

# Nutrient

# Natural Sources

Listed in order of highest nutrient value

# Physiological Support

## Calcium

Tofu, sardines, sesame seeds, dairy (yogurt, milk), greens (collards, turnip greens, mustard, beet greens), spinach, kale, cheese, bone meal, cabbages, bok choy

Blood; skeletal, cardiovascular, musculoskeletal, and nervous systems

## Choline

Eggs, seafood (shrimp, scallops, tuna, cod, salmon), poultry, beef, lentils, greens (collards, Swiss chard), broccoli, Brussels sprouts, peas, cauliflowers, mushrooms (shiitake, crimini)

Cell membranes, nervous and hepatic systems

## Chromium

Broccoli, barley, oats, green beans, tomatoes, romaine lettuce, black pepper, garlic, potatoes (Also, there are trace amounts of chromium in many other foods, including vegetables, fruits, grains, legumes, seafood, meats, and dairy.)

Endocrine system

## Coenzyme Q<sub>10</sub> (CoQ<sub>10</sub>)

Liver, beef, fish (trout, herring), chicken, sesame seeds, pistachio nuts, spinach, broccoli, cauliflowers, rice bran, strawberries, eggs

Metabolic and immune systems

Ubiquinol, Ubiquinone

## Copper

Liver, mollusks, lobster, seeds (sesame, sunflower), nuts (cashews, walnuts, pine, hazelnuts), beans (soybeans, chickpeas, lima beans, kidney beans), mushrooms (shiitake), tempeh, lentils, buckwheat, radishes

Immune, musculoskeletal, metabolic, and vascular systems

## Essential Fatty Acids

Flaxseeds, chia seeds, walnuts, fatty fish (sardines, salmon, tuna, shrimp, halibut, scallops, cod), beef, wheat germ, black currant seed oil, evening primrose oil, cauliflowers, Brussels sprouts

Brain; visual; endocrine, cardiovascular, nervous, and integumentary systems

Vitamin F

## Folate/ Folic Acid

Beans (pinto beans, chickpeas, navy beans, black beans, kidney beans), lentils, asparagus, spinach, greens (beet greens, collards, turnip greens), broccoli, beets, romaine lettuce, citrus fruits, Brussels sprouts, liver, nutritional/baker's yeast

Energy production; blood; nervous, cardiovascular, and reproductive systems

Vitamin B<sub>9</sub>

## Inositol

Cantaloupes, citrus fruits (oranges, grapefruits, limes), beans (Great Northern, kidney, lima, navy, green, pole, wax), peas, whole grains (wheat), artichokes, nuts, and seeds

Cell membranes

Vitamin B<sub>8</sub>, Phytic Acid

## Iodine

Sea vegetables, seafood (scallops, cod, shrimp, sardines, salmon, tuna), dairy (yogurt, milk), eggs, turkey, navy beans, potatoes

Endocrine, nervous, metabolic, and reproductive systems

## Iron

Beef, lamb, pork, mollusks, spinach, greens (Swiss chard, beet greens, collards, mustard, turnip greens), seeds (sesame, pumpkin), beans (chickpeas, lima beans, navy beans, green beans, black beans, kidney beans), lentils, artichokes, beets

Blood; metabolic, nervous, immune, and reproductive systems

# Functions

# Supplements

Containing Named Nutrient\*\*

Calcium is essential for strong bone structure, teeth, and muscle tissue; nerve function and muscle cell contraction; and balanced blood pH. Calcium aids in blood clotting function, supports contraction and dilation of vascular tissues, and facilitates cell signaling.

Calcifood®  
Calcifood® Powder  
Calcium Lactate Powder  
Cyrofood® Powder

SP Complete®  
SP Complete® Chocolate  
SP Complete® Dairy Free  
SP Complete® Vanilla

Choline is a key component of two phospholipids that serve as building blocks of the cell membrane; a precursor to acetylcholine, a neurotransmitter that supports nervous system function of the brain, heart, muscles, and intestines; an important factor in methylation; and essential in activities such as building DNA, exchanging signals in the brain, homocysteine metabolism, and liver detoxification

Cardio-Plus®  
Cardio-Plus® GF  
Choline  
Myo-Plus®

Chromium supports healthy blood glucose by enhancing insulin function.

