

NUTRITION CHART BOOK

AN ANALYSIS OF COMMON FOODS,
VITAMINS AND MINERALS

Minerals

<i>Fresh Fruits</i>	<i>Calcium</i>	<i>Phosphorus</i>	<i>Magnesium</i>	<i>Iron</i>	<i>Sodium</i>	<i>Potassium</i>
Apples	7	10			1	110
Apricots	17	23		.5	1	281
Avocado	10	42		.6	4	604
Bananas	8	2		.7	1	370
Blackberries	32	12		.9	1	170
Blueberries	13	13		1.0	1	81
Boysenberry	25	24		1.6	1	
Casaba	14	16		.4	2	
Cantaloupe	14	16		.4	12	
Cherries	22	19		.4		
Cranberries	14	10		.5		
Currants-Red	32	23		1.0		
Figs, Raw	35	22		.6	2	194
Gooseberries	18	15		.5	1	155
Grapefruit	16	16		.4	1	135
Grapes	16	12		.4	3	158
Kiwifruit	14	16		.4	12	251
Lemon	10	13		.4	7	189
Lime		24		.5	6	294
Mango		20		.4	1	200
Papayas	20	1			3	
Peaches	9	19	10	.5	1	
Pears	8	11				
Pineapple		26				

POTASSIUM

R.A. VICK

Nutrition Chart Book

An Analysis of Common Foods, Vitamins, and Minerals

Edited by Roxanne Vick

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Disclaimer: The editor makes no claims, but is offering this information to assist you in making your own nutritional choices. While the information is believed to be accurate, the editor cannot be held responsible for any inaccuracies. The reader assumes all responsibility for his health and diet.

Preface

Have you ever wondered where to get a nutrient that you feel your body needs? Or why exactly you might need that nutrient you have heard of? Or where else you can get that nutrient, besides in something you may not care to eat?

Or have you wondered what something such as selenium is good for, why you should take it, or where you can get it besides in a bottle? (You should read about it!) Or what, exactly, does vitamin A do for you (besides help your vision), and where you can get it besides carrots?

Have you wondered what you could take for your specific ailment, or wondered why, when you take something suggested, it doesn't seem to work? These charts are packed with info on vitamins and minerals that either help to enhance your absorption, or prevent your absorption, of what your body is craving.

What you have in your hands is a valuable tool to help you make right choices to obtain optimal health!

Feel free to forward this book to your friends and family, in its entirety please.

Thank you for downloading this book! I hope you are blessed with this information.

Roxanne Vick

www.myrawfooddietrecipes.com

www.mypersonalrecipebook.com

www.myvibranthealth.com

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How to Use This Book:

This book is divided into two parts:

The first 26 pages have the vitamin, mineral, and protein, fat, carb, and caloric content of many types of foods- not just raw foods, but a study of the numbers will give you an idea of why the raw food diet is so healing.

Look here if you want to determine what is in a specific food. Such as what's in a banana, besides potassium.

On page 27, there is a handy list of Alkaline and Acidic foods, as well as a list of foods containing Oxalic Acid.

The second half of the book is sort of a reverse of the first half, meaning that each vitamin and mineral is described, and info on dosages, augmenting nutrients, anti-vitamins, sources (both plant and animal), deficiency symptoms, therapeutic applications, and more is given. Each vitamin and mineral in this section is conveniently put onto one page, for ease of use.

This is a very eye opening, informative section of the Nutrition Chart Book, as it reveals what body parts are affected by **each nutrient!** (Or lack thereof!)

Resources:

www.myrawfooddietrecipes.com 415 Easy to Prepare Raw Food Recipes in one book!

www.mypersonalrecipebook.com A safe and convenient place to keep your own family recipes.

www.myvibranthealth.com Come learn about how you can get an “unfair advantage” over disease!

"Let food be thy medicine, and thy medicine be food." Hippocrates

The following data is based on 100 grams (3 1/3 ounces) edible portion, unless otherwise noted.

The minerals and vitamins are shown in milligrams (mg.), except vitamin A which is international units (IU). The protein, fats, carbohydrates, and calories are expressed in percentages, or grams per 100 grams.

Dashes indicate a lack of reliable information for that data.

Minerals

<i>Fresh Fruits</i>	<i>Calcium</i>	<i>Phosphorus</i>	<i>Magnesium</i>	<i>Iron</i>	<i>Sodium</i>	<i>Potassium</i>
Apples	7	10	8	.3	1	110
Apricots	17	23	12	.5	1	281
Avocado	10	42	45	.6	4	604
Bananas	8	26	33	.7	1	370
Blackberries	32	19	30	.9	1	170
Blueberries	15	13	6	1.0	1	81
Boysenberry	25	24	18	1.6	1	153
Casaba	14	16	16	.4	12	251
Cantaloupe	14	16	16	.4	12	251
Cherries	22	19	9	.4	2	191
Cranberries	14	10	8	.5	2	82
Currants-Red	32	23	15	1.0	2	257
Figs, Raw	35	22	20	.6	2	194
Gooseberries	18	15	9	.5	1	155
Grapefruit	16	16	12	.4	1	135
Grapes	16	12	13	.4	3	158
Honeydew	14	16	16	.4	12	251
Mangos	10	13	18	.4	7	189
Nectarines	4	24	13	.5	6	294
Oranges	41	20	11	.4	1	200
Papayas	20	16	-	.3	3	234
Peaches	9	19	10	.5	1	202
Pears	8	11	7	.3	2	130
Persimmons	27	26	8	2.5	1	310
Pineapple	17	8	13	.5	1	146
Plums	18	17	9	.5	2	299
Pomegranate	3	8	-	.3	3	259
Prunes	12	18	20	.5	1	170
Raspberry-blk	30	22	30	.9	1	199
Raspberry-red	22	22	20	.9	1	168
Strawberries	21	21	12	1.0	1	164
Watermelon	7	10	8	.5	1	100

<i>Fruit Juices</i>	<i>Calcium</i>	<i>Phosphorus</i>	<i>Magnesium</i>	<i>Iron</i>	<i>Sodium</i>	<i>Potassium</i>
Apple	6	9	4	.6	1	101
Apricots	17	23	20	.5	1	362
Fig	14	14	-	.4	2	155
Grape	11	12	12	.3	2	116
Grapefruit	9	15	12	.2	1	162
Lemon	7	10	8	.2	1	141
Lime	9	11	-	.2	1	104
Orange	11	17	11	.2	1	200
Pineapple	15	9	12	.3	1	149
Prune	14	20	10	4.1	2	235
Tomato	7	18	10	.9	200	227

<i>Nuts</i>	<i>Calcium</i>	<i>Phosphorus</i>	<i>Magnesium</i>	<i>Iron</i>	<i>Sodium</i>	<i>Potassium</i>
Almonds	234	504	270	4.7	4	773
Brazilnuts	186	693	225	3.4	1	715
Cashews	38	373	267	3.8	15	464
Chestnut, Dried	52	162	41	3.3	12	875
Coconut, Fresh	13	95	46	1.7	23	256
Coconut, Dried	26	187	90	3.3	-	588
Filberts	209	337	184	3.4	2	704
Macadamia	48	161	-	2.0	-	264
Peanuts, Raw	59	409	206	2.0	5	674
Peanut, Roasted	72	407	173	2.2	5	701
Pecans	73	289	142	2.4	1	603
Walnut, English	99	380	131	3.1	2	450
Walnuts, Black	trace	570	190	6.0	3	460
Water Chestnut	4	65	12	.6	20	500

<i>Dried Fruits</i>	<i>Calcium</i>	<i>Phosphorus</i>	<i>Magnesium</i>	<i>Iron</i>	<i>Sodium</i>	<i>Potassium</i>
Apples	31	52	22	1.6	5	569
Apricots	86	139	62	5.3	33	1260
Dates	59	63	58	3.0	1	648
Figs	126	77	71	3.0	34	640
Peaches	48	117	48	6.0	16	950
Pears	35	48	31	1.3	7	573
Prunes	90	107	40	4.4	11	940
Raisins	62	101	35	3.5	27	763

<i>Raw Vegetables</i>	<i>Calcium</i>	<i>Phosphorus</i>	<i>Magnesium</i>	<i>Iron</i>	<i>Sodium</i>	<i>Potassium</i>
Beet Greens	119	40	106	3.3	130	570
Chicory Greens	86	40	13	.9	-	420
Collards	250	82	57	1.5	-	450
Cucumbers	25	27	11	1.1	6	160
Dandelion Greens	187	66	36	3.1	76	397
Endive-Escarole	81	54	10	1.7	14	294
Garlic	29	202	36	1.5	19	529
Horse Radish	140	64	34	1.4	8	564
Kale	249	93	37	2.7	75	378
Kohlrabi, Bulb	41	51	37	.5	8	372
Leek	52	50	23	1.1	5	347
Lettuce	68	25	11	1.4	9	264
Mustard Greens	210	28	27	1.5	-	-
Onion, green	51	39	12	1.0	5	231
Parsley	203	63	41	6.2	45	727
Green Pepper	9	22	18	.7	13	213
Radish	30	31	15	1.0	18	322
Spinach	93	51	88	3.1	71	470
Swiss Chard	88	39	65	3.2	147	550
Tomatoes	13	27	14	.5	3	244
Turnip Greens	246	58	58	1.8	-	-
Water Cress	151	54	20	1.7	52	282

<i>Seeds</i>	<i>Calcium</i>	<i>Phosphorus</i>	<i>Magnesium</i>	<i>Iron</i>	<i>Sodium</i>	<i>Potassium</i>
Pumpkin	25	26	12	.4	2	240
Sesame, whole	1160	616	181	10.5	60	725
Sesame, hulled	110	592	-	2.4	-	-
Sunflower	120	837	38	7.1	30	920

<i>Cereals</i>	<i>Calcium</i>	<i>Phosphorus</i>	<i>Magnesium</i>	<i>Iron</i>	<i>Sodium</i>	<i>Potassium</i>
Barley, whole	16	189	124	2.0	3	160
Buckwheat, whole	114	282	229	3.1	-	448
Bulgur	29	338	-	3.7	-	229
Cornmeal,unbolted	20	256	106	2.4	1	284
Millet, whole	20	311	162	6.8	-	430
Oats, whole dry	53	405	144	4.5	2	352
Oatmeal, cooked	9	57	21	.6	218	61
Rice, Brown , ckd	12	73	29	.5	282	70
Rice, whole	38	376	115	3.7	1	467
Rice, wild	19	339	129	4.2	7	220
Tapioca, dry	10	18	3	.4	3	18
Tapioca, pudding	105	109	-	.4	156	135
Wheat, wholegrain	46	354	160	3.4	3	370
Wheat, Bran	119	1276	490	14.9	9	1121
Wheat, Germ	72	1118	336	9.4	3	827

<i>Breads</i>	<i>Calcium</i>	<i>Phosphorus</i>	<i>Magnesium</i>	<i>Iron</i>	<i>Sodium</i>	<i>Potassium</i>
Corn Bread	120	211	106	1.1	628	157
Pumpernickel	84	229	71	2.4	569	454
Rye	75	147	42	1.6	557	145
Whole wheat	99	228	78	2.3	527	273
White	70	87	22	.7	507	85
<i>Vegetables, ckd</i>	<i>Calcium</i>	<i>Phosphorus</i>	<i>Magnesium</i>	<i>Iron</i>	<i>Sodium</i>	<i>Potassium</i>
Artichokes	51	69	-	1.1	30	301
Asparagus	21	50	14	.6	1	183

