

Vitamins and Minerals

Biotin
Calcium
Choline
Chromium
Copper
Exercise and Athletic Performance
Fluoride
Folate
Iodine
Iron
Vitamin K
Magnesium
Multivitamin/mineral Supplements
Niacin
Pantothenic Acid
Phosphorus
Potassium
Riboflavin
Selenium
Thiamin
Vitamin A
Vitamin B1 (see Thiamin)
Vitamin B12
Vitamin B6
Vitamin C
Vitamin D
Vitamin E
Vitamin K
Zinc

Reference: <https://ods.od.nih.gov/factsheets/list-VitaminsMinerals/>

List of Micronutrients

Vitamins

Vitamin C
Vitamin B3 (Niacin, Niacinamide)
Vitamin B5 (Pantothenate)
Vitamin B1 (Thiamine)
Vitamin B2 (Riboflavin)
Vitamin B6 (Pyridoxine)
Vitamin B12 (Cyanocobalamin)
Folic Acid

List of Micronutrients (cont)

Biotin
Beta-carotene
Vitamin D3
Vitamin E (d-alpha-Tocopherol)
Minerals
Magnesium
Calcium
Potassium
Phosphorus
Trace Elements
Zinc
Manganese
Copper
Selenium
Chromium
Molybdenum
Amino Acids
Taurine
L-Lysine
L-Proline
L-Arginine
L-Carnitine
L-Cysteine
Other Essential Nutrients
Green Tea Leaf Extract
Bioflavonoids
Inositol
Coenzyme Q-10

Vitamins and Minerals Benefits

FOOD	VITAMINS & MINERALS	BENEFITS
Lean meat and fish If cooked, do it without bones. Cooked bones are harder, brittle and more likely to splinter.	B vitamins (thiamin B1, riboflavin B2, niacin B3, B6 and B12).	Building and preparing tissue, building bones, muscles, cartilage, hair and claws.
Eggs The occasional whole egg including shell, cooked or raw, is great.	Essential fatty acids and calcium.	Good for bones, joints, teeth and hair.
Vegetables Green leafy veg, asparagus, cauliflower, celery and peppers. Cooked or blended raw.	Vitamins A, C and K, plus iron and calcium.	Excellent for heart health, bones, kidney function and immune system.
Sweet potato, carrots, swede, turnips Cooked or blended raw.	Vitamins A and C, betacarotene, potassium.	Good for the immune system, blood pressure, healthy skin and teeth.
Pears, barley, quinoa, broad beans, green beans Cooked (grains) or blended.	B vitamins, potassium, phosphorus, calcium, iron.	Boost energy levels, help nerves, heart muscles and immune system.
Seaweed In the form of a powdered supplement to be added to food.	Vitamins A, B and C, plus calcium, iodine, potassium, magnesium.	Strengthens nails, improves the coat and kills bacteria that cause tartar build-up.
Pears But not avocados.	Vitamins B2, C and E, fibre, copper and potassium.	Help lower cholesterol and prevent high blood pressure, high in fibre.
Oranges Pips and peel removed.	Vitamins A, B1 and C, pantothenic acid, folate, calcium, copper, potassium.	Help protect immune system and maintain healthy cholesterol levels.
Apples	Vitamin C, fibre.	Vitamin C helps protect immune system while fibre's good for digestion.
Bananas	Vitamins B6 and C, manganese, copper, fibre and potassium.	Help treat diarrhoea, maintain heart function and regulate blood pressure.
Strawberries	Vitamin C, fibre, anti-oxidant polyphenol, manganese.	Help protect immune system and lower blood pressure and cholesterol.
Blueberries	Vitamins C and K, manganese, potassium.	Boost the immune system.
Peanut butter The variety containing peanuts, oils and may be vegetable oil.	Vitamin E, magnesium, folate, copper, phosphorus, manganese.	Good source of protein, good for skin health and slow-release energy.
Brown rice	Vitamin B6, magnesium, phosphorus, selenium, thiamin, niacin, manganese.	Ideal for mopping up toxins and regulating cholesterol. Selenium helps reduce cancer risk.

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