Cataplex® GTF  
Diaplex®  
Immuplex®

CoQ<sub>10</sub> is a cofactor in the electron transport chain for energy production and acts as an antioxidant. Due to this vital role in energy production, CoQ<sub>10</sub> has an effect on all systems within the body.

Cellular Vitality

Copper is an essential cofactor in oxidation/reduction enzymes such as superoxide dismutase, an antioxidant enzyme; critical for the incorporation of iron into red blood cells; involved in the catabolism of carbohydrates for energy production cells; and required for synthesis of collagen, the main structural protein in blood vessels, connective tissue, and bone.

Chezyn®  
Copper Liver Chelate™  
Immuplex®  
Neuroplex®

Trace Minerals-B<sub>12</sub>™

Essential fatty acids are precursors for synthesis of certain hormones, such as eicosanoids; necessary for brain and visual development and function; involved in healthy neuronal transmissions; building blocks of cell membranes; a source of energy; and essential for skin integrity and structural function. Essential fatty acids have anti-inflammatory and antioxidant effects and support normal heart rate and coronary blood flow.

Black Currant Seed Oil  
Calamari Omega-3 Liquid  
Cod Liver Oil  
Sesame Seed Oil  
Soybean Lecithin

Tuna Omega-3 Chewable  
Tuna Omega-3 Oil  
Wheat Germ Oil

Folate and folic acid transfer single carbon units, which are critical in the metabolism of nucleic acids and amino acids. Folate and folic acid are essential for brain development and function as well as fetal development and reproductive health. They support overall growth and development; blood cell formation and platelet function; and homocysteine metabolism, an indicator of cardiovascular health.

Cellular Vitality  
Folic Acid B<sub>12</sub>  
Immuplex®

Inositol has not been demonstrated to be an essential nutrient; however, inositol is a component of cell membrane phospholipids and may play an important role in cell physiology.

Cyruta\*  
Inositol  
Inositol Powder

St. John's Wort-IMT™  
Phosfood® Liquid

Iodine is essential for the thyroid gland and its associated hormones. Due to iodine's essential role in thyroid metabolism, iodine is critical for function of the brain, nervous system, normal growth and development, metabolism, and reproductive function.

A-F Betafood®  
Cataplex® F Tablets  
Iodomere®  
Min-Chex®  
Min-Tran®

Organically Bound Minerals  
Prolamine Iodine  
St. John's Wort-IMT™  
Trace Minerals-B<sub>12</sub>™

Iron is vital in oxygen transport and energy metabolism via hemoglobin production; assists in formation and function of numerous enzymes; is part of the cellular antioxidant system, protecting cells from excess free radicals; and is involved in enzyme systems that produce and repair DNA, supporting growth, reproduction, healing, and immune system function.

Chezyn®  
Ferrofood®  
Immuplex®  
Livaplex®  
Neuroplex®

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\*\*See Primary Ingredient Cross Reference for additional products

## Nutrient

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## Physiological Support

### Magnesium

Spinach, artichokes, greens (Swiss chard, beet greens, turnip greens), seeds (sesame, pumpkin, sunflower), quinoa, beans (black beans, navy beans, pinto beans, lima beans, kidney beans, green beans, soybeans), nuts (cashews, almonds, walnuts, Brazil nuts, pine nuts), broccoli, buckwheat, tomatoes

Musculoskeletal, metabolic, nervous, endocrine, and cardiovascular systems

### Manganese

Beef (liver), grains (oats, brown rice, rye, barley), beans (chickpeas, soybeans, lima beans, navy beans), chickpeas, lentils, green peas, wheat germ, spinach, pineapples, seeds (pumpkins, sunflower), tempeh, tofu, quinoa, nuts (almonds, walnuts, cashews, pecans, hazelnuts)

Musculoskeletal, integumentary, metabolic, and nervous systems

### Phosphorus

Seafood (scallops, sardines, cod, tuna, salmon, shrimp), seeds (pumpkin, sesame, sunflower), lentils, poultry (meat, liver), dairy (yogurt, milk), nuts (cashews, almonds), flaxseeds, beans (chickpeas, navy beans, pinto beans, kidney beans, black beans, lima beans), quinoa, beef (meat, liver)