<i>Breads</i>	<i>Calcium</i>	<i>Phosphorus</i>	<i>Magnesium</i>	<i>Iron</i>	<i>Sodium</i>	<i>Potassium</i>
Corn Bread	120	211	106	1.1	628	157
Beet Greens	99	25	106	1.9	76	332
Beets, Red	14	23	15	.5	43	208
Broccoli	88	62	21	.8	10	267
Brussels Sprouts	32	72	21	1.1	10	273
Cabbage	44	20	11	.3	14	163
Carrots	33	31	20	.6	33	222
Cauliflower	21	42	13	.7	9	206
Celery	31	22	20	.2	88	239
Collards	250	82	35	1.05	-	450
Corn, sweet	3	89	19	.6	trace	165
Dandelion	140	42	29	1.8	44	232
Eggplant	11	21	14	.6	1	150
Kale	249	93	31	2.7	75	378
Kohlrabi	33	41	31	.3	6	260
Mustard Greens	138	32	23	1.8	18	220
Okra	92	41	41	.5	2	174
Onions	24	29	10	.4	7	110
Parsnips	45	62	28	.6	8	379
Peppers, Green	9	16	16	.5	9	149
Potatoes, Baked	9	65	18	.7	4	503
Potaotes, Boiled	7	53	12	.6	3	407
Potatoes, Sw Bkd	40	58	17	.9	12	300
Pumpkins	25	26	8	.4	2	240
Rhubarb	78	15	13	.6	2	203
Rutabagas	59	31	13	.3	4	167
Salsify	42	53	-	1.3	-	266
Spinach	93	38	63	2.2	50	324
Squash,summer	25	25	16	.4	1	141
Squash, wint, bkd	28	48	17	.8	1	461
Swiss Chard	73	24	55	1.8	86	321
Tomatoes	15	32	12	.6	4	287
Turnips	35	21	20	.4	34	188
Turnip Greens	184	37	26	1.1	-	-

<i>Dairy</i>	<i>Calcium</i>	<i>Phosphorus</i>	<i>Magnesium</i>	<i>Iron</i>	<i>Sodium</i>	<i>Potassium</i>
Buttermilk	121	95	14	trace	130	140
Condensed Milk	262	206	25	.1	112	314
Cottage Cheese, Creamed	94	152	-	.3	229	85
Cottage Cheese, Uncreamed	90	175	-	.4	290	72
Cheese, Avg.	697	771	45	.9	1136	80
Cream	102	80	11	trace	43	122
Cow Butter	20	16	2	0	987	23
Cows Milk	118	93	13	trace	50	144
Eggs, whole	54	205	11	2.3	122	129
Milk, evap.	252	205	25	.1	118	303
Goats Milk	129	106	17	.1	34	180
Human Milk	33	14	4	.1	16	51
Skim Milk	121	95	14	trace	52	145
Soy Milk, Fluid	21	48	-	.8	-	-
Whey, dried	646	589	130	1.4	-	-
Egg whites	9	15	9	.1	146	139
Yogurt, low fat	120	94	-	trace	51	143
Egg yolk	141	569	16	5.5	52	98

<i>Miscellaneous</i>	<i>Calcium</i>	<i>Phosphorus</i>	<i>Magnesium</i>	<i>Iron</i>	<i>Sodium</i>	<i>Potassium</i>
Brewers Yeast	210	1753	231	17.3	121	1894
Tourla Yeast	424	1713	165	19.3	15	2046
Honey	5	6	3	.5	5	51
Olives, Ripe	84	16	-	1.6	813	34
Molasses, Blkstp	684	84	258	16.1	96	2927
Sugar, raw	85	19	129	3.4	30	344
Sugar, white	0	0	trace	.1	1	3
Sorghum	28	287	-	4.4	-	350

<i>Legumes, ckd</i>	<i>Calcium</i>	<i>Phosphorus</i>	<i>Magnesium</i>	<i>Iron</i>	<i>Sodium</i>	<i>Potassium</i>
Beans, dried	50	148	37	2.7	7	416
Chick Peas, dry	150	331	-	6.9	26	797
Beans, Kidney	38	140	-	2.4	3	340
Lentils	25	119	-	2.1	-	249
Lima Beans, dry	29	154	48	3.1	2	612
Lima Beans, green	20	90	-	1.7	101	426
Peas, dried	11	89	-	1.7	13	296
Peas, green	23	99	20	1.8	1	196
Soy Beans	60	191	-	2.5	-	-
String Beans, fresh	50	37	14	.6	4	151

<i>Edible Fungi</i>	<i>Calcium</i>	<i>Phosphorus</i>	<i>Magnesium</i>	<i>Iron</i>	<i>Sodium</i>	<i>Potassium</i>
Mushrooms, raw	6	116	13	.8	15	414
Mushrooms, ckd	6	68	8	.5	400	197

<i>Flesh Food</i>	<i>Calcium</i>	<i>Phosphorus</i>	<i>Magnesium</i>	<i>Iron</i>	<i>Sodium</i>	<i>Potassium</i>
Beef, Avg	11	171	15	2.8	60	370
Chicken	13	229	19	1.7	86	321
Pork	11	256	23	3.2	65	390

<i>Sea Foods</i>	<i>Calcium</i>	<i>Phosphorus</i>	<i>Magnesium</i>	<i>Iron</i>	<i>Sodium</i>	<i>Potassium</i>
Clams, Raw	69	162	-	6.1	120	181
Crabs	43	175	34	.8	-	-
Lobster	65	192	22	.8	210	180
Mussels	88	236	-	3.4	289	315
Oysters, Raw	90	148	28	6.3	73	121
Pike	-	214	-	.4	51	319
Salmon, Canned Red	259	344	29	1.2	522	344
Salmon, Canned Pink	196	286	30	.8	387	361
Sea Fish, Avg	16	248	24	.8	134	525
Shrimp	115	263	51	3.1	-	122

VITAMINS

<i>Fresh Fruits</i>	<i>A</i>	<i>B1 Thiamine</i>	<i>B2 Riboflavin</i>	<i>B3 Niacin</i>	<i>C, Ascorbic Acid</i>
Apples	90	.03	.02	.1	4
Apricots	2700	.03	.04	.6	10
Avocado	290	.11	.20	1.6	14
Bananas	190	.05	.06	.7	10
Blackberries	200	.03	.04	.4	21
Blueberries	100	.03	.06	.5	14
Boysenberry	170	.02	.13	1.0	13
Casaba	30	.04	.03	.6	13
Cantaloupe	3400	.04	.03	.6	33
Cherries	110	.05	.06	.4	10
Cranberries	40	.03	.02	.1	11
Currants-Red	120	.04	.05	.1	41
Figs, Raw	80	.06	.05	.4	2
Gooseberries	290	-	-	-	33
Grapefruit	80	.04	.02	.2	38
Grapes	100	.05	.03	.3	4
Honeydew	40	.04	.03	.6	23
Mangos	4800	.05	.05	1.1	35
Nectarines	1650	-	-	-	13
Oranges	200	.10	.04	.4	50
Papayas	1750	.04	.04	.3	56
Peaches	1330	.02	.05	1.0	7
Pears	20	.02	.04	.1	4
Persimmons	-	-	-	-	66
Pineapple	70	.09	.03	.2	17
Plums	300	.08	.03	.5	10
Pomegranate	trace	.03	.03	.3	4
Prunes	300	.03	.03	.5	4
Raspberry-blk	trace	.03	.09	.9	18
Raspberry-red	130	.03	.09	.9	25
Strawberries	60	.03	.07	.6	59
Watermelon	590	.03	.03	.2	7

<i>Fresh Fruits</i>	<i>A</i>	<i>B1 Thiamine</i>	<i>B2 Riboflavin</i>	<i>B3 Niacin</i>	<i>C, Ascorbic Acid</i>
Apples	90	.03	.02	.1	4
<i>Fruit Juices</i>	<i>A</i>	<i>B1 Thiamine</i>	<i>B2 Riboflavin</i>	<i>B3 Niacin</i>	<i>C, Ascorbic Acid</i>
Apple	-	.01	.02	.1	1
Apricots	2700	.03	.03	.5	6
Fig	30	.03	.03	.2	1
Grape	-	.04	.02	.2	trace
Grapefruit	80	.04	.02	.2	38
Lemon	20	.03	.01	.1	46
Lime	10	.02	.01	.1	32
Orange	200	.09	.03	.4	50
Pineapple	50	.05	.02	.2	9
Prune	-	.01	.01	.4	2
Tomato	800	.05	.03	.8	16

<i>Nuts</i>	<i>A</i>	<i>B1 Thiamine</i>	<i>B2 Riboflavin</i>	<i>B3 Niacin</i>	<i>C, Ascorbic Acid</i>
Almonds	0	.24	.92	3.5	trace
Brazilnuts	trace	.96	.12	1.6	-
Cashews	100	.42	.25	1.8	-
Chestnut, Dried	-	.32	.38	1.2	-
Coconut, Fresh	0	.05	.02	.5	3
Coconut, Dried	0	.06	.04	.6	0
Filberts	-	.46	-	.9	trace
Macadamia	0	.34	.11	1.3	0
Peanuts, Raw	0	.99	.13	15.8	0
Peanut, Roasted	-	.32	.13	17.1	0
Pecans	130	.86	.13	.9	2
Walnut, English	30	.33	.13	.9	2
Walnuts, Black	300	.22	.11	.7	-
Water Chestnut	0	.14	.20	1.0	4

<i>Dried Fruits</i>	<i>A</i>	<i>B1 Thiamine</i>	<i>B2 Riboflavin</i>	<i>B3 Niacin</i>	<i>C, Ascorbic Acid</i>
Apples	-	.06	.12	.5	10
Apricots	14100	trace	.08	3.6	15
Dates	50	.09	.10	2.2	0
Figs	80	.10	.10	.7	0
Peaches	3900	.01	.19	5.3	18
Pears	70	.01	.18	.6	7
Prunes	2170	.12	.22	2.1	4
Raisins	20	.11	.08	.5	1

<i>Raw Vegetables</i>	<i>A</i>	<i>B1 Thiamine</i>	<i>B2 Riboflavin</i>	<i>B3 Niacin</i>	<i>C, Ascorbic Acid</i>
Beet Greens	6100	.10	.22	.4	30
Chicory Greens	4000	.06	.10	.5	22
Collards	9300	.16	.31	1.7	152
Cucumbers	250	.03	.04	.2	11
Dandelion Greens	14000	.19	.26	-	35
Endive-Escarole	3300	.07	.14	.5	10
Garlic	trace	.25	.08	.5	15
Horse Radish	-	.07	-	-	81
Kale	10000	.16	.26	2.1	186
Kohlrabi, Bulb	20	.06	.04	.3	66
Leek	40	.11	.06	.5	17
Lettuce	1900	.05	.08	.4	18
Mustard Greens	9900	-	-	-	130
Onion, green	2000	.05	.05	.4	32
Parsley	8500	.12	.26	1.2	172
Green Pepper	420	.08	.08	.5	128
Radish	10	.03	.03	.3	26
Spinach	8100	.10	.20	.6	51
Swiss Chard	6500	.06	.17	.5	32
Tomatoes	900	.06	.04	.7	23
Turnip Greens	7600	.21	.39	.8	139
Water Cress	4900	.08	.16	.9	79

<i>Seeds</i>	<i>A</i>	<i>B1 Thiamine</i>	<i>B2 Riboflavin</i>	<i>B3 Niacin</i>	<i>C, Ascorbic Acid</i>
Pumpkin	6400	.03	.05	.6	5
Sesame, whole	30	.98	.24	5.4	0
Sesame, hulled	-	.18	.13	5.4	0
Sunflower	50	1.96	.23	5.4	-

<i>Cereals</i>	<i>A</i>	<i>B1 Thiamine</i>	<i>B2 Riboflavin</i>	<i>B3 Niacin</i>	<i>C, Ascorbic Acid</i>
Barley, whole	0	.12	.05	3.1	0
Buckwheat, whole	0	.60	-	4.4	0
Bulgur	0	.28	.14	4.5	0
Cornmeal,unbolted	510	.38	.11	2.0	0
Millet, whole	0	.73	.38	2.3	0
Oats, whole dry	0	.6	.14	1.0	0
Oatmeal, cooked	0	.08	.02	.1	0
Rice, Brown , ckd	0	.09	.02	1.4	0
Rice, whole	0	.43	.22	1.6	0
Rice, wild	0	.45	.63	6.2	0
Tapioca, dry	0	0	0	0	0
Tapioca, pudding	290	.04	.18	.1	1
Wheat, wholegrain	0	.52	.12	4.3	0
Wheat, Bran	0	.72	.35	21.0	0
Wheat, Germ	0	2.01	.68	4.2	0

