

## ESSENTIAL VITAMINS AND MINERALS

### SOURCES AND FUNCTIONS



#### BRAIN AND MEMORY

RECOMMENDED VITAMINS AND MINERALS  
B6, B12, Folic Acid

TOP FOODS



#### EYE FUNCTION

RECOMMENDED VITAMINS AND MINERALS  
A, C, E, Lutein, Zinc

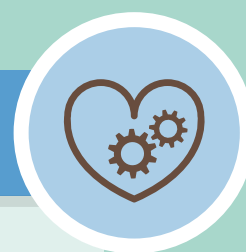
TOP FOODS



#### DIGESTION AND DETOX

RECOMMENDED VITAMINS AND MINERALS  
A, B1, B3, B6, B7, B12, C, D

TOP FOODS



#### HEART AND BLOOD

RECOMMENDED VITAMINS AND MINERALS  
B COMPLEX, D, K, Omega3, CoQ10

TOP FOODS



#### REPRODUCTIVE HEALTH

RECOMMENDED VITAMINS AND MINERALS  
B6, B12, Folic Acid

TOP FOODS



#### MUSCULAR SYSTEM

RECOMMENDED VITAMINS AND MINERALS  
B COMPLEX, C, D, E, Omega3

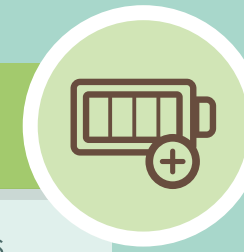
TOP FOODS



#### BONE STRENGTH

RECOMMENDED VITAMINS AND MINERALS  
D, K2, Calcium, Magnesium

TOP FOODS



#### ENERGY RELEASE

RECOMMENDED VITAMINS AND MINERALS  
B12, Magnesium, CoQ10

TOP FOODS



## VITAMINS AND MINERALS

DIET AND SUPPLEMENTS



Add healthy nutrients to your diet: eat more fruit and vegetables.

It's best to consume a variety of foods than taking supplements.

Ask your doctor how to get the nutrients you need and how to integrate your diet with supplements.