

**Vitamins, Minerals, Micronutrients and Trace Elements – and where to find them!**

Micronutrient	Function	Source	RDA
<b>WATER SOLUBLE</b>			
Vitamin B1 (Thiamine)	Help convert nutrients into energy	Whole grains, meat, fish	1.1-1.2 mg
Vitamin B2 (Riboflavin)	Energy production, cell function and fat metabolism	organ meats, eggs, milk	1.1-1.3 mg
Vitamin B3 (Niacin)	Drives energy production from food	Meat, salmon, leafy greens, beans	14-16 mg
Vitamin B5 (pantothenic acid)	Necessary for fatty acid synthesis	organ meats, mushrooms, tuna, avocado	5 mg
Vitamin B6 (pyroxidine)	helps with release of sugar from stored carbohydrates for energy and creates red blood cells	Fish, Milk, carrots, potatoes	1.3 mg
Vitamin B7 (Biotin)	Plays a role in the metabolism of fatty acids, amino acids and glucose	Eggs, Almonds, Spinach, Sweet Potato	30 mcg
Vitamin B12 (Cobalamin)	Necessary for red blood cell formation and proper nervous system and brain function	Clams, fish, meat	2.4 mcg
Vitamin C (Ascorbic acid)	Required for the creation of neurotransmitters and collagen, the main protein in your skin	Citrus fruits, bell peppers, brussel sprouts	75-90 mcg

Micronutrient	Function	Source	RDA
<b>FAT SOLUBLE (Best consumed alongside a source of fat)</b>			
<b>Vitamin A</b>	Necessary for proper vision and organ function	Retinol (liver, dairy, fish) carotenoids (sweet potato, carrots, spinach)	700-900 mcg
<b>Vitamin D</b>	Promotes proper immune function and assists in calcium absorption and bone growth	Sunlight, Fish oil, milk, mushrooms and eggs	600-800 IU
<b>Vitamin E</b>	Assists immune function and acts as an antioxidant that protects cells from damage	Sunflower seeds, wheat germ, almonds	15 mcg
<b>Vitamin K</b>	Required for blood clotting and proper bone development	Leafy greens, soybeans, pumpkin	90-120 mcg

Macrominerals			
Macromineral	Function	Source	RDA
Calcium	Necessary for proper structure and function of bones and teeth. Assists in muscle function and blood vessel contraction	Milk products, leafy greens, broccoli	2000-2500 mcg
Phosphorus	Part of bone and cell membrane structure	Salmon, yoghurt, turkey	700 mcg
Magnesium	Assists with over 300 enzyme reactions including regulation of blood pressure	Almonds, cashews, black beans	310-420 mcg
Sodium	Electrolyte that aids fluid balance and maintenance of blood pressure	Salt, processed foods, canned soup	2300 mcg
Chloride	often found in combination with sodium, helps maintain fluid balance and is used to make digestive juices	seaweed, salt, celery	1800-2300 mcg
Potassium	Electrolyte that maintains fluid status in cells and helps with nerve transmission and muscle function	Lentils, acorn squash, bananas	4700 mcg
Sulphur	Part of every living tissue and contained in amino acids mentioned and cysteine	Garlic, onions, brussel sprouts, eggs, mineral water	not established

Trace Minerals			
Macromineral	Function	Source	RDA
Iron	Helps provide oxygen to muscles and assist in the creation of certain hormones	Oysters, white beans, spinach	8-18 mg
Manganese	Assists in carbohydrate, amino acid and cholesterol metabolism	Pineapple, pecans, peanuts	1.8-2.3 mg
Copper	Required for connective tissue formation as well as normal brain and nervous system function	liver, crabs, cashews	900 mcg
Zinc	Necessary for normal growth, immune function and wound healing	oysters, crab, chickpeas	8-11 mg
Iodine	assists in thyroid regulation	seaweed, cod, yoghurt	150 mcg
Fluoride	Necessary for development of bones and teeth maintenance	fruit juice, water, crab	3-4 mg
Selenium	Important for thyroid health, reproduction and defense against oxidative damage	Brazil nuts, sardines, ham	55 mcg