<i>Breads</i>	<i>A</i>	<i>B1 Thiamine</i>	<i>B2 Riboflavin</i>	<i>B3 Niacin</i>	<i>C, Ascorbic Acid</i>
Corn Bread	150	.13	.19	.6	1
Pumpernickel	0	.23	.14	1.2	0
Rye	0	.18	.07	1.4	0
Whole wheat	trace	.26	.12	2.8	trace
White	trace	.09	.08	1.2	trace

<i>Vegetables, cooked</i>	<i>A</i>	<i>B1 Thiamine</i>	<i>B2 Riboflavin</i>	<i>B3 Niacin</i>	<i>C, Ascorbic Acid</i>
Artichokes	150	.07	.04	.7	8
Asparagus	900	.16	.18	1.4	26
Beet Greens	5100	.07	.15	.3	15
Beets, Red	20	.03	.04	.3	6
Broccoli	2500	.09	.20	.8	90
Brussels Sprouts	520	.08	.14	.8	87
Cabbage	130	.04	.04	.3	33
Carrots	10500	.05	.05	.5	6
Cauliflower	60	.09	.08	.6	55
Celery	230	.02	.03	.3	6
Collards	9300	.16	.31	1.7	152
Corn, sweet	400	.11	.10	1.3	7
Dandelion	11700	.13	.16	-	18
Eggplant	10	.05	.04	-	3
Kale	8300	.10	.18	1.6	93
Kohlrabi	20	.06	.03	.2	43
Mustard Greens	5800	.08	.14	.6	48
Okra	490	.13	.18	.9	20
Onions	40	.03	.03	.2	7
Parsnips	30	.07	.08	.1	10
Peppers, Green	420	.06	.07	.5	96
Potatoes, Baked	trace	.10	.04	1.7	20
Potaotes, Boiled	trace	.09	.04	1.5	16
Potatoes, Sw Bkd	8100	.09	.07	.7	22
Pumpkins	6400	.03	.05	.6	5
Rhubarb	80	.02	.05	.3	6
Rutabagas	550	.06	.04	.8	26
Salsify	10	.03	.04	.2	7
Spinach	8100	.07	.14	.5	28
Squash,summer	390	.05	.08	.8	10
Squash, wint, bkd	4200	.05	.13	.7	13
Swiss Chard	5400	.04	.11	.4	16
Tomatoes	1000	.07	.05	.8	24
Turnips	trace	.04	.05	.3	22

<i>Vegetables, cooked</i>	<i>A</i>	<i>B1 Thiamine</i>	<i>B2 Riboflavin</i>	<i>B3 Niacin</i>	<i>C, Ascorbic Acid</i>
Turnip Greens	6300	.15	.24	.6	69

<i>Dairy</i>	<i>A</i>	<i>B1 Thiamine</i>	<i>B2 Riboflavin</i>	<i>B3 Niacin</i>	<i>C, Ascorbic Acid</i>
Buttermilk	trace	.04	.18	.1	1
Condensed Milk	360	.08	.38	.2	1
Cottage Cheese, Creamed	170	.03	.25	.1	0
Cottage Cheese, Uncreamed	10	.03	.28	.1	0
Cheese, Avg.	1220	.02	.41	trace	0
Cream	840	.03	.15	.1	1
Cow Butter	3300	-	-	-	0
Cows Milk	140	.03	.17	.1	1
Eggs, whole	1180	.11	.30	.1	0
Milk, evap.	320	.04	.34	.2	1
Goats Milk	160	.04	.11	.3	1
Human Milk	240	.01	.04	.2	5
Skim Milk	trace	.04	.18	.1	1
Soy Milk, Fluid	40	.08	.03	.2	0
Whey, dried	50	.50	2.51	.8	-
Egg whites	0	trace	.27	.1	0
Yogurt, low fat	70	.04	.18	.1	0
Egg yolk	3400	.22	.44	.1	0

<i>Miscellaneous</i>	<i>A</i>	<i>B1 Thiamine</i>	<i>B2 Riboflavin</i>	<i>B3 Niacin</i>	<i>C, Ascorbic Acid</i>
Brewers Yeast	trace	15.61	4.28	37.9	trace
Tourla Yeast	trace	14.01	5.06	44.4	trace
Honey	0	trace	.04	.3	1
Olives, Ripe	60	trace	trace	-	-
Molasses, Blkstp	-	.11	.19	2.0	-
Sugar, raw	0	.01	.03	.2	0
Sugar, white	0	0	0	0	0
Sorghum	0	.38	.15	3.9	0

<i>Legumes, cooked</i>	<i>A</i>	<i>B1 Thiamine</i>	<i>B2 Riboflavin</i>	<i>B3 Niacin</i>	<i>C, Ascorbic Acid</i>
Beans, dried	0	.14	.07	.7	0
Chick Peas, dry	50	.31	.15	2.0	-
Beans, Kidney	trace	.11	.06	.7	-
Lentils	20	.07	.06	.6	0
Lima Beans, dry	-	.13	.06	.7	-
Lima Beans, green	230	.07	.05	1.0	17
Peas, dried	40	.15	.09	.9	-
Peas, green	540	.28	.11	2.3	20
Soy Beans	660	.31	.13	1.2	17
String Beans, fresh	540	.07	.09	.5	12

<i>Edible Fungi</i>	<i>A</i>	<i>B1 Thiamine</i>	<i>B2 Riboflavin</i>	<i>B3 Niacin</i>	<i>C, Ascorbic Acid</i>
Mushrooms, raw	trace	.10	.46	4.2	3
Mushrooms, ckd	trace	.02	.25	2.0	2

<i>Flesh Foods</i>	<i>A</i>	<i>B1 Thiamine</i>	<i>B2 Riboflavin</i>	<i>B3 Niacin</i>	<i>C, Ascorbic Acid</i>
Beef, Avg	40	.08	.16	4.4	-
Chicken	150	.07	.23	5.6	-
Pork	0	.96	.28	5.8	-

<i>Sea Food</i>	<i>A</i>	<i>B1 Thiamine</i>	<i>B2 Riboflavin</i>	<i>B3 Niacin</i>	<i>C, Ascorbic Acid</i>
Clams, Raw	100	.10	.18	1.3	10
Crabs	2170	.16	.08	2.8	2
Lobster	-	.10	.07	-	-
Mussels	-	.16	.21	-	-
Oysters, Raw	310	.13	.18	2.9	30
Pike	-	.25	.16	2.3	-
Salmon, Canned Red	230	.04	.16	7.3	-
Salmon, Canned Pink	70	.03	.18	8.0	-
Sea Fish, Avg	680	.05	.07	8.3	-
Shrimp	60	.01	.03	1.8	-

PROTEIN, FAT, CARBS, CALORIES

<i>Fresh Fruits</i>	<i>Protein</i>	<i>Fats</i>	<i>Carbohydrates</i>	<i>Calories</i>
Apples	.2	.6	14.5	58
Apricots	1.0	.2	12.8	51
Avocado	2.1	16.4	6.3	167
Bananas	1.1	.2	22.2	85
Blackberries	1.2	.9	12.9	58
Boysenberry	1.2	1.3	11.4	48
Casaba	1.2	0	6.5	27
Cantaloupe	.7	.1	7.5	30
Cherries	1.3	0.3	17.4	70
Cranberries	0.4	0.7	10.8	46
Currants-Red	1.4	.2	12.1	50
Figs, Raw	1.2	.3	20.3	80
Gooseberries	0.8	0.2	9.7	39
Grapefruit	.5	.1	10.6	41
Grapes	1.3	1.0	15.7	69
Honeydew	0.8	0.3	7.7	33
Mangos	0.7	0.4	16.8	66
Nectarines	0.6	0	17.1	64
Oranges	1.0	0.2	12.2	49
Papayas	0.6	0.1	10.0	39
Peaches	0.6	0.1	9.7	38
Pears	0.7	0.4	15.3	61
Persimmons	0.8	0.4	33.5	127
Pineapple	0.4	.2	13.7	52
Plums	0.5	0.0	17.8	66
Pomegranate	0.5	0.3	16.4	63
Prunes	0.8	0.2	19.7	75
Raspberry-blk	1.5	1.4	15.7	73
Raspberry-red	1.2	0.5	13.6	57
Strawberries	0.7	0.5	8.4	37
Watermelon	0.5	0.2	6.4	26

<i>Fruit Juices</i>	<i>Protein</i>	<i>Fats</i>	<i>Carbohydrates</i>	<i>Calories</i>
Apple	.1	0	11.9	47
Apricots	1.0	.2	13.6	54
Grape	.2	0	16.6	66
Lemon	.5	.2	8	25
Lime	.3	.1	9	26
Orange	.7	.2	10.4	45
Pineapple	.4	.1	13.5	55
Prune	.4	.1	19	77
Tomato	.9	.1	4.3	19

<i>Nuts</i>	<i>Protein</i>	<i>Fats</i>	<i>Carbohydrates</i>	<i>Calories</i>
Almonds	18.6	54.2	19.5	598
Brazilnuts	14.3	66.9	10.9	654
Cashews	17.2	45.7	29.3	561
Chestnut,Dried	6.7	4.1	78.6	377
Coconut, Fresh	3.5	35.3	9.4	346
Coconut, Dried	7.2	64.9	23.0	662
Filberts	12.6	62.4	16.7	634
Macadamia	7.8	71.6	15.9	691
Peanuts, Raw	26.3	48.4	17.6	568
Peanut, Roasted	26.2	48.7	20.6	582
Pecans	9.2	71.2	14.6	687
Walnut,English	14.8	64.0	15.8	651
Walnuts, Black	20.5	59.3	14.8	628
Water Chestnuts	1.4	.2	19.0	79

<i>Dried Fruits</i>	<i>Protein</i>	<i>Fats</i>	<i>Carbohydrates</i>	
Apples	1.0	1.6	71.8	275
Apricots	5.0	.5	66.5	260
Dates	2.2	.5	72.9	274
Figs	4.3	1.3	69.1	274
Figs, Smyrna, Dried	4.3	.3	74.2	319
Peaches	3.1	.7	68.3	262
Pears	3.1	1.8	67.3	268
Prunes	3.3	.5	91.3	344
Raisins	2.5	.2	77.4	289

<i>Raw Vegetables</i>	<i>Protein</i>	<i>Fats</i>	<i>Carbohydrates</i>	<i>Calories</i>
Beet Greens	2.2	.3	4.6	24
Chicory Greens	1.8	.3	3.8	20
Collards	4.8	.8	7.5	45
Dandelion Greens	2.7	.7	9.2	45
Endive-Escarole	1.7	.1	4.1	20
Garlic	6.2	.2	30.8	137
Horse Radish	3.2	.3	19.7	87
Kale	6.0	.8	9.0	50
Kohlrabi, Bulb	2.0	.1	6.6	29
Leek	2.2	.3	11.2	52
Lettuce	1.3	.3	3.5	18
Mustard Greens	2.2	.3	3.9	22
Onion, green	1.5	.2	8.2	36
Parsley	3.7	.7	7.4	
Spinach	3.2	.3	4.3	26
Swiss Chard	2.4	.3	4.6	25
Tomatoes	1.1	.2	4.7	22
Turnip Greens	1.0	.2	6.6	30
Water Cress	2.2	.3	3.0	19

<i>Seeds</i>	<i>Protein</i>	<i>Fats</i>	<i>Carbohydrates</i>	<i>Calories</i>
Pumpkin	29.1	46.6	15.0	553
Sesame	18.6	49.1	21.6	563
Sunflower	24.1	47.3	19.9	560

