

Nutrient

Natural Sources

Physiological Support

Vitamin A

Animal livers, carrots, collard greens, kale, red bell peppers, spinach, sweet potatoes, Swiss chard, turnip greens, winter squash

Endocrine, immune, integumentary, and reproductive systems; eyes

Vitamin B₁

Thiamine

Black beans, brown rice, corn, green and split peas, lentils, lima beans, mushrooms, navy beans, nutritional yeast, organ meats, pinto beans, soybeans, sunflower seeds, tuna, wheat germ, whole grains

Cardiovascular, digestive, integumentary, and nervous systems; eyes

Vitamin B₂

Riboflavin

Lean beef, milk, mushrooms, nutritional yeast, organ meats, soybeans, spinach, wheat germ, yogurt

Cardiovascular, blood, digestive, endocrine, integumentary, and nervous systems; soft tissue

Vitamin B₃

Niacin

Fish (salmon, tuna, halibut), lamb, lean beef, liver, mushrooms, nutritional yeast, organ meats, poultry, wheat germ

Cardiovascular, digestive, hepatic, integumentary, and nervous systems; soft tissue, tongue

Vitamin B₆

Bananas, fish (cod, halibut, salmon, snapper, tuna), lean beef, mushrooms, nutritional yeast, organ meats, poultry, soybeans, wheat germ

Blood, central nervous, digestive, immune, integumentary, and musculoskeletal systems

Vitamin B₁₂

Fish (halibut, salmon, scallops, shrimp, snapper), lamb, lean beef, organ meats, yogurt

Blood, digestive, hepatic, and nervous systems

Vitamin C

Acerola berries, broccoli, Brussels sprouts, cantaloupe, carrots, cauliflower, kiwi fruit, oranges, papaya, red bell peppers, strawberries

Blood, cardiovascular, endocrine, immune, musculoskeletal, and nervous systems

Vitamin D

Formed in skin when exposed to sunlight. Also found in eggs, fatty fish (mackerel, salmon, sardines, tuna, trout, etc.), liver, milk

Cardiovascular, endocrine, immune, integumentary, nervous, renal, and skeletal systems

Vitamin E

Almonds, collard greens, mustard greens, olives, papaya, spinach, sunflower seeds, Swiss chard, turnip greens, wheat germ, wheat germ oil

Blood, cardiovascular, endocrine, immune, integumentary, nervous, and respiratory systems

Essential Fatty Acids

Vitamin F

Black currant seed oil, evening primrose oil, flaxseed, lecithin, linseed oil, seafood (halibut, salmon, scallops, shrimp, snapper, tuna), sesame seeds, soybeans, sunflower seeds, tofu, walnuts, wheat germ, winter squash

Cardiovascular, endocrine, integumentary, and nervous systems

Vitamin K

Broccoli, Brussels sprouts, cabbage, dark green leafy vegetables, eggs, liver, soybean and canola oils

