

VITAMINS & MINERALS (QUICK STUDY: HEALTH)

 HEALTH VITAMINS & MINERALS <i>The Official Supplement of</i>			
NEUTRINUS STRENGTH	NATURAL SOURCES	BEST 5 NATURAL SOURCES	DEFICIENCY SYMPTOMS
Protein 100g	Chicken, fish, eggs, dairy products, soy products, legumes, nuts, seeds, whole grains, fruits, and vegetables.	Chicken, fish, eggs, dairy products, soy products, legumes, nuts, seeds, whole grains, fruits, and vegetables.	Muscle weakness, fatigue, hair loss, brittle nails, and slow wound healing.
Biotin 100mcg	Eggs, liver, salmon, cauliflower, sweet potatoes, and bananas.	Eggs, liver, salmon, cauliflower, sweet potatoes, and bananas.	Hair loss, skin rashes, and brittle nails.
Iron 100mg	Red meat, poultry, fish, beans, lentils, and fortified cereals.	Red meat, poultry, fish, beans, lentils, and fortified cereals.	Fatigue, weakness, and pale skin.
Calcium 1000mg	Dairy products, leafy green vegetables, almonds, and fortified cereals.	Dairy products, leafy green vegetables, almonds, and fortified cereals.	Osteoporosis, muscle cramps, and numbness.
Vitamin D 1000IU	Fatty fish, egg yolks, and fortified dairy products.	Fatty fish, egg yolks, and fortified dairy products.	Bone pain, muscle weakness, and fatigue.
Vitamin E 100IU	Nuts, seeds, and fortified cereals.	Nuts, seeds, and fortified cereals.	Nerve damage, muscle weakness, and vision problems.
Fluoride 100mg	Fluoridated water, toothpaste, and certain foods.	Fluoridated water, toothpaste, and certain foods.	Dental caries and bone loss.
Vitamin K 100mcg	Leafy green vegetables, broccoli, and soybeans.	Leafy green vegetables, broccoli, and soybeans.	Bleeding disorders and bone health issues.
Vitamin C 1000mg	Citrus fruits, strawberries, and bell peppers.	Citrus fruits, strawberries, and bell peppers.	Scurvy, weakened immune system, and poor wound healing.
Vitamin B12 1000mcg	Meat, fish, dairy products, and fortified cereals.	Meat, fish, dairy products, and fortified cereals.	Anemia, nerve damage, and cognitive decline.
Vitamin B6 100mg	Poultry, fish, and fortified cereals.	Poultry, fish, and fortified cereals.	Anemia, nerve damage, and cognitive decline.
Vitamin B1 100mg	Whole grains, legumes, and fortified cereals.	Whole grains, legumes, and fortified cereals.	Beriberi, nerve damage, and cognitive decline.
Vitamin B2 100mg	Eggs, dairy products, and fortified cereals.	Eggs, dairy products, and fortified cereals.	Pellagra, skin rashes, and cognitive decline.
Vitamin B3 100mg	Meat, fish, and fortified cereals.	Meat, fish, and fortified cereals.	Pellagra, skin rashes, and cognitive decline.
Vitamin B5 100mg	Avocado, cauliflower, and fortified cereals.	Avocado, cauliflower, and fortified cereals.	Fatigue, weakness, and cognitive decline.
Vitamin B7 100mcg	Eggs, liver, and fortified cereals.	Eggs, liver, and fortified cereals.	Hair loss, skin rashes, and cognitive decline.
Vitamin B9 100mcg	Leafy green vegetables, legumes, and fortified cereals.	Leafy green vegetables, legumes, and fortified cereals.	Anemia, nerve damage, and cognitive decline.
Vitamin A 10000IU	Liver, fish, and fortified cereals.	Liver, fish, and fortified cereals.	Night blindness, dry eyes, and skin issues.
Vitamin K2 100mcg	Fermented dairy products, egg yolks, and liver.	Fermented dairy products, egg yolks, and liver.	Bone health issues and blood clotting problems.
Vitamin D3 10000IU	Fatty fish, egg yolks, and fortified dairy products.	Fatty fish, egg yolks, and fortified dairy products.	Bone pain, muscle weakness, and fatigue.
Vitamin E 1000IU	Nuts, seeds, and fortified cereals.	Nuts, seeds, and fortified cereals.	Nerve damage, muscle weakness, and vision problems.
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