<i>Cereals</i>	<i>Protein</i>	<i>Fats</i>	<i>Carbohydrates</i>	<i>Calories</i>
Barley, whole	8.2	1.0	78.8	349
Buckwheat, whole	11.7	2.4	72.9	335
Bulgur	11.2	1.5	75.7	354
Cornmeal,unbolted	9.2	3.9	73.7	355
Oats, whole dry	14.2	7.4	68.2	390
Oatmeal, cooked	2.0	1.0	9.7	55
Rice, Brown , ckd	2.5	.6	25.5	119
Rice, wild	14.1	.7	75.3	353
Rye, whole	12.1	1.7	73.4	334
Tapioca, dry	.6	.2	86.4	352
Tapioca, pudding	5.0	5.1	17.1	134
Wheat, wholegrain	12.3	1.8	71.7	330
Wheat, Bran	16.0	4.6	61.9	213
Wheat, Germ	26.6	10.9	46.7	360

<i>Breads</i>	<i>Protein</i>	<i>Fats</i>	<i>Carbohydrates</i>	<i>Calories</i>
Corn Bread	7.4	7.2	29.1	207
Pumpernickel	9.1	1.2	53.1	246
Rye	9.1	1.1	52.1	243
Swedish Rye	8.0	.6	70.1	-
Whole wheat	10.5	3.0	47.7	243
White	8.7	3.2	50.4	268

<i>Vegetables, ckd</i>	<i>Protein</i>	<i>Fats</i>	<i>Carbohydrates</i>	<i>Calories</i>
Artichokes	2.8	.2	9.9	8
Asparagus	2.2	.2	3.6	20
Beet Greens	1.7	.2	3.3	18
Beets, Red	1.1	.1	7.2	32
Beets, Sugar	1.0	.1	15.8	-
Broccoli	3.1	.3	4.5	26
Brussels Sprouts	4.2	.4	6.4	36
Cabbage	1.1	.2	4.3	20
Carrots	.9	.2	7.1	31
Cauliflower	2.3	.2	4.1	22
Celery	.8	.1	3.1	14
Collards	3.6	.7	5.1	33
Corn, sweet	3.2	1.0	18.8	83
Dandelion	2.0	.6	6.4	33
Eggplant	1.0	.2	4.1	19
Kale	4.5	.7	6.1	39
Kohlrabi	1.7	.1	5.3	24
Mustard Greens	1.7	.2	2.8	16
Okra	2.0	.3	6.0	29
Onions	1.2	.1	6.5	29
Parsnips	1.5	.5	14.9	66
Peppers, Green	1.0	.2	3.8	18
Potatoes, Baked	2.6	.1	21.1	93
Potaotes, Boiled	2.1	.1	17.1	76
Potatoes, Sw Bkd	2.1	.5	32.5	141
Pumpkins	1.0	.3	7.9	33
Rhubarb	.5	.1	36.0	141
Rutabagas	.9	.1	8.2	35
Salsify	2.6	.6	15.1	142
Spinach	3.0	.3	3.6	23
Squash,summer	.9	.1	3.1	14
Squash, wint, bkd	1.8	.4	15.4	63
Swiss Chard	1.8	.2	3.3	18
Tomatoes	1.3	.2	5.5	26

<i>Vegetables, ckd</i>	<i>Protein</i>	<i>Fats</i>	<i>Carbohydrates</i>	<i>Calories</i>
Turnips	.8	.2	4.9	23
Turnip Greens	2.2	.2	3.6	20

<i>Dairy</i>	<i>Protein</i>	<i>Fats</i>	<i>Carbohydrates</i>	<i>Calories</i>
Buttermilk	3.6	.1	5.1	36
Condensed Milk	8.1	8.7	54.3	321
Cottage Cheese, Creamed	13.6	4.2	2.9	106
Cottage Cheese, Uncreamed	17.0	.3	2.7	86
Cheese, Avg.	23.2	30.0	1.9	370
Cream	3.0	20.6	4.3	211
Cow Butter	.6	81.0	.4	716
Cows Milk	3.5	3.5	4.9	65
Eggs, whole	12.9	11.5	.9	163
Milk, evap.	7.0	7.9	9.7	137
Goats Milk	3.2	4.0	4.6	67
Human Milk	1.1	4.0	9.5	77
Skim Milk	3.6	.1	5.1	36
Whey, dried	12.9	1.1	73.5	349
Egg whites	10.9	0	.8	51
Yogurt, low fat	3.4	1.7	5.2	50
Egg yolk	16	30.6	.6	348

<i>Miscellaneous</i>	<i>Protein</i>	<i>Fats</i>	<i>Carbohydrates</i>	<i>Calories</i>
Maple Syrup	0	0	90	348
Honey	.3	0	82.3	304
Olives, Ripe	1.0	13.8	2.6	129
Molasses, Blkstp	0	0	55.0	213
Sugar, raw	0	0	96.4	373
Sugar, white	0	0	99.5	385
Sorghum	11.0	3.3	73.0	332

<i>Legumes</i>	<i>Protein</i>	<i>Fats</i>	<i>Carbohydrates</i>	<i>Calories</i>
Beans, dried	7.8	.6	21.2	118
Chick Peas, dry	20.5	4.8	61.0	360
Beans, Kidney	7.8	.5	21.4	118
Lentils	7.8	0	19.3	106
Lima Beans, dry	8.2	.6	25.6	138
Lima Beans, green	7.6	.5	19.8	111
Peas, dried	8.0	.3	20.8	115
Peas, green	5.4	.4	12.1	71
Soy Beans	9.8	5.1	10.1	118
String Beans, fresh	1.6	.2	5.4	25

<i>Edible Fungi</i>	<i>Protein</i>	<i>Fats</i>	<i>Carbohydrates</i>	<i>Calories</i>
Mushrooms, raw	2.7	.3	4.4	28
Mushrooms, ckd	1.9	.1	2.4	17

<i>Flesh Foods</i>	<i>Protein</i>	<i>Fats</i>	<i>Carbohydrates</i>	<i>Calories</i>
Beef, Avg	17.4	25.1	0	301
Chicken	28.0	6.3	0	176
Pork	24.5	28.5	0	362

<i>Sea Food</i>	<i>Protein</i>	<i>Fats</i>	<i>Carbohydrates</i>	<i>Calories</i>
Clams	12.6	1.6	2.0	76
Crabs	17.3	1.9	.5	93
Lobster	18.7	1.5	.3	95
Mussels	18.2	3.3	1.5	114
Oysters, Raw	9.5	2.0	4.9	78
Pike	19.1	.9	0	90
Salmon, Fresh Red	27.0	7.4	0	182
Sea Fish, Avg	21.5	8.5	6.7	196
Shrimp	25.4	1.0	.2	112

Alkaline Foods

Listed from most alkaline, to least
(the top of the chart is the most alkaline)

Celery
Dandelion
Lettuce
Cucumbers
Carrots
Figs, Smyrna
Egg Plant
Rutabaga
Okra
Huckleberries
Strawberries
Beets
Limes
Tomatoes
Oranges
Molasses, Natural
Blackberries
Water Cress
Lemons
Gooseberries
Muskmelon
Olives
Cauliflower
Parsnips
Cabbage
Mango
Pineapple
Beans, String
Grapefruit
Peaches
Lima Beans
Soy Beans
Apricots
Radishes
Mushrooms
Watermelon
Potato, white
Salsify
Prunes
Cherries
Turnip Leaves
Plums
Raisins
Turnips
Sugar, raw

Squash
Apples
Pumpkin
Banana
Peas
Potato, sweet
Filberts
Milk, skimmed
Beans, dried
Currants
Maple Syrup
Cranberries
Honey
Grape Juice
Asparagus
Dates
Pecans
Onions

Low Alkaline, or “neutral”, just slightly on the alkaline side:

Citron
Buttermilk
Grapes
Milk, condensed
Milk, whole
Kidney Beans
Pears, raw
Almonds
Peanuts
Coconut
Sorghum
Milk, goat
Cream

Acidic Foods, from the least to the most acidic
(the bottom of the chart is the most acidic)

Low Acid, or “neutral”, just slightly on the acidic side:

Swedish Rye Crisp
Cottage Cheese
Corn, green
English Walnuts
Corn Meal
Brown Rice
Rolled Oats
Cracked Wheat
whole Grain Wheat

Bread, whole wheat
Shredded Wheat
Butter, creamery

Acidic Foods:

Catfish
Pork, loin chops
Porterhouse Steak
Lamb, leg
Sardines
Fowl
Halibut, smoked
Beef, sides, lean
Pork, Tenderloin
Beef, rump, lean
Beef, hind quarter
Beef, fore quarter
Butter fish
Beef, ribs, lean
Salmon, fresh
Salmon, canned
Ham, fresh lean
Beef, flank, lean
Veal, loin, fat
Beef, rib rolls
Beef, loin
Shad
Eel
Mackerel, canned
Herring, smoked
Veal, leg, fat
Beef, neck, lean
Veal, kidney
Veal, breast, lean
Herring
Beef, round, lean
Veal, neck
Mackerel, fresh
Beef, kidney
Veal, rib, fat
Eggs, whole
Veal, liver
White fish
Veal loin, lean
Halibut Steak
Beef, shoulder
Beef, liver
Beef, shank, fork

Veal, shoulder
 Beef, hind shank
 Beef, dried
 Veal, lean leg
 Beef, juice
 Sturgeon
 Chicken, broiler
 Beef, round
 Veal, chuck
 Smelt
 Black fish
 Blue fish
 Perch
 Cod
 Haddock
 Frog legs
 Cod, salted
 Haddock smoked
 Oysters

Oxalic Acid

In milligrams per 100 grams (3 1/3 ounces)

Tea-steeped 5 min....2.06
 Black Pepper...3.25
 Sorrel...3.63
 Cocoa...4.50
 Rhubarb stems...5.00
 Swiss chard...6.45
 Spinach...8.92
 Purslane leaves...9.10
 Beet greens...9.16

<p style="text-align: center;"><i>Vitamin A</i> <i>Retinol-preformed vitamin A, fat soluble</i> <i>Beta Carotene, provitamin A, water soluble, non toxic</i></p>	
<u>Daily Dosage:</u>	RDA 4000-5000 IU Supplementary Ranges 10,000-35,000 IU Toxicity: 50,000 IU Toxicity Symptoms (not possible from raw food sources): Ankle swelling, appetite & weight loss, bone abnormalities, dry lips, dry shedding skin, fatigue, hair loss, headaches, nausea, vomiting
<u>Augmenting Nutrients:</u>	B complex, choline, C (helps prevent toxic effects of A), D, E, F, Calcium, phosphorus, zinc
<u>Anti-Vitamins:</u>	Sugar, tobacco, alcohol, coffee, cold weather, cortisone, diabetes, deficiency (vitamin D & zinc), excess (iron) infections, laxatives, liver disease, mineral oil, nitrates, strenuous physical activity within 4 hours of consumption
<u>Animal Sources:</u>	Liver, eggs, fish, fish liver oil, milk products, butter, cheese
<u>Plant Sources:</u>	Apricots, broccoli, asparagus, beet greens, blue green algae, butternut squash, cantaloupe, carrots, dandelion greens, green and yellow fruits and vegetables, green olives, mango, papaya, parsley, prunes, red pepper, snap beans, spirulina, spinach, sweet potatoes
<u>Bodily Parts Affected:</u>	Bones, eyes, hair, immune system, skin, soft tissue, teeth
<u>Bodily Functions Facilitated:</u>	Antioxidant, body tissue reparation & maintenance (infection resistance), nutrition of cornea, permeability of membranes, RNA synthesis, visual purple production (necessary for night vision), sex hormone synthesis (fertility/impotence), thyroid & adrenal gland stimulant
<u>Deficiency Symptoms:</u>	Acne, allergies, anorexia, appetite loss, rough dry skin, sinus trouble, soft tooth enamel, steroid synthesis reduction, blemishes, blindness, colds, dry hair, eye sties, fatigue, insomnia, impaired growth, itching burning eyes, loss of smell, night blindness
<u>Therapeutic Applications:</u>	Acne, alcoholism, arthritis, asthma, bronchitis, cancer preventive, cholesterol (high), colds, conjunctivitis, cuts and wounds (promotes healing), cystitis, diabetes, eczema, gallstones, glaucoma, heart disease, hepatitis, infections and communicable diseases, migraine headaches, tooth & gum disorders, ulcers

