### Fats

#### Nutrition

- **Essential fatty acids** (
  - Linoleic acid
  - Alpha-linolenic acid)
- **Omega-3s** (EPA and DHA)

#### Sources

- Seeds
- Nuts
- Fish
- Aubergines
- Brussels sprouts
- Sunflower seeds
- Walnuts
- Chia seeds
- Sardines

### Carbohydrates

#### Nutrition

- **Complex carbohydrates** (starches)
- **Simple carbohydrates** (sugars)

#### Sources

- Most vegetables
- Wholegrains
- Pulses
- Many legumes
- Dried eggs
- Seaweed

### Fibre

#### Nutrition

- **Soluble fibre**
- **Insoluble fibre**
- **Pectin**
- **Chromium**

#### Sources

- Chickpeas
- Oats
- Whole grains
- Wheat<br>germ
- Green beans
- Spinach
- Peas
- Onions
- Olives
- Cabbage
- Brussel sprouts
- Seaweed

### Vitamin A (beta-carotene)

#### Nutrition

- **Antioxidant property**
- **Supports a healthy immune system**
- **Supports good vision**
- **Helps cell development**

#### Sources

- Tomatoes
- Leafy greens
- Red peppers
- Mangoes
- Broccoli
- Carrots
- Orange fruit
- Yellow fruit
- Sweet potatoes
- Red/purple potatoes

### Vitamin B1 (thiamin)

#### Nutrition

- **Helps normal cell function**
- **Supports nerve cells**
- **Maintenance of good mental health**
- **Cellular energy production**

#### Sources

- Whole grains
- Nuts
- Seeds
- Green vegetables
- Dried beans
- Yeast

### Vitamin B2 (riboflavin)

#### Nutrition

- **Important for cell metabolism**
- **Supports a healthy immune system**
- **Supports normal cell function**
- **Maintains healthy eyes**

#### Sources

- Leafy greens
- Tofu
- Whole grains
- Yeast
- Eggs
- Mushrooms
- Whole eggs
- Nuts

### Vitamin B3 (niacin)

#### Nutrition

- **Antioxidant**
- **Helps the body make energy**

#### Sources

- Nuts
- Whole grains
- Yeast
- Tofu
- Eggs
- Sunflower seeds
- Peanuts

### Vitamin B5 (pantothenic acid)

#### Nutrition

- **Antioxidant**
- **Helps the body make energy**
- **Helps normal cell function**
- **Maintenance of a healthy immune system**

#### Sources

- Nuts
- Whole grains
- Yeast
- Tofu
- Eggs
- Sunflower seeds
- Peanuts

### Vitamin B6 (pyridoxine)

#### Nutrition

- **Antioxidant**
- **Supports normal cell function**
- **Helps the body make energy**
- **Maintenance of a healthy immune system**

#### Sources

- Nuts
- Whole grains
- Yeast
- Tofu
- Eggs
- Sunflower seeds
- Peanuts

### Vitamin B7 (biotin)

#### Nutrition

- **Supports normal cell function**
- **Helps the body make energy**
- **Maintenance of a healthy immune system**

#### Sources

- Nuts
- Whole grains
- Yeast
- Tofu
- Eggs
- Sunflower seeds
- Peanuts

### Vitamin B9 (folate)

#### Nutrition

- **Antioxidant**
- **Supports normal cell function**
- **Helps the body make energy**
- **Maintenance of a healthy immune system**

#### Sources

- Spinach
- Kale
- Broccoli
- Green beans
- Wholegrains

### Vitamin B12 (cyanocobalamin)

#### Nutrition

- **Antioxidant**
- **Supports normal cell function**
- **Helps the body make energy**
- **Maintenance of a healthy immune system**

#### Sources

- Tofu
- Seaweed
- Sunflower seeds
- Yeast

### Iodine

#### Nutrition

- **Supports normal cell function**
- **Helps the body make energy**
- **Maintenance of a healthy immune system**

#### Sources

- Sea vegetables
- Spanish mackerel
- Kelp
- Dried figs

### Magnesium

#### Nutrition

- **Antioxidant**
- **Supports normal cell function**
- **Helps the body make energy**
- **Maintenance of a healthy immune system**

#### Sources

- Tofu
- Seaweed
- Spinach
- Broccoli
- Spinach

### Potassium

#### Nutrition

- **Antioxidant**
- **Supports normal cell function**
- **Helps the body make energy**
- **Maintenance of a healthy immune system**

#### Sources

- Spinach
- Broccoli
- Spinach
- Broccoli
- Spinach

### Zinc

#### Nutrition

- **Antioxidant**
- **Supports normal cell function**
- **Helps the body make energy**
- **Maintenance of a healthy immune system**

#### Sources

- Seaweed
- Spinach
- Broccoli
- Spinach
- Broccoli

### Others

- **Chlorophyll**
- **Mukena**
- **Multiple Selections**

#### Nutrition

- **Antioxidant**
- **Supports normal cell function**
- **Helps the body make energy**
- **Maintenance of a healthy immune system**

#### Sources

- Seaweed
- Spinach
- Broccoli
- Spinach
- Broccoli