Cell membranes; musculoskeletal, integumentary, metabolic, nervous, and renal systems

### Potassium

Greens (beet greens, Swiss chard), beans (lima, pinto, black, kidney), lentils, sweet potatoes, potatoes, spinach, avocados, bok choy, Brussels sprouts, beets, tomatoes, cantaloupes, oranges, prunes, papayas, peaches, bananas, kale

Electrolytes; blood; cardiovascular, nervous, musculoskeletal, renal, and metabolic systems

### Selenium

Brazil nuts, seafood (tuna, shrimp, sardines, salmon, cod, lobster), poultry (meat, organ), barley, pork, beef (meat, organ), lamb, mushrooms (crimini, shiitake), wheat germ

Endocrine, immune, and metabolic systems

### Vitamin A

Retinol source (animal): liver, shrimp, eggs, cow's milk, cheese, yogurt, salmon, sardines, chicken, turkey  
Beta carotene (plant): sweet potatoes, carrots, spinach, kale, greens (mustard, collards, turnip greens), winter squash, romaine lettuce, bok choy, cantaloupes, bell peppers

Visual; endocrine, immune, integumentary, and reproductive systems

### Vitamin B<sub>1</sub>

Thiamine

Sunflower seeds, beans (navy, black, pinto, lima), lentils, whole grains (oats, wheat, barley), peas, mushrooms, sweet potatoes, flaxseeds, tuna, nutritional yeast, wheat germ

Energy production; nervous, cardiovascular, and immune systems

### Vitamin B<sub>2</sub>

Riboflavin

Spinach, beet greens, tempeh, dairy (yogurt, milk), crimini mushrooms, eggs, asparagus, almonds, green peas, turkey (meat, liver), beef (meat, liver)

Energy production; blood; immune, cardiovascular, nervous systems

### Vitamin B<sub>3</sub>

Niacin or Niacinamide

Seafood (tuna, salmon, sardines, shrimp), poultry (meat, liver), lamb, beef (meat, liver), nutritional yeast, peanuts, whole grains (brown rice, barley, corn), sweet potatoes, mushrooms (crimini), asparagus

Energy production; cardiovascular, hepatic, integumentary, and nervous systems

# Functions

# Supplements

Containing Named Nutrient\*\*

Magnesium is an essential cofactor in more than 300 cellular reactions, such as those involved in nucleic acid, protein, carbohydrate, and lipid synthesis; necessary for bone and tooth structure and integrity; supports healthy nerve and muscle function; and essential for energy production, healthy cortisol levels, glucose function, insulin function, and cellular messaging. Glutathione, an important cellular antioxidant, requires magnesium for synthesis.

Calcium Lactate  
Calcium Lactate Powder  
E-Z Mg™  
Magnesium Lactate  
SP Detox Balance™

Manganese supports normal bone and collagen formation; promotes the formation and activation of certain enzymes, such as mitochondrial antioxidant enzyme manganese superoxide dismutase (MnSOD); involved in carbohydrate, amino acid, and cholesterol metabolism; and essential for numerous metabolic and nervous system functions in the brain.

E-Manganese™  
Ligaplex® I  
Ligaplex® II  
Manganese B<sub>12</sub>™  
Trace Minerals-B<sub>12</sub>™

Phosphorus is an essential component of cellular membrane structure and nucleic acids; vital for bone, collagen, and tooth integrity, formation, and structure; and involved in metabolism of carbohydrates, proteins, and lipids. Phosphorus supports energy production, cell growth and repair, cardiovascular function, and nerve and muscle activity; regulates healthy pH; and facilitates excretion of wastes through the kidneys.

Calcifood®  
Calsol®  
Disodium Phosphate  
Ligaplex® I  
Phosfood® Liquid

Potassium is a vital electrolyte involved in osmotic balance and creation of membrane potential, which fuels muscle contraction, heart function, and nerve impulse transmissions; essential for healthy blood pressure, kidney function, and healthy blood clotting; helps maintain a normal pH; and supports enzymes involved in carbohydrate metabolism.

Calcifood® Powder  
Cruciferous Complete™  
Organically Bound Minerals

Selenium is a vital cofactor for antioxidant enzymes, such as glutathione peroxidase and thioredoxin reductases; essential for thyroid function; aids in DNA and protein synthesis; and supports a healthy immune system response.