<i>Vitamin B Complex</i> <i>water soluble</i>	
<u>Daily Dosage:</u>	RDA: see B vitamins Supplementary Ranges: see B vitamins Toxicity: not known
<u>Augmenting Nutrients:</u>	B complex should be taken, along with the singular desired B vitamin, since an excess of one may create an imbalance of the others; C , calcium, E, phosphorus
<u>Anti-Vitamins:</u>	Alcohol, antibiotics, coffee, infections, oral contraceptives, sleeping pills, stress, sugar excess, sulfa drugs
<u>Animal Sources:</u>	Eggs, liver, meat, milk, organ meats, salmon,yogurt (produces intestinal bacteria needed for synthesis of B vitamins)
<u>Plant Sources:</u>	Broccoli, brewer's yeast, brown rice, cabbage, cauliflower, dandelion greens, dried beans, green leafy vegetables, kelp, peanut butter, seed germs, wheat germ, whole grains
<u>Bodily Parts Affected:</u>	Body cells, eyes, gastrointestinal tract, hair, liver, mouth, nervous system, skin
<u>Bodily Functions Facilitated:</u>	Energy metabolism (carbohydrate/fat/protein), gastrointestinal tract muscle tone maintenance, organ detoxifier
<u>Deficiency Symptoms:</u>	Acne, anemia, appetite loss, bad breath, cholesterol (high), circulation (poor), constipation, dark tongue color, depression, digestive disturbances, fatigue, hair (dull/dry/falling), hypertension, insomnia, leg muscles (tender/painful), nervousness, skin (dry/rough)
<u>Therapeutic Applications:</u>	Alcoholic psychosis, allergies, barbituate overdose, cystitis, fatigue, heart abnormalities, hypersensitivity, hypoglycemia, menier's syndrome, menstrual difficulties, mental illness, migraine headaches, nervous disorders, stress

<i>Vitamin B1</i> <i>Thiamine</i>	
<u>Daily Dosage:</u>	RDA: 1.1 – 1.5 mg Supplementary Ranges: 10-50 mg Toxicity: not known
<u>Augmenting Nutrients:</u>	B complex, B2, C, E, folic acid, manganese, niacin, sulphur
<u>Anti-Vitamins:</u>	Alcohol, antacids, barbiturates, coffee, diuretics, fever, hypothyroidism, niacin deficiency, raw clams, sugar excess, stress, surgery, tea (tannic acid), tobacco
<u>Animal Sources</u>	Egg yolk, fish, lean pork, liver, meats, organ meats, poultry lobster 1 lb =2 mg
<u>Plant Sources:</u>	Almonds, asparagus, avocado, brewer's yeast, brown rice, dried apricots, dry beans & peas, legumes, nuts, peanuts, seeds, soybeans, wheat germ, whole grains, wild rice sunflower seeds (hulled) 1 cup=3 mg
<u>Bodily Parts Affected:</u>	Brain, ears, eyes, digestive system, hair, heart, nervous system
<u>Bodily Functions Facilitated:</u>	Appetite stimulant, blood building, carbohydrate metabolism, circulation, digestion (hydrochloric acid production), energy, growth, learning capacity, muscle tone maintenance of intestines/stomach/ heart, pain inhibitor
<u>Deficiency Symptoms:</u>	Appetite loss, beriberi, constipation, depression, digestive disturbances, fatigue, insomnia, irritability, memory loss, nervousness, numbness of hands/feet, pain & noise sensitivity, pains around the heart, shortness of breath
<u>Therapeutic Applications:</u>	Air & sea sickness, alcoholism, anemia, congestive heart failure, constipation, diarrhea, diabetes, indigestion, nausea, mental illness, multiple sclerosis, rapid heart rate, shingles, stress

<i>Vitamin B2</i> <i>Riboflavin</i> <i>water soluble</i>	
<u>Daily Dosage:</u>	RDA_ 1.3- 1.7 mg Supplementary Ranges: 10-50 mg Toxicity: not known
<u>Augmenting Nutrients:</u>	B complex, B6, C, niacin, phosphorus
<u>Anti-Vitamins:</u>	Alcohol, B3 deficiency, coffee, sodium bicarbonate, sugar excess, tea, tetracyclines, tobacco
<u>Animal Sources:</u>	Eggs, fish, milk, organ meats, poultry
<u>Plant Sources:</u>	Brewer's yeast, brown rice, dried beans, fruit, green leafy vegetables, legumes, miso, nori, nuts, seeds, soyfoods (tempeh, tofu), soymilk, whole grains almonds 1 cup =1 mg
<u>Bodily Parts Affected:</u>	Adrenals, blood cells, digestive/enzymatic/& glandular systems, eyes, hair, nerves, skin, soft body tissue
<u>Bodily Functions Facilitated:</u>	Antibody & red blood cell formation, cell respiration, iron assimilation, metabolism of carbohydrate/fat/protein
<u>Deficiency Symptoms:</u>	Blurred vision, cataracts, corner of mouth cracks & sores, dizziness, itching/burning eyes, light sensitivity & eye fatigue, oily skin, poor digestion, red sore tongue, retarded growth
<u>Therapeutic Applications:</u>	Acne, alcoholism, arthritis, athletes foot, baldness, cataracts, conjunctivitis, diabetes, diarrhea, glaucoma, indigestion, leg cramps, malabsorption, enier's syndrome, stress, vaginitis, vertigo

<i>Vitamin B3</i> <i>Niacin</i>	
<u>Daily Dosage:</u>	RDA: 15-19 mg Supplementary Ranges: 50-100 mg Toxicity Symptoms: harmless body flush may occur when using niacin. This does not occur with niacinamide
<u>Augmenting Nutrients:</u>	B complex, B1, B2, B6, (tryptophane conversion), C, phosphorus, proteins
<u>Anti-Vitamins:</u>	Alcohol, antibiotics, coffee, corn, liver disease, sugar/starches excess
<u>Animal Sources:</u>	Eggs, lean meats, liver, milk products, organ meats, peanuts, poultry, seafood
<u>Plant Sources:</u>	Beans, brewer's yeast, dates, dried figs, green leafy vegetables, mushrooms, peas, peanuts, prunes, whole grain breads & cereals
<u>Bodily Parts Affected:</u>	Brain, heart, liver, nerves, skin, soft tissue, tongue
<u>Bodily Functions Facilitated:</u>	Circulation, cholesterol level reduction, growth, histamine activator, hydrochloric acid production, metabolism of carbohydrate/fat/protein, sex hormone production
<u>Deficiency Symptoms:</u>	Appetite loss, bad breath, canker sores, depression, fatigue, headaches, indigestion, insomnia, memory impairment, muscular weakness, nausea, nervous disorders, skin eruptions
<u>Therapeutic Applications:</u>	Acne, arthritis, baldness, diabetes, diarrhea, digestive problems, dizziness, high blood pressure, hyperactivity, hypoglycemia, leg cramps, menier's syndrome, mental illness, migraine headaches, poor circulation, premature senility, schizophrenia, stress, tooth decay

<i>Vitamin B6</i> <i>Pyridoxine</i> <i>water soluble</i>	
<u>Daily Dosage:</u>	RDA: 1.6 – 2.0 mg Supplementary Ranges: 10-50 mg Toxicity: not known
<u>Augmenting Nutrients:</u>	B complex, B1, B2, C, pantothenic acid, magnesium, potassium, linoleic acid, sodium
<u>Anti-Vitamins:</u>	Alcohol, coffee, estrogens, oral contraceptives, penicillamine, post-menopausal drugs, radiation exposure, tobacco
<u>Animal Sources:</u>	Crab, fish, halibut, lobster, organ meats, veal, trout 1/2 lb 1.5 mg
<u>Plant Sources:</u>	Avocado, bananas, blackstrap molasses, blueberries, brewer's yeast, brown rice, cabbage, cantaloupe, crab, green leafy vegetables, melons, mushrooms, peanuts, prunes, raisins, soybeans, soyflour, walnuts, whole grains wheat germ (toasted) 1 cup 1 mg
<u>Bodily Parts Affected:</u>	Blood, central nervous system, muscles, skin
<u>Bodily Functions Facilitated:</u>	Antibody formation, carbohydrate absorption, DNA & RNA synthesis, fat & protein utilization (weight control), hemoglobin & hydrochloric acid production, magnesium & linoleic acid function, sodium/potassium balance (nerves) tryptophane conversion (niacin)
<u>Deficiency Symptoms:</u>	Acne, anemia, appetite loss, conjunctivitis, depression, dizziness, edema (water retention), facial oiliness, hair loss, infant convulsions irritability, learning disabilities, nausea, nervousness, sleepiness, sore lips & tongue, weakness
<u>Therapeutic Applications:</u>	Artherosclerosis, arthritis, asthma, breath holding (children), cholesterol (high), cystitis, eczema, diabetes, hypoglycemia, mental retardation, muscular disorders, nervous disorders, nausea (pregnancy), oral cavity preventive, PMS, post-operative nausea, rheumatic conditions, sexual disorders (males), stress

<i>Vitamin B12</i> <i>Cobalamin</i> <i>water soluble</i>	
Daily Dosage	RDA: 2.0 mcg Supplementary Ranges: 100-300 mcg Toxicity: not known
<u>Augmenting Nutrients:</u>	B complex, B6, C, calcium, choline, folic acid, Inositol, potassium, sodium
<u>Anti-Vitamins:</u>	Alcohol, B6/calcium/iron deficiencies, coffee, hydrochloric acid deficiency, laxatives, liver disease, oral contraceptives, tobacco
Animal Sources:	Beef, eggs, crab, fish, mackerel, milk & milk products, organ meats, oysters, pork, salmon, liver (beef) 1/2 lb 181 mcg Trout 1.2 lb = 11mcg
Plant Source:	Spirulina *
<u>Bodily Parts Affected:</u>	Liver, nerves, red blood cells
<u>Bodily Functions Facilitated:</u>	Appetite stimulation, blood cell formation, cell longevity, healthy nervous system, iron absorption, metabolism of carbohydrate/fat/protein, normal energy levels, protection of liver from toxins
<u>Deficiency Symptoms:</u>	Appetite loss, diminished reflex responses, fatigue, irritability, memory impairment, mental depression & confusion, nervousness, pernicious anemia, unpleasant body odor, walking & speaking difficulties, weakness (arms/legs)
<u>Therapeutic Applications:</u>	Alcoholism, allergies, anemia, anxiety, arthritis, asthma, bursitis, epilepsy, fatigue, hepatitis, hypoglycemia, inability to concentrate, insomnia, menstrual disturbances, depression, osteoporosis, shingles, stress

*Marine plant life (chlorella, dulse, nori, blue-green algae, spirulina) contain analogues of vitamin B₁₂ which can interfere with normal cobalamin metabolism; to rely on seaweed for vitamin B₁₂ is to lean on a splintered stick. Dr. Michael Donaldson

<p style="text-align: center;"><i>Biotin</i> <i>B Complex</i> <i>water soluble</i> a.k.a.: Vitamin H, B 7, or C₁₀H₁₆N₂O₃S (Biotin; Coenzyme R, Biopeiderm)</p>	
<u>Daily Dosage:</u>	RDA: 30-100 mcg Supplementary Ranges: 300-500 mcg Toxicity: not known
<u>Augmenting Nutrients:</u>	B Complex, B12, C, folic acid, pantothenic acid, sulphur
<u>Anti-Vitamins:</u>	Alcohol, antibiotics, coffee, raw egg white (avidin), sulfa drugs
<u>Animal Sources:</u>	Egg yolk, milk, organ meats Liver (beef) ½ lb = 227 mcg
<u>Plant Sources:</u>	Almonds, bananas, brewer's yeast, legumes, mushrooms, peapnuts, raisins, walnuts, whole grains
<u>Bodily Parts Affected:</u>	Bone marrow, genetic system, glands, hair, metabolic system, muscles, skin
<u>Bodily Function Facilitated:</u>	Cell growth, fatty acid production, metabolism of carbohydrate/fat/protein, vitamin B utilization
<u>Deficiency Symptoms:</u>	Depression, dry skin, fatigue, grayish skin color, insomnia, muscular pain, nausea, nervousness, poor appetite
<u>Therapeutic Applications:</u>	Baldness, depression, dermatitis, eczema, leg cramps, muscle pain