Blood, hepatic, metabolic, and skeletal systems

Benefits

Supplements

Containing Named Nutrient**

<p>Part of the visual pigment in the eye and, therefore, required to maintain good 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.</p>	<p>A-F Betafood[®] Cataplex[®] A Cataplex[®] A-C</p>	<p>Cataplex[®] A-C-P Emphaplex[®]</p>
<p>A required cofactor for some very important enzymes involved in carbohydrate metabolism, which supports mental alertness and cognitive ability and maintains appetite and normal digestion.</p>	<p>Catalyn[®] Cataplex[®] B Cataplex[®] B-GF Cellular Vitality</p>	<p>e-Poise[®] Neuroplex[®] Vasculin[®]</p>
<p>An integral part of enzymes involved in oxidation-reduction reactions that drive cell respiration. Riboflavin also supports the function of antioxidant enzymes (such as glutathione reductase and xanthine oxidase) and interacts as cofactors with many other B vitamins. Riboflavin is important in maintaining normal metabolism, especially energy metabolism. Riboflavin promotes a healthy immune system and participates in the activity of about 50 mammalian enzymes.</p>	<p>Cardio-Plus[®] Cardio-Plus[®] GF Cataplex[®] G Cholaplex[®]</p>	<p>Drenamin[®] Neuroplex[®]</p>
<p>Converted to the cofactor nicotinamide adenine dinucleotide (NAD), which is an important part of oxidation-reduction reactions within the body. NAD is involved in the 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.</p>	<p>B₆-Niacinamide Cataplex[®] B Cataplex[®] B GF</p>	<p>Cataplex[®] G Niacinamide B₆</p>
<p>A cofactor in a large number of metabolic reactions, including ones involved with amino acid metabolism and glycogen utilization. Enzymes requiring vitamin B₆ produce certain hormones and neurotransmitters, are involved in nucleic acid synthesis, and contribute to sulfur metabolism in the body.</p>	<p>B₆-Niacinamide Circuplex[®] Min-Chex[®]</p>	<p>Niacinamide B₆ Orchex[®]</p>
<p>A cofactor for two very important enzymes. One is involved in methionine metabolism and the other in the production of energy from proteins and fats. Vitamin B₁₂ supports nervous system function, helps synthesize choline, promotes the maturation of red blood cells and other rapidly growing cells, and supports bone and joint health.</p>	<p>Cataplex[®] B₁₂ Folic Acid B₁₂ For-Til B₁₂[®]</p>	<p>Manganese B₁₂[™] Trace Minerals-B₁₂[™]</p>
<p>Has antioxidant properties, is involved in collagen formation and, therefore, is important in supporting healthy connective tissue. Vitamin C also facilitates iron absorption, is a cofactor in the synthesis of certain neurotransmitters, assists in cholesterol metabolism, and supports immune cell function.</p>	<p>Cataplex[®] A-C Cataplex[®] A-C-P Cataplex[®] C</p>	<p>Collagen C[™] Echinacea-C[™]</p>
<p>Helps develop bones and teeth, promotes healthy bone density, supports healthy muscle tissue and thyroid function, and maintains a healthy heart and healthy immune system function.</p>	<p>Catalyn[®] Cataplex[®] D Cyro-Yeast[®]</p>	<p>e-Poise[®] Senaplex[®]</p>
<p>Supports a healthy immune system and proper nerve and muscle function, supports healthy circulation and tissue regeneration, promotes healthy blood clotting, and helps keep skin and hair healthy.</p>	<p>Cataplex[®] E Cataplex[®] E₂ E-Manganese[™]</p>	<p>Immuplex[®] Wheat Germ Oil Fortified[™]</p>
<p>Assists in blood coagulation and circulatory functions. Supports glandular activity required for normal growth and the synthesis of certain hormones (prostaglandins). Also involved in the inflammatory response function. Also supports the body's natural inflammatory response as it relates to periodic challenges like consumption of high-fat meals or strenuous activity.</p>	<p>Black Currant Seed Oil Calamari Omega-3 Liquid Sesame Seed Oil Soybean Lecithin</p>	<p>Tuna Omega-3 Oil Chewable Tuna Omega-3 Oil Wheat Germ Oil</p>
<p>Helps maintain normal clotting function, is involved in bone mineralization, and promotes healthy liver function.*</p>	<p>Cruciferous Complete[™]</p>	

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

**See Primary Ingredient Cross Reference for additional products

Nutrient

Natural Sources

Physiological Support

Calcium

Bone meal, cheese (cheddar, mozzarella, Swiss), collard greens, flaxseed, liver, milk, molasses, mustard greens, sesame seeds, spinach, tofu, turnip greens, wheat germ, yogurt

Blood, circulatory, digestive, enzymatic, immune, musculoskeletal, and nervous systems

Chromium

Cheese, liver, nutritional yeast, onions, romaine lettuce, tomatoes, vegetable oils, whole grains

Blood, cardiovascular, circulatory, endocrine, hepatic, immune, and nervous systems

Choline

Broccoli, Brussels sprouts, butter, cauliflower, egg yolk, flaxseed, lentils, peanuts, potatoes, oats, sesame seeds, soybeans

Cardiovascular, biliary, endocrine, integumentary, nervous, and renal systems; thymus

Folic Acid

Folate

Asparagus, black beans, broccoli, carrots, collard greens, citrus fruits, garbanzo beans, kidney beans, lentils, liver, navy beans, nutritional yeast, organ meats, pinto beans, soybeans, spinach

Blood and nervous systems

Iron

Artichokes, beets, broccoli, garbanzo beans, green beans, kidney beans, lentils, mushrooms, navy beans, organ meats, parsley, pumpkin seeds, seafood (clams, shrimp), sesame seeds, Spanish black radish, spinach, tofu, wheat germ

Blood, integumentary, metabolic, and musculoskeletal systems

Magnesium

Artichokes, black beans, broccoli, cashews, green beans, navy beans, pinto beans, pumpkin seeds, organ meats, seafood (halibut, salmon, shrimp), sesame seeds, soybeans, spinach, sunflower seeds, Swiss chard, tomatoes

Cardiovascular, digestive, immune, nervous, reproductive, and skeletal systems

Manganese

Almonds, beets, broccoli, brown rice, carrots, cloves, garbanzo beans, green peas, lima beans, liver, navy beans, nutritional yeast, peanuts, pecans, pineapple, pinto beans, raspberries, soybeans, spinach, sweet potatoes, walnuts, wheat germ, whole grains (especially oats and rye)

Blood, hepatic, immune, musculoskeletal, nervous, and reproductive systems

Phosphorus

Almonds, brewer's yeast, eggs, fish (halibut, salmon), glandular meats, lean beef, lentils, liver, milk, mozzarella cheese, peanuts, poultry, pumpkin seeds, tofu, whole grains, wheat bran, yogurt

Circulatory, digestive, hepatic, metabolic, musculoskeletal, nervous, and renal systems; eyes

