

# Minerals & Vitamins

## Nutrient

## Key functions

## Good sources

Vitamin A	as beta-carotene, anti-oxidant, anti-inflammatory, eye health	sweet potatoes, carrots, spinach
Vitamin B1	energy production, nervous system	sunflower seeds, asparagus, peas
Vitamin B2	energy production, iron metabolism	spinach, mushrooms, broccoli
Vitamin B3	energy production, brain function, the skin	peanuts, brown rice, tomatoes
Vitamin B5	energy production, fat metabolism	shiitake , cauliflower, broccoli
Vitamin B6	carbohydrate metabolism, nervous system	cabbage, potatoes, cauliflower
Vitamin B12	essential for blood cell formation. DNA production	supplement
Folate	brain & nerve function, red blood cell formation	cauliflower, lentils, chickpeas
Vitamin C	collagen production, immune function	grapefruit, peppers, rosehips
Vitamin D,	bone health, immune system, blood sugar control	shiitake mushrooms & sun
Vitamin E	immune function protects against heart disease	sunflower seeds, hemp seed, almonds
Vitamin K	blood clotting, supports bone health, antioxidant	broccoli, kale, swiss chard
Choline	nervous system activity, signalling processes	cauliflower, chard, broccoli
Biotin	healthy skin, hair & nerves, blood sugar balance	tomatoes, almonds, oats
Calcium	bones, key to muscle & nerve function	spinach, mustard greens, sesame
Chromium	blood sugar control, blood pressure & heart rate	oats, barley, broccoli.
Copper	helps form hemoglobin and collagen	shiitake, sesame, walnuts
Iron	hemoglobin, energy and muscle function	dried apricots, raw chocolate, lentils
Magnesium	blood pressure, muscle & nerve activity	buckwheat, pumpkin seeds, greens
Manganese	supports healthy bones, cartilage, tissues & nerves	brown rice, hazelnuts, chickpeas
Phosphorous	bones, kidney & cognitive function	pumpkin seeds, lentils, oats.
Potassium	blood pressure, kidney function, nervous system	sweet potato, white beans, celery
Selenium	antioxidant activity, regulates thyroid activity	shiitake, linseed, sunflower seeds
Sodium	fluid balance, brain, muscle & nervous system function	miso, sea veg, celery
Zinc	immune function, skin health, sense of taste & appetite	pumpkin seeds, lentils, quinoa
Molybdenum	assists uric acid excretion. Supports anti-oxidant activity	chickpeas, oats, lentils
Sulfur	formation of bile acids. Fat digestion and absorption	rocket, garlic, onions
Iodine	thyroid hormones, supports healthy skin	dulse, kombu, nori
Co-enzyme Q10	powerful anti-oxidant, supports energy metabolism	broccoli, pistachio, sesame
Boron	strong bones, supports concentration & brain function	cauliflower, chickpeas, dried fruits