<i>Choline</i> <i>B Complex</i> <i>water soluble</i>	
Daily Dosage:	RDA: not known Supplementary Ranges: 100-500 mg Toxicity: not known
<u>Augmenting Nutrients:</u>	A, B complex, B12 folic acid, inositol, linoleic acid, protein
<u>Anti-Vitamins:</u>	Alcohol, coffee, sugar excess
<u>Animal Sources:</u>	Eggs, fish, liver, meats, organ meats
<u>Plant Sources:</u>	Bran, brewer's yeast, green leafy vegetables, lecithin, legumes, nuts, seeds, soybeans, wheat germ
<u>Bodily Parts Affected:</u>	Adrenal glands, autonomic nervous system, brain, cardiovascular system, gall bladder, hair, kidneys, liver, thymus gland
<u>Bodily Functions Facilitated:</u>	Lecithin formation, liver and gallbladder regulation, metabolism of cholesterol/fats, nerve transmission
<u>Deficiency Symptoms:</u>	Bleeding stomach ulcers, growth problems, heart trouble, high blood pressure, impaired liver and kidney function, intolerance to fats
<u>Therapeutic Applications:</u>	Alcoholism, arteriosclerosis, baldness, cholesterol (high), constipation, ear noises, gallstone prevention, hardening of the arteries, headaches, heart trouble, high blood pressure, hypoglycemia, liver damage

<p style="text-align: center;"><i>Folic Acid</i> <i>Folacin B Complex</i> <i>water soluble</i></p>	
<u>Daily Dosage:</u>	RDA: 180-200 mcg Supplementary Ranges: 2000-4000 mcg Toxicity: Excessive intake can mask B12 deficiency
<u>Augmenting Nutrients:</u>	B complex, B12, biotin, pantothenic acid, vitamin C
<u>Anti-Vitamins:</u>	Alcohol, aspirin, celiac disease, coffee, fever, heat (cooking), oral contraceptives, stress, sulfa drugs, tobacco
<u>Animal Sources:</u>	Eggs, haddock, halibut, milk products, organ meats, oyster, salmon, seafood, tuna
<u>Plant Sources:</u>	Beets, boysenberries, brown rice, cabbage family, cantaloupe, citrus fruits, green leafy vegetables, soybean sprouts, soy flour, spinach, Asparagus 1 cup=160 mcg
<u>Bodily Parts Affected:</u>	Blood, glands, liver
<u>Bodily Functions Facilitated:</u>	Appetite stimulation, brain function, cell growth & reproduction, circulation, DNA & RNA production, hydrochloric acid production, liver performance, nucleic acid formation, protein metabolism, red blood cell formation
<u>Deficiency Symptoms</u>	Anemia, digestive disturbances, graying hair, growth problems, insomnia, tongue inflammation, memory impairment
<u>Therapeutic Applications:</u>	Alcoholism, anemia, atherosclerosis, baldness, canker sores, cervical dysplasia, circulatory problems, epilepsy, fatigue, gout, heart disease, menstrual problems, mental illness, psoriasis, stomach, ulcers, stress

<p style="text-align: center;"><i>Inositol</i> <i>B Complex</i> <i>water soluble</i></p>	
<u>Daily Dosage:</u>	RDA: not known Supplementary Ranges: 100-500 mg Toxicity: not known
<u>Augmenting Nutrients:</u>	B complex, B12, choline, linoleic acid
<u>Anti-Vitamins:</u>	Alcohol, coffee
<u>Animal Sources:</u>	Meat, milk, organ meats
<u>Plant Sources:</u>	Brewer's yeast, citrus fruits, lecithin, nuts, seeds, spinach, sprouts, vegetables, wheat germ, whole grains Orange 1 med = 400mg
<u>Bodily Parts Affected:</u>	Brain, hair, heart, intestines, kidneys, liver, muscles
<u>Bodily Functions Facilitated:</u>	Artery hardening retardation, cholesterol reduction, fat emulsification, hair growth, lecithin formation, metabolism of cholesterol/fat
<u>Deficiency Symptoms:</u>	Cholesterol (high), constipation, eczema, eye abnormalities, hair loss
<u>Therapeutic Applications:</u>	Atherosclerosis, baldness, cirrhosis of liver, constipation, heart disease, hypertension, hypoglycemia, insomnia, overweight, schizophrenia

<p align="center"><i>Pantothenic Acid</i> <i>B Complex</i> <i>water soluble</i></p>	
<u>Daily Dosage:</u>	RDAP 4 – 7 mg Supplementary Ranges: 50-200 mg Toxicity Symptoms: High doses may cause diarrhea
<u>Augmenting Nutrients</u>	B complex*, B6, B12, Biotin, folic acid, C
<u>Anti-Vitamins:</u>	Alcohol, coffee
<u>Animal Sources:</u>	Beef liver, cheese, eggs, egg yolks, fish, organ meats, salmon, Flounder 1/2 lb= 2mg
<u>Plant Sources:</u>	Beans, bran, brewer's yeast, broccoli, brown rice, carrots, cauliflower, peas, legumes, lima beans, mushrooms, oats, peanuts, royal jelly, soybeans, spinach, walnuts, wheat, wheat germ, whole grains
<u>Bodily Parts Affected:</u>	Adrenal glands, digestive tract, immune system, nerves, skin
<u>Bodily Functions Facilitated:</u>	Antibody formation (detoxifier), antihistamine action, carbohydrate/ fat/ protein conversion (energy), cholesterol synthesis, cortisone production, growth stimulation, stress tolerability, vitamin D utilization
<u>Deficiency Symptoms:</u>	Abdominal pains, burning feet, fainting sensations, fatigue, hair loss, impaired muscular coordination, insomnia, intestinal disorders, irritability, lowered blood pressure, lowered resistance to infections, muscle cramps, nervousness, premature aging, rapid pulse
<u>Therapeutic Applications:</u>	Adrenal exhaustion, allergies, arthritis, baldness, cortisone therapy (reduces side effects), cystitis, digestive disorders, duodenal ulcers, eczema, fatigue, gout, hypertension, hypoglycemia, infections, kidney trouble, neuritis, stress, tooth decay, wound healing

*Essential for proper function

<p style="text-align: center;"><i>Paba</i> <i>Para Aminobenzoic Acid</i> <i>water soluble</i></p>	
<u>Daily Dosage:</u>	RDA: non stated Supplementary Ranges: 10-100 mg Toxicity: Excessive intake may be toxic to certain individuals if taken regularly
<u>Augmenting Nutrients:</u>	B complex*, folic acid, C
<u>Anti-Vitamins:</u>	Alcohol, coffee, sulfa drugs
<u>Animal Sources:</u>	Eggs, liver, milk, organ meats
<u>Plant Sources:</u>	Blackstrap molasses, bran, brewer's yeast, rice, wheat germ, whole grains
<u>Bodily Parts Affected:</u>	Glands, hair, intestines, skin
<u>Bodily Functions Facilitated:</u>	Blood cell formation, hair pigmentation, intestinal bacteria activity, protein metabolism
<u>Deficiency Symptoms:</u>	Adrenal exhaustion, constipation, depression, digestive disorders, fatigue, headaches, irritability, premature graying of hair, stress
Therapeutic Applications:	Baldness, infertility, overactive thyroid, parasitic diseases, rheumatic fever, sunburn protection. <u>External</u> : burns (pain of), dark skin spots, dry skin, sunburn, wrinkles

<p style="text-align: center;"><i>Vitamin C</i> <i>Ascorbic Acid</i> <i>water soluble</i></p>	
<u>Daily Dosage:</u>	RDA: 60 mg Supplementary Ranges: 250-5000 mg Toxicity: excessive intake may produce side effects in some individuals Toxicity Symptoms: Burning urination, loose bowels, skin rashes
<u>Augmenting Nutrients:</u>	All vitamins & minerals, bioflavonoids, calcium*, magnesium
<u>Anti-Vitamins:</u>	Antihistamines, aspirin, barbiturates, cortisone, high fever, oral contraceptives, stress, tetracyclines, tobacco, vitamin A deficiency
<u>Animal Sources:</u>	Beef liver, salmon
<u>Plant Sources:</u>	Most all fresh fruits & vegetables, acerola cherries, alfalfa sprouts, apricots, asparagus, black currants, cantaloupe, cauliflower, citrus fruits, green vegetables, guava, mango, mustard greens, oranges, papaya, strawberries, tomatoes Orange juice 1 cup = 125 mg Sweet peppers 1 cup = 128 mg Broccoli 1 cup = 140 mg
<u>Bodily Parts Affected:</u>	Adrenal glands, blood, bones, capillary walls, cells, connective tissue (skin/ligaments/bones/gums), heart, mucous membranes, nervous system, teeth
<u>Bodily Functions Facilitated:</u>	Antioxidant, antistress, burn & wound healing, collagen production, detoxification, digestion, fine bone & tooth formation, iodine conservation, iron absorption from food, pain reduction, red blood cell formation (hemorrhaging prevention), shock & infection resistance (colds), vitamin protection (oxidation)
<u>Deficiency Symptoms:</u>	Anemia, bleeding gums, breath shortness, capillary wall ruptures (bruise easily), dental cavities, low infection resistance (colds), muscle degeneration, nosebleeds, poor digestion, stress, weakened cartilages
<u>Therapeutic Applications:</u>	Alcoholism, allergies, atherosclerosis, arthritis, backaches, baldness, burns, cancer prevention, cataracts, cholesterol (high), colds, cystitis, diabetes, drug addiction, gallstones, hypoglycemia, heart disease, hepatitis, insect bites, kidney stones, prickly heat, sinusitis, stress, tooth decay, urinary tract infections, viral infections

*Essential for proper function

<p style="text-align: center;"><i>Bioflavonoids</i> <i>Vitamin P, Citrin, Flavonoids, Flavones, Hesperidin, Rutin</i> <i>water soluble</i></p>	
<u>Daily Dosage:</u>	RDA: not known Supplementary Ranges: 50-100 mg Toxicity: not known
<u>Augmenting Nutrients:</u>	Vitamin C
<u>Anti-Vitamins:</u>	Antihistamines, aspirin, barbiturates, cortisone, high fever, oral contraceptives, stress, tetracyclines, tobacco, vitamin A deficiency
<u>Animal Sources:</u>	None
<u>Plant Sources:</u>	Skin & pulp of fruits, apricots, blackberries, buckwheat, cherries, grapefruit, grapes, lemons, oranges, papaya, peppers, plums, prunes, rose hips
<u>Bodily Parts Affected:</u>	Blood, capillary walls, connective tissue (skin/gums/ligaments/bones), red blood cells, teeth
<u>Bodily Functions Facilitated:</u>	Blood vessel wall maintenance, bruising minimization, capillary strength maintenance, cold & flu prevention
<u>Deficiency Symptoms:</u>	Blood shot eyes, tendency to bruise or bleed easily, anemia, bleeding gums, breath shortness, capillary wall ruptures (bruise easily), dental cavities, low infection resistance (colds), muscle degeneration, nosebleeds, poor digestion, stress, weakened cartilages
<u>Therapeutic Applications:</u>	Allergies, asthma, bleeding gums, broken capillaries, bursitis, colds, depression, dizziness (caused by inner ear), eczema, flu, hemorrhoids, high blood pressure, miscarriages, rheumatic fever, varicose veins

