Lysine	
L Methionine	
L Phenylalanine	
L Threonine	
L Tryptophan	
L Valine	

## NON ESSENTIAL AMINO ACIDS

L Alanine	
L Arginine	
L Asparagine	
L Aspartic acid	
L Cystiene	
L Glutamine	
L Glutamic acid	
L Glycine	
L Histidine	
L Proline	
L Serine	
L Tyrosine	