Cardio-Plus®  
Cardio-Plus® GF  
Cataplex® E  
Cataplex® E<sub>2</sub>  
Immuplex®  
Myo-Plus®

Vitamin A is essential for the visual system, including adaptation to light and night vision. Vitamin A also supports a healthy immune system; is required for growth and natural repair of many body tissues; and maintains integrity of blood cells and epithelial tissue lining the gut, lungs, and reproductive tract.

A-F Betafood®  
Cataplex® A  
Cataplex® A-C  
Cataplex® A-C-P  
Cod Liver Oil  
Emphaplex®

Vitamin B<sub>1</sub> is a required cofactor for carbohydrate metabolism and is necessary for biosynthesis of neurotransmitters that support mental alertness and cognitive ability. Vitamin B<sub>1</sub> supports myocardial energy, has roles in oxidant stress protection, and supports the immune system.

Catalyn®  
Cataplex® B  
Cataplex® B-GF  
Cellular Vitality  
e-Poise®  
Neuroplex®  
Vasculin®

A required factor in coenzymes that activate and support metabolic processes throughout the body, vitamin B<sub>2</sub> is vital in the electron-transport chain for production of energy, normal cell function, and growth. Vitamin B<sub>2</sub> interacts as a cofactor with other B vitamins, such as in the activation of vitamin B<sub>6</sub> and creation of niacin; supports a healthy immune system; participates in activities of many critical enzymes; and supports the cardiovascular system and red blood cell production.

Cardio-Plus®  
Cardio-Plus® GF  
Cataplex® G  
Cholaplex®  
Drenamin®  
Neuroplex®

Niacin is converted to the cofactor nicotinamide adenine dinucleotide (NAD), an important part of oxidation-reduction reactions within the body. NAD is involved in catabolism of carbohydrates, fats, amino acids, and alcohol as well as biosynthetic reactions. Niacin promotes a healthy heart and skin integrity, promotes hydrochloric acid production and cellular respiration, and enhances metabolism and circulation.

B<sub>6</sub>-Niacinamide  
Cataplex® B  
Cataplex® B-GF  
Cataplex® G  
Niacinamide B<sub>6</sub>

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## Physiological Support

### Vitamin B<sub>5</sub>

Pantothenic Acid

Mushrooms (shiitake and crimini), avocados, sweet potatoes, lentils, dried peas, poultry (meat, liver), beef (liver), yogurt, broccoli, rye, sunflower seeds

Energy production; endocrine and hepatic systems

### Vitamin B<sub>6</sub>

Pyridoxine

Poultry, beef, fish (cod, salmon, halibut, tuna), sweet potatoes, potatoes, sunflower seeds, spinach, bananas, nutritional yeast, winter squash, broccoli

Energy production; blood; nervous, hepatic, and immune systems

### Vitamin B<sub>7</sub>

Biotin

Almonds, sweet potatoes, eggs, onions, oats, tomatoes, peanuts, carrots, walnuts, salmon

Hepatic, endocrine, integumentary, and immune systems

### Vitamin B<sub>12</sub>

Cobalamin

Seafood (salmon, halibut, sardines, shrimp, tuna, cod, scallops, mollusks), lamb (meat, liver), beef (meat, liver), dairy (yogurt, milk, cheese), eggs, poultry (meat, liver, heart)

Energy and DNA production; blood; cardiovascular, nervous, and musculoskeletal systems

### Vitamin C

Papayas, bell peppers, broccoli, Brussels sprouts, strawberries, pineapples, oranges, kiwi fruits, cantaloupes, cauliflowers, tomatoes

Immune, integumentary, nervous, endocrine, cardiovascular, and skeletal systems

### Vitamin D

Fatty fish (salmon, halibut, sardines, tuna, mackerel), cow's milk (fortified), alternative milks (fortified), eggs, mushrooms, cod liver oil, liver

Skeletal, immune, endocrine, cardiovascular, and integumentary systems

### Vitamin E

Sunflower seeds, almonds, spinach, greens (Swiss chard, turnip greens, collards, beet greens, mustard, kale), avocados, peanuts, asparagus, wheat germ, peppers (chili, bell), olives, red palm oil