<p style="text-align: center;"><i>Vitamin D</i> <i>D2 Calciferol (synthetic), D2 Ergosterol, D3 Fish Liver Oils (natural)</i> <i>fat soluble</i></p>	
<u>Daily Dosage:</u>	RDA: 200 IU Supplementary Ranges: 400-1000 IU Toxicity 10,000 IU excessive intake may be toxic to certain individuals if taken regularly. Toxicity Symptoms: Appetite loss, diarrhea, dizziness, increased urination, muscular weakness, nausea, vomiting, weariness
<u>Augmenting Nutrients:</u>	A, choline, C, F, calcium, phosphorus
<u>Anti-Vitamins:</u>	Laxatives, mineral oil, phenobarbitol
<u>Natural Sources:</u>	Sunlight, 5-10 minutes, 2 or 3 times/week. Can be stored in liver for winter.
<u>Animal Sources:</u>	Bone meal, butter, egg yolks, fish liver oils, herring, organ meats, tuna fish (in oil), sardines Liver (beef ¼ lb = 40 IU; Milk 1 cup = 100 IU)
<u>Plant Sources:</u>	Shiitake mushrooms, chlorella, (chlorophyll reduces our requirement for D)
<u>Bodily Parts Affected:</u>	Bones, heart, kidney, nervous system, skin, teeth, thyroid gland
<u>Bodily Functions Facilitated:</u>	Calcium & phosphorus metabolism (bone formation), heart action, nervous system maintenance, normal blood clotting, normal growth in children, skin respiration
<u>Deficiency Symptoms:</u>	Brittle & fragile bones, burning in mouth & throat, diarrhea, insomnia, irregular heartbeat, low blood calcium, myopia, nervousness, pale skin, poor metabolism, rickets, sensitivity to pain, soft bones & teeth
<u>Therapeutic Applications:</u>	Acne, alcoholism, allergies, arthritis, cholesterol (high), colds, conjunctivitis, cystitis, diabetes, eczema, menopausal symptoms, myopia, osteomalacia, osteoporosis, psoriasis, skin/eye/respiratory problems, stress, tooth decay & pyorrhea (preventive)

<p style="text-align: center;"><i>Vitamin E</i> <i>Tocopherol, D'alpha (natural), DL'alpha (synthetic)</i></p>	
<u>Daily Dosage:</u>	RDA: 8-10 IU Supplementary Ranges: 100-1200 IU Toxicity: 4000+ IU excessive intake may produce side effects in some individuals. Toxicity Symptoms: elevated blood pressure when starting with high doses
<u>Augmenting Nutrients:</u>	A, B complex*, B1, C, F, inositol*, magnesium, manganese*, selenium
<u>Anti-Vitamins:</u>	Air pollution, chlorine, estrogen, inorganic iron (chelated iron does not affect E), laxatives, mineral oil, oral contraceptives, rancid fat & oil
<u>Animal Sources:</u>	Beef liver, butter, eggs, herring, organ meats Mackerel 1 lb = 7 IU
<u>Plant Sources:</u>	Almonds, asparagus, bran, brown rice, cucumber, dark green vegetables, fruits, kale, nuts, peanuts, seeds, soybeans, unrefined cereals, vegetable oils, wheat germ & oil, whole grains Hazelnuts 1/2 cup= 14 IU
<u>Bodily Parts Affected:</u>	Arteries, blood vessels, heart, lungs, nerves, pituitary gland, skin
<u>Bodily Functions Facilitated:</u>	Aging retardation, anti-clotting factor, antioxidant, blood cholesterol reduction, blood flow to heart, capillary wall strengthener, circulation, diuretic, fertility aid, lung protection (anti-pollution), muscle & nerve maintenance, potency (males), toxin neutralizer, speeds healing, utilization of oxygen (energy)
<u>Deficiency Symptoms:</u>	Enlarged prostate gland, gastrointestinal disease, hair (dry, dull or falling out), impotency, miscarriages, muscular wasting, muscle weakness, sterility
<u>Therapeutic Applications:</u>	Allergies, arthritis, arteriosclerosis, baldness, cancer preventive, cholesterol (high), cystitis, diabetes, eye disorders, fibrocystic breast disease, heart disease, leg cramps, liver disease, menstrual & menopausal problems, migraine headaches, myopia, peptic ulcers, PMS, phlebitis, skin diseases, thrombosis, varicose veins. External: burns, scars, warts, wounds, wrinkles

- Essential for proper function

<p style="text-align: center;"><i>Vitamin F</i> <i>Unsaturated Fatty Acid, Linoleic, Linolenic, Oleic</i> <i>fat soluble</i></p>	
<u>Daily Dosage:</u>	RDA 10% of total caloric intake Supplementary Ranges: same as RDA Toxicity: not known
<u>Augmenting Nutrients:</u>	A, C, D, phosphorus, selenium, vitamin E(antioxidant), zinc
<u>Anti-Vitamins:</u>	High intake (saturated fat), laxatives, radiation, x-rays
<u>Animal Sources:</u>	Cod liver oil, unsaturated fish oils (omega 3 fatty acids)
<u>Plant Sources:</u>	Black currant seed oil, evening primrose oil, lecithin, linseed (flax) oil, vegetable oils (safflower, soy, corn), wheat germ, sunflower seeds
<u>Bodily Parts Affected:</u>	Cells, glands (adrenal, thyroid), hair, mucous membranes, nerves, skin
<u>Bodily Functions Facilitated:</u>	Artery hardening prevention, blood coagulation, blood pressure normalizer, cholesterol destroyer, glandular activity, growth facilitator, presursor of prostaglandins, vital organ respiration
<u>Deficiency Symptoms:</u>	Acne, allergies, diarrhea, dry skin, dry brittle hair, eczema, gallstones, nail problems, underweight, varicose veins
<u>Therapeutic Applications:</u>	Alcoholism, angina pectoris, atherosclerosis, baldness, bronchial asthma, cancer, cardiovascular disease, cholesterol (high), eczema, gallbladder problems, heart disease, leg ulcers, MS, poor circulation, prostate problems, psoriasis, rheumatoid arthritis, overweight

<i>Calcium</i>	
<u>Daily Dosage:</u>	RDA 800 mg Supplementary Ranges: 1000-2000 mg Toxicity: excessive intake may produce side effects in some individuals
<u>Augmenting Nutrients:</u>	Vitamins A*, C*, D*, F, iron*, exercise, magnesium*, manganese, phosphorus*, protein (especially lysine), silicon, sunlight
<u>Anti-Minerals:</u>	Diuretics, lack of exercise, oxalic & phytic acids, phenobarbital, protein deficiency, saturated fat excess, stress, sugar excess, tetracyclines, vitamin D deficiency
<u>Animal Sources:</u>	Bone meal, liver, milk & dairy products, salmon (w/ bones), sardines, shellfish Salmon ½ lb = 179 mg
<u>Plant Sources:</u>	Carob flour, green leafy vegetables, legumes, molasses, nuts, sea vegetables (arame, dulse, hijiki, kelp wakame), sesame/sunflower seeds, tahini, tofu, watercress Wakame 4 oz. = 1474 mg
<u>Bodily Parts Affected:</u>	Blood, bones, circulatory/digestive/enzymatic/immune & nervous system, heart, muscles, skin, soft tissues, teeth
<u>Bodily Functions Facilitated:</u>	Androgen, cortisone & estrogen production, bone & tooth formation, blood clotting, heart rhythm, nerve transmission & tranquilization, muscle growth & contraction, permeability of cell membranes
<u>Deficiency Symptoms:</u>	Arm & leg numbness, brittle fingernails, eczema, fragile bones, headaches, heart palpitation, hypertension, insomnia, irritability, muscle cramps, nervousness, osteomalacia, osteoporosis, periodontal disease, rickets, tooth decay
<u>Therapeutic Applications:</u>	Arthritis, aging symptoms (backache, bone pain, finger/foot/leg cramps, high blood pressure, high cholesterol & triglycerides), insomnia, menstrual cramps, menopausal problems, nervousness, overweight, PMS, rheumatism

* Essential for proper function

<i>Chromium</i>	
<u>Daily Dosage:</u>	RDA 50-200 mcg Supplementary Ranges: 200 mcg Toxicity: not known
<u>Augmenting Nutrients:</u>	None known
<u>Anti-Minerals:</u>	Insufficient protein, iron excess, processed foods, refined carbohydrates, repeated pregnancies
<u>Animal Sources:</u>	Calves liver, chicken, clams, dairy products, meats, oyster, seafood
<u>Plant Sources</u>	Apples, brewer's yeast, black pepper, fresh fruits, grapes, green leafy vegetables, honey, legumes, mushrooms, nuts, potatoes, raisins, root vegetables, whole wheat & rye cereals
<u>Bodily Parts Affected:</u>	Adrenal glands, brain, blood, circulatory system, heart, immune system, liver, white blood cells
<u>Bodily Functions Facilitated:</u>	Blood sugar level maintenance, glucose metabolism (energy), protein production
<u>Deficiency Symptoms:</u>	Disturbed amino acid metabolism, increased serum cholesterol, impaired glucose tolerance, lack of energy, myopia, protein/calorie malnutrition, susceptibility to infections
<u>Therapeutic Applications:</u>	Arthritis, atherosclerosis, diabetes, cholesterol (high), heart disease, hypertension, hypoglycemia, mental illness, multiple pregnancies

<i>Copper</i>	
<u>Daily Dosage:</u>	RDA 1.5-3 mg Supplementary Ranges: 2-3 mg Toxicity 100 mg excessive intake may be toxic to some individuals if taken regularly. Toxicity Symptoms: High copper levels can produce physical & mental illness
<u>Augmenting Nutrients:</u>	Cobalt, iron*, zinc, molybdenum
<u>Anti-Minerals:</u>	Cadmium, oral contraceptives, zinc excess
<u>Animal Sources</u>	Lamb chops, liver, organ meat, seafood (especially oyster)
<u>Plant Sources:</u>	Almonds, avocado, brazil nuts, buckwheat, cauliflower, dry split peas, hazelnuts, legumes, molasses, millet, nuts, raisins, peanuts, pecans, soybeans, walnuts, whole grains
<u>Bodily Parts Affected:</u>	Blood, bones, circulatory system, hair, skin
<u>Bodily Functions Facilitated:</u>	Bone formation, hair & skin color, healing process, hemoglobin & red blood cell formation, mental & emotional processes, protein metabolism, RNA production
<u>Deficiency Symptoms:</u>	Copper deficiency is quite rare. Depression, elevated serum cholesterol, fractures & bone deformities, general weakness, impaired respiration, skin sores
<u>Therapeutic Applications:</u>	Anemia, arthritis, atherosclerosis, baldness, hypothyroidism, menkes disease, osteoporosis

* Essential for proper function

<i>Iron</i>	
<u>Daily Dosage:</u>	RDA 10-15 mg Supplementary Ranges: 30 mg Toxicity: 100 mg (excessive intake may be toxic to certain individuals if taken regularly). Toxicity symptoms: constipation, dizziness, fatigue, headaches, breath shortness, weight loss
<u>Augmenting Nutrients:</u>	Vitamins B12, C*, calcium*, cobalt, copper*, cystein, folic acid, phosphorus, vitamin E
<u>Anti-Minerals:</u>	Antacids, blood loss, chronic diarrhea, coffee, copper deficiency, oxalic acid, repeated pregnancy, tetracyclines, thiamine, excessive intake of calcium, copper, manganese, phosphorus & zinc
<u>Animal Sources:</u>	Clams, eggs, fish, lean meat, organ meats, oyster, poultry, shellfish Oysters 1/2 lb= 12 mg
<u>Plant Sources:</u>	Almonds, bancha tea, cooked dry beans, dark green leafy vegetables, dried prunes, kelp, legumes, raisins, seed (pumpkin, squash, sunflower), wheat germ, whole grains, yellow dock Hijike (sea vegetable) 4 oz=33 mg
<u>Bodily Parts Affected:</u>	Blood, bones, metabolic system muscles, nails, skin, teeth
<u>Bodily Functions Facilitated:</u>	Hemoglobin production, stress & disease resistance, growth in children
<u>Deficiency Symptoms:</u>	Excess iron can be toxic, check with physician as other deficiencies can mimic this. Breathing difficulties, brittle nails, iron deficiency anemia (pale skin, fatigue), constipation, sore or inflamed tongue
<u>Therapeutic Applications:</u>	Alcoholism, anemia, colitis, menstrual problems, impaired absorption, excessive blood loss, restless leg syndrome

Essential for proper function

Note: It is my belief that excess iron is a problem when taken in an inorganic form. I doubt one can overdose on the plant form, which takes inorganic iron out of the ground and makes it organic. This is the best way to get your iron.

