

MAGNESIUM

Why? Aids nervous system and sleep.

Where? Almonds, peanuts, raisins and prunes. Vegetables, fruits, milk, fish and meats.

ZINC

Why? Needed for cell formation.

Where? Nuts and leafy green vegetables. Shellfish.

COPPER

Why? Helps body to utilize iron.

Where? Vegetables and meats.

PHOSPHORUS

Why? Maintains normal blood clotting function, as well as builds bones, teeth and nerve tissue. Aids in the utilization of sugar and fats.

Where? Oatmeal and whole wheat products. Eggs and cheese, dried beans and peas. Nuts, lean meats, fish, and poultry.

IODINE

Why? Enables thyroid gland to maintain proper body metabolism.

Where? Iodized salt. Saltwater fish and seafood. Milk and vegetables.

BIOTIN (VITAMIN H)

Why? Helps to maintain body cells.

Where? Eggs and liver. Any foods rich in Vitamin B.