Immune, cardiovascular, integumentary, and nervous systems

### Vitamin K

Naphthoquinones

Kale, spinach, greens (mustard, collards, beet greens, Swiss chard, turnip greens), parsley, broccoli, Brussels sprouts, cabbages, pumpkins, okra, pine nuts, blueberries

Blood, skeletal system

### Zinc

Seafood (mollusks, crab, shrimp, oysters), beef (meat, liver), lamb (meat, liver), seeds (sesame, pumpkin), lentils, chickpeas, nuts (cashews, almonds, peanuts), poultry (meat, organ), quinoa, wheat germ

Cell membranes; metabolic, cardiovascular, immune, integumentary, endocrine, musculoskeletal, and nervous systems

# Functions

# Supplements

Containing Named Nutrient\*\*

Vitamin B<sub>5</sub> is an essential component of coenzyme A (CoA), which is required for metabolism of proteins, fats, and carbohydrates; necessary for synthesis and storage of fatty acids; and required for synthesis of cholesterol and hormones.

Cellular Vitality

Vitamin B<sub>6</sub> is a cofactor required for metabolism of amino acids, carbohydrates, and lipids as well as glycogen utilization; synthesis of neurotransmitters and hormones; essential for myelin formation, heme production, sulfur metabolism, and phase one liver detoxification; supports a healthy immune system; and plays a role in metabolism of tryptophan.

B<sub>6</sub>-Niacinamide  
Circuplex®  
Min-Chex®  
Niacinamide B<sub>6</sub>  
Orchex®

Vitamin B<sub>7</sub> is essential for lipogenesis and gluconeogenesis, metabolism of amino acids, and oxidation of fatty acids; helps regulate gene expression; and supports immune system processes, insulin function, and epithelial tissue. Biotin can be synthesized in the gut by intestinal bacteria.

Cellular Vitality

Vitamin B<sub>12</sub> is a required cofactor involved in methionine metabolism and in the production of energy from proteins and fats; supports myelin synthesis and nervous system function; helps synthesize choline; promotes the maturation of red blood cells and other rapidly growing cells; supports bone and joint health; is essential for folate utilization; and is a cofactor for DNA synthesis.

Cataplex® B  
Folic Acid B<sub>12</sub>  
For-Til B<sub>12</sub>®  
Manganese B<sub>12</sub>™  
Trace Minerals-B<sub>12</sub>™

Vitamin C is an antioxidant, a cofactor in the synthesis of neurotransmitters, and required for collagen formation and healthy connective tissue. Vitamin C supports skin, tooth, blood vessel, and bone integrity; facilitates iron absorption; supports immune system function; and assists in cholesterol metabolism.

Cataplex® A-C  
Cataplex® A-C-P  
Cataplex® C

Collagen C™  
Echinacea-C™  
Regeneplex®

Vitamin D is essential in bone health and regulation of bone mineral density and calcium balance as well as for the immune system and the maturation of white blood cells. Vitamin D supports insulin secretion and action; the cardiovascular system and healthy blood pressure; overall health of the endocrine system; and cellular growth and differentiation of the epithelium.

Catalyn®  
Cataplex® D  
Cod Liver Oil  
Cyro-Yeast®  
e-Poise®  
Senaplex®

Vitamin E is a fat-soluble antioxidant that exists in eight different forms, each considered to have distinct effects in the body. Vitamin E is immune enhancing; supports proper nerve and muscle function; supports healthy circulation and tissue regeneration; promotes healthy blood clotting; and is essential for the maintenance of healthy skin.

Cataplex® E  
Cataplex® E<sub>2</sub>  
E-Manganese™  
Immuplex®  
Wheat Germ Oil Fortified™

Vitamin K is essential for normal blood clotting function and is involved in bone mineralization, supporting bone mineral density and strength.

Cruciferous Complete™

Zinc is essential for numerous enzyme functions and cellular processes, such as gene expression, protein folding, carbohydrate synthesis, vasoconstriction, and immune system response; has a structural role in cell membranes and proteins; and regulates gene expression, cell signaling, hormone release, apoptosis, and nerve impulse transmission. Zinc is concentrated in the prostate gland.

Chezyn®  
Epimune Complex  
Immuplex®

Neuroplex®  
Palmettoplex®  
Zinc Liver Chelate™

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