Potassium

Almonds, artichokes, avocados, bananas, beet greens, broccoli, Brussels sprouts, kale, lentils, lima beans, oranges, papaya, pinto beans, potatoes, prunes, raisins, soybeans, spinach, sunflower seeds, Swiss chard, tomatoes, wheat germ, winter squash, yams

Cardiovascular, excretory, musculoskeletal, and nervous systems

Selenium

Barley, Brazil nuts, broccoli, brown rice, lamb, lean meats, milk, mushrooms, nutritional yeast, organ meats, seafood (cod, crab, halibut, salmon, shrimp, snapper, tuna), tomatoes, turnips, walnuts, wheat germ, whole grains

Blood, cardiovascular, endocrine, enzymatic, immune, integumentary and reproductive systems; eyes

Zinc

Almonds, beets, brewer's yeast, carrots, cashews, Cheddar cheese, green peas, lamb, lean beef and pork, liver, milk, mushrooms, peanuts, poultry, pumpkin seeds, seafood (crab, oysters, shrimp), sesame seeds, spinach, wheat germ, whole grains, yogurt

Blood, cardiovascular, circulatory, digestive, immune, hepatic, metabolic, neuromuscular, reproductive, and skeletal systems; eyes

Benefits

Supplements

Containing Named Nutrient**

Supports strong bone structure, teeth, and muscle tissue; aids in blood clotting function; supports cardiovascular and nerve functions; and helps in the normal functioning of many enzymes.

Calcifood[®]
Calcifood[®] Powder
Calcium Lactate Powder SP Complete[®] Dairy Free

Involved in metabolism by supporting insulin function in the body. Through this role, chromium helps in glucose and protein metabolism.

Cataplex[®] GTF
Diaplex[®]

Part of the phospholipid lecithin, an important structural component of all cell membranes. Involved in the regulation of cell metabolism and used to make an important neurotransmitter, acetylcholine. Along with some enzymes and the B-vitamin cofactors, choline serves as an important source of methyl groups for many metabolic pathways. Choline is important in the regulation of liver and gallbladder function and in nerve transmission.

Cardio-Plus[®]
Cardio-Plus[®] GF
Choline
Myo-Plus[®]

Transfers single carbon units, which is critical in the metabolism of nucleic acids and amino acids. Because of this role, folate supports overall growth and development, blood-cell formation, and normal growth of the fetus.

Folic Acid B₁₂
Immuplex[®]
Soy Almond Crunch StandardBar[®]

Aids in hemoglobin production, assists in enzyme formation and function, and supports stress resistance. Iron-containing enzymes are required for energy production and to carry oxygen throughout the body. They are also part of the cellular antioxidant system, protecting cells and the body from excess free radicals. Iron is also part of the enzyme system that produces DNA, which underlies iron's importance in growth, reproduction, healing, and immune function.

Chezyn[®]
Ferrofood[®]
Immuplex[®]

Livaplex[®]
Neuroplex[®]

Supports normal acid/alkaline and blood pH balance, aids in enzyme activation, helps metabolize blood sugar and produce cortisone, supports healthy nerve and muscle function, and assists in forming bones and teeth. Many of the energy-producing pathways require magnesium, and it is a cofactor for enzymes involved in nucleic acid, protein, carbohydrate, and lipid synthesis. Glutathione, an important cellular antioxidant, requires magnesium for its synthesis. Magnesium is also involved in nerve signal transmission, muscle contraction, and heart rhythm.

Calcium Lactate
Calcium Lactate Powder
Magnesium Lactate

Supports normal bone formation. Promotes the formation and activation of certain enzymes, including those that metabolize reactive oxygen species, some of which are involved in carbohydrate, amino acid, and cholesterol metabolism. Manganese is also required for the detoxification of ammonia naturally produced in the body.

E-Manganese™
Ligaplex[®] I
Ligaplex[®] II

Manganese B₁₂™
Trace Minerals-B₁₂™

Supports: healthy bone formation, energy production, cell growth and repair, collagen synthesis, cardiovascular function, lecithin production, metabolism (calcium, sugar), and nerve and muscle activity.

Calcifood[®]
Calsol[®]
Disodium Phosphate

Ligaplex[®] I
Phosfood[®] Liquid

Aids muscle function, supports the nervous and cardiovascular systems, and is vital for healthy electrolyte and pH balance in the body.

Calcifood[®] Powder
Cruciferous Complete™
Organically Bound Minerals

Acts as an antioxidant with vitamin E and aids in DNA and protein synthesis. Supports a healthy immune response; prostaglandin production; and healthy reproductive, pancreatic, and thyroid functions.

Cardio-Plus[®]
Cardio-Plus[®] GF
Cataplex[®] E
Cataplex[®] E₂

Immuplex[®]
Myo-Plus[®]

Supports immune function and the formation of many enzymes. Assists with the body's natural healing system process; reproductive organ growth and development; and Vitamin B₁, phosphorus, carbohydrate, and protein metabolism.*

Chezyn[®]
Epimune Complex
Immuplex[®]

Neuroplex[®]
Palmettoplex[®]
Zinc Liver Chelate™

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