<i>Magnesium</i>	
<u>Daily Dosage:</u>	RDA 280-350 mg Supplementary Ranges: 1000-2000 mg Toxicity: excessive intake may be toxic to certain individuals if taken regularly
<u>Augmenting Nutrients:</u>	Vitamins A, B6*, C, D, calcium*, phosphorus, protein
<u>Anti-Minerals:</u>	Alcohol, coffee, diuretics, excessive intake of calcium, fats, mild, protein, sodium & vitamin D, excessive oxalic or phytic acids, highly refined diet, oral contraceptives, stress, tetracyclines
<u>Animal Sources</u>	Organ meats, bone meal, seafood Shrimp 1/2 lb=95 mg
<u>Plant Sources:</u>	Almonds, avocado, bran, brazil nuts, brown rice, buckwheat, cashew, coconut meat, corn, dulse, dried figs & apricots, green vegetables, honey, kelp, millet/rye/wheat germ & bran, nuts, pumpkin seeds, sea vegetables, seeds, soybeans, spinach, sprouts Wakame (sea vegetables)4 oz= 2835 mg Cashew nuts 1/2 cup=187mg
<u>Bodily Parts Affected:</u>	Arteries, bones, cells, digestive/immune/nervous & reproductive systems, heart, nerves, teeth
<u>Bodily Functions Facilitated:</u>	Acid/alkaline balance, blood pH maintenance, blood sugar metabolism (energy), cortisone production, calcium & vitamin C facilitator, protein structuring (DNA,RNA)
<u>Deficiency Symptoms:</u>	Aching muscles, anxiety, broken nails, confusion, decreased blood pressure and body temperature, disorientation, easily aroused anger, hair loss, hyperactivity, insomnia, muscle tremors, nervousness, noise sensitivity, rapid pulse, sound sensitivity
<u>Therapeutic Applications:</u>	Alcoholism, anemia, arthritis, asthma, cancer preventive, cholesterol (high), constipation, depression, diabetes, fatigue, heart conditions, hypertension, kidney stones, MS, menstrual cramps, migraines, muscle cramps, osteoporosis, overweight, Parkinson's disease, protein-calorie malnutrition, PMS, prostate troubles, stomach acidity, tooth decay

- Essential for proper function

<i>Manganese</i>	
<u>Daily Dosage:</u>	RDA 2-5 Supplementary Ranges: 12-50 mg Toxicity: Excessive intake may produce side effects in some individuals
<u>Augmenting Nutrients:</u>	Calcium, phosphorus, vitamins B1, E
<u>Anti-Minerals:</u>	Refined foods
<u>Animal Sources:</u>	Egg yolks, liver
<u>Plant Sources:</u>	Almonds, bananas, beans, blueberries, bran, broccoli, buckwheat, carrots, celery, cereals, green leafy vegetables, legumes, nuts, raisins, rhubarb, seeds, wheat germ, whole grains Pineapple 1 cup = 2 mg
<u>Bodily Parts Affected:</u>	Blood, brain, immune system, liver, mammary glands, muscles, nerves, skeletal system
<u>Bodily Functions Facilitated:</u>	Enzyme activation, detoxifier, reproduction & growth, protein, RNA & sex hormone production, tissue respiration, vitamin B1 metabolism, vitamin E utilization, fat & carbohydrate metabolism
<u>Deficiency Symptoms:</u>	Ataxia (muscle coordination failure), dizziness, ear noises, elevated blood cholesterol, impaired glucose tolerance, increased fat deposition, loss of hearing
<u>Therapeutic Applications:</u>	Allergies, asthma, cancer preventive, diabetes, fatigue, heart disease, hypoglycemia, mental disease, nervous instability, neuromuscular diseases, rheumatoid arthritis, sterility

<i>Phosphorus</i>	
<u>Daily Dosage:</u>	RDA 800 mg Supplementary Ranges: 1200- 2000 mg Toxicity: not known
<u>Augmenting Nutrients:</u>	Vitamins A, D*, F, calcium, iron, manganese, zinc
<u>Anti-Minerals:</u>	Aspirin, aluminum, antacids, phytic acid, excess sugar, excess iron & manganese
<u>Animal Sources:</u>	Dairy products, eggs, fish, liver, meat, milk, organ meat, poultry Halibut 1/2 lb= 478 mg
<u>Plant Sources:</u>	Brewer's yeast, grains, legumes, nuts, pumpkin seeds, sea vegetables, (dulse/kelp), tofu, whole grain cereals, wheat bran, Pinto beans (cooked) 1 cup= 866 mg
<u>Bodily Parts Affected:</u>	Bones, brain cell, circulatory & digestive systems, eyes, liver, muscles, nerves, teeth
<u>Bodily Functions Facilitated:</u>	Bone/tooth formation, cell growth/repair, collagen synthesis, energy production, heart, muscle contraction, kidney function, lecithin production, metabolism (calcium, sugar), nerve & muscle activity, vitamin utilization
<u>Deficiency Symptoms:</u>	Check with physician, deficiency symptoms can also be present with excess phosphorus: Appetite loss, bone pain, fatigue, irregular breathing, nervous disorders, overweight, weight loss
<u>Therapeutic Applications:</u>	Aching muscles, anemia, arthritis, broken bones, bursitis, cirrhosis of liver, cramps, gallstones, heart disease, osteomalacia, osteoporosis, stunted growth in children, stress, tooth & gum disorders

- Essential for proper function

<i>Potassium</i>	
<u>Daily Dosage:</u>	RDA: 4700 mg Supplementary Ranges: none Toxicity: not known
<u>Augmenting Nutrients:</u>	Vitamin B6, magnesium, sodium
<u>Anti-Minerals:</u>	Alcohol, coffee, cortisone, diuretics, highly processed foods, laxatives, penicillin, stress, excess salt & sugar
<u>Animal Sources:</u>	Flounder, haddock, red meats, seafood, swordfish
<u>Plant Sources:</u>	Apricots, avocado, bananas, broccoli, brussel sprouts, buckwheat, cantaloupe, dates, dried fruits, kidney beans, legumes, lima beans, nuts, parsley, peaches, potatoes, seeds, soybeans, spinach, tomato juice, tofu, wheat germ, yellow vegetables carrot juice 1 cup= 769 mg
<u>Bodily Parts Affected:</u>	Blood, endocrine/digestive & nervous systems, heart, kidneys, muscles, skin
<u>Bodily Functions Facilitated:</u>	Blood sugar/glycogen conversion (energy), cell metabolism, cellular water balance, enzyme activator, growth regulator, heartbeat rhythm, muscle contraction, nerve tranquilization
<u>Deficiency Symptoms:</u>	Acne, constipation, continuous thirst, decreased blood pressure, dry skin, edema, increased cholesterol levels, insomnia, muscle & general weakness, nervousness, respiratory distress, salt retention, skin & hair problems, slow irregular heartbeat, weak reflexes
<u>Therapeutic Applications:</u>	Acne, alcoholism, allergies, burns, colic in infants, diabetes, high blood pressure, heart disease (angina pectoris, congestive heart failure, myocardial infarction), hypoglycemia, leg cramps

<i>Selenium</i>	
<u>Daily Dosage:</u>	RDA 55-70 mcg Supplementary Ranges: 100-200 mcg Toxicity: not known (excessive intake may produce side effects in some individuals). Toxicity Symptoms: abdominal pain, fatigue, nausea, garlic breath
<u>Augmenting Nutrients:</u>	Vitamins A, C, E, iron, sulfur
<u>Anti-Minerals:</u>	Arsenic, mercury, cadmium, heat, nickel, processed foods, silver, sulfates, excess copper, polyunsaturated oils & zinc
<u>Animal Sources:</u>	Eggs, fish, lobster, meats & organ meats, scallops, seafood, shrimp, tuna Shrimp 1/2 lb=133 mcg
<u>Plant Sources:</u>	Asparagus, brazil nuts, brewer's yeast, broccoli, cabbage, garlic, tomatoes, turnips, wheat germ, whole grains Mushrooms 1 cup=8 mcg
<u>Bodily Parts Affected:</u>	Enzyme & immune systems, eyes, heart, pancreas, red blood cells, tissue elasticity
<u>Bodily Functions Facilitated:</u>	Antioxidant, DNA & protein synthesis, immune response, membrane integrity, pancreatic function, prostaglandin production, retinal blood vessel proliferation, retinal light reception, sexual/reproductive function, tissue elasticity
<u>Deficiency Symptoms:</u>	Blood hemolytic problems, cataracts (increased severity), lack of energy, male sterility, pancreatic insufficiency, poor hair & skin tone, premature aging, repeated infections
<u>Therapeutic Applications:</u>	Anemia, arthritis, cancer, cataracts, diabetes, heart disease, hypoglycemia, impotence/sterility, joint disease, liver disease, prostate problems, toxic metal poisoning

<i>Sodium</i>	
<u>Daily Dosage:</u>	RDA 500 mg Supplementary Ranges: not known Toxicity: high intake contributes to high blood pressure & edema
<u>Augmenting Nutrients:</u>	Vitamin D, potassium
<u>Anti-Minerals:</u>	Diuretics, lack of chlorine & potassium
<u>Animal Sources:</u>	Meat, milk, poultry, processed foods, seafood, cheese, eggs
<u>Plant Sources</u>	Celery, miso, sea vegetables
<u>Bodily Parts Affected:</u>	Blood, lymphatic system, muscles, nerves
<u>Bodily Functions Facilitated:</u>	Hydrochloric acid production, nerve impulse transmission, normal cellular fluid level, nutrient transport to cell membranes (cell permeability), proper muscle contraction
<u>Deficiency Symptoms:</u>	Appetite loss, cramps, decreased resistance to infection, eye disturbances, fatigue, intestinal gas, muscle shrinkage, vomiting, weakness/lassitude, weight loss
Therapeutic Applications:	Dehydration, fever, heat stroke

<i>Zinc</i>	
<u>Daily Dosage:</u>	RDA 12-15 mg Supplementary Ranges: 15-35 mg Toxicity: not known, however, excessive intake may produce side effects in some individuals
<u>Augmenting Nutrients:</u>	Vitamins A, B6 (high intake), calcium, copper, phosphorus
<u>Anti-Minerals:</u>	Alcohol, diuretics, oral contraceptives, phytic acid, vitamin A & D deficiency, excess calcium, fiber & manganese
<u>Animal Sources:</u>	Beef liver, egg yolks, meat, poultry, seafood Oysters 1/2 lb = 169 mg
<u>Plant Sources:</u>	Brewer's yeast, lecithin, mushrooms, nuts, onions, peas, seeds, soybeans, spinach, sunflower & pumpkin seeds, wheat germ, whole grains, (preferably sprouted) Pumpkin seeds 1 cup=10 mg
<u>Bodily Parts Affected:</u>	Blood, bones, eyes, heart, joints, liver, prostate gland
<u>Bodily Functions Facilitated:</u>	Burn & wound healing, carbohydrate digestion, circulatory/immune/metabolic & neuromuscular systems, prostate gland function, reproductive organ growth & development, sex organ growth & maturity, vitamin B1, phosphorus & protein metabolism
<u>Deficiency Symptoms:</u>	Acne, brittle nails, decreased learning ability, delayed sexual maturity, eczema, fatigue, loss of taste & smell, poor appetite, poor circulation, poor memory, prolonged wound healing, retarded growth, skin problems, splitting hair, sterility, white spots on nails
<u>Therapeutic Applications:</u>	Alcoholism, angina pectoris, arthritis, atherosclerosis, boils, blood vessel diseases, cirrhosis, diabetes, hypoglycemia, high cholesterol (eliminates deposits), infertility, learning disabilities, osteoporosis, parasitic infections, prostate problems, psoriasis, surgical trauma