

Minerals – vitamins – antioxidants	CODE
Calcium	Ca
Magnesium	Mg
Phosphorus	P
Iron	Fe
Potassium	K
Zinc	Zn
Copper	Cu
Iodine	I
Chromium	Cr
Selenium	Se
Manganese	Mn
Beta-carotene	Btc
Vitamin A	A
Vitamin B6	B6
Vitamin B9	B9
Vitamin B12	B12
Vitamin C	C
Vitamin D	D
Vitamin E	E
Vitamin K	v K
Coenzyme Q10	CoQ10
Glutathione	GSH
Sulphur	S
Omega 3 Fatty Acids	Om3
Alpha-linolenic acid	ALA
Eicosapentaenoic acid	EPA
Docosahexaenoic acid	DHA
Omega 6 Fatty Acids	Om6
Linoleic acid	LA
Gamma-linolenic acid	GLA
Palmitoleic acid	PA
Prebiotics	PRE
Probiotics	PRO
Phenylalanine	PHE
Serotonin	SER
Tryptophan	TRP

CALCIUM

Milk and Dairy Products (parmesan, gruyere, yoghurt).

Highly mineralised water (VITTEL, AMANDA HILLS, SAN PELLEGRINO).

Oily fish: salmon, sardines (with bones); seafood; **kelp, algae** (iziki).

Chicken cartilage.

Sesame seeds, sunflower seeds, cereals, brown rice, soybeans (tofu), wholemeal bread.

Oily raw seeds: almonds, walnuts, hazelnuts, pecan nuts, cashew nuts, peanuts.

Cruciferous: broccoli, cabbage; raw green leaves vegetables: spinach, endive, lettuce.

Legumes: chickpeas, dried peas.

Citrus fruits; figs, dates; plums.

Basil, oregano, parsley, chervil, rosemary, tarragon.

MAGNESIUM

Highly mineralised water.

Black chocolate (for cooking).

Green vegetables, beans, pulses, lentils, broccoli.

Lemons, apples, oranges, figs, grapefruits, avocados, bananas.

Almonds, hazelnuts, walnuts, cashew nuts, Brazil nuts, pecan nuts, pistachios.

Corn, brown rice, whole grains, wheat germs.

Seafood, crustaceans, oily fish.

PHOSPHORUS

Poultry, meats, eggs.

Fish, seafood.

Pulses, cereals, nuts, dried fruit, wheat germs, brewer's yeast.

Dairy products, cheeses (parmesan, gruyere).

IRON

Red meats, black pudding, liver (pork, veal, calf), **kidneys** (cow's), **heart.**

Fish, seafood, oysters.

Eggs (yolks).

Spinach, asparagus, pulses, lentils.

Parsley, thyme, oregano, bay leaf, basil, saffron, tarragon, cinnamon, chervil, rosemary, curry.

Hazelnuts, walnuts.

Wheat bran, whole grains, oat flakes/oatmeal, pumpkin seeds, sunflower seeds.

POTASSIUM

Apricots, bananas, tomatoes, avocados, prunes, dried fruit.

Potatoes, green beans, red beans, sunflower seeds.

*Watercress, chervil, parsley, basil, **mint**, tarragon, saffron.*

Fish, poultry.

ZINC

Red meats (beef, lamb), liver.

White fish, oily fish, seafood (oysters).

Eggs (yolks).

Bananas, walnuts, ginger.

Peas, beans, lentils, broccoli, watercress, pumpkin seeds.

Whole grains, wheat germs, wholemeal bread, Brewer's yeast.

Chervil, basil, parsley, oregano.

COPPER

Crustaceans (shrimps, squid, lobster).

Shellfish (oysters, mussels, scallops).

Liver (veal, beef/calf).

Plums, walnuts, avocados.

Green vegetables, pulses, dried beans, peas, mushrooms, potatoes.

Muesli, dried fruit, Brewer's yeast, cocoa.

IODINE

Iodised sea salt (instead of traditional cooking salt).

Algae (kelp), crustaceans (shellfish, lobsters, oysters).

Salt-water Fish (sardines), tinned tuna.

Radish, turnips, onions, corn, beans, mushrooms, sunflower seeds, peanuts, pineapple.

Eggs (whites), calf liver, cheddar cheese.

CHROME

Beer, Brewer's yeast.

Brown rice, cereals, corn, corn oil.

Dried beans, potatoes, mushrooms.

Eggs, meat, chicken, calf liver, shellfish.

Cheeses, dairy products.

SELENIUM

Brazil nuts.

Garlic, onions, cabbage, tomatoes, broccoli.

Whole grains, wheat germs, bran, wholemeal bread, Brewer's yeast, dried fruit.

Poultry, meats, egg yolks, (offal).

Fish (herrings, tuna), crustaceans (oysters).

MANGANESE

Peach, avocado, walnut, pineapples, blueberry.

Rye, whole grains, oat flakes/oatmeal, seeds, ginger.

Turnips, green leaf vegetables, beetroots, pulses, dried peas, soya.

Algae, tealeaves, bearberry.

Liver, eggs (yolk).

BETA-CAROTENE (pro-vitamin A)

Carrots, cabbage, broccoli, spinach, watercress, lamb's lettuce, dandelions, pumpkins, tomatoes, lettuce, courgettes, cucumbers, sweet potatoes, asparagus, leeks, peas, beans, cauliflower, peppers, corn.

Apricots (fresh & dried), watermelons, mangos, grapes, strawberries, plums, cranberries, cantaloupe melons, oranges, nectarines, figs, papaya, peaches.

Fish, dairy products.

VITAMIN A

Liver, fish liver oil, spirulina.

Milk, cream, butter, cheese, eggs, margarine.

Green & yellow vegetables: carrots, spinach, potatoes, sweet potatoes, garlic, asparagus, chard, beetroot, broccoli, kale, leek, watercress, dandelion & mustard leaves.

Green & yellow fruits: apricot, cantaloupe melon, lemon, pumpkin, grapefruit, papaya, peach, melon, mango, guava, tomato.

Parsley, basil, coriander, red pepper, chilli.

VITAMIN B6 (pyridoxine)

Beef, poultry, liver, kidneys, heart.

Eggs; milk.

Artichoke, asparagus, lentils, beans, green beans, cauliflower, cabbage.

Brown rice, bran, sunflower seeds, wheat germs, Brewer's yeast.

Walnut.

Banana, melon.

VITAMIN B9 (folic acid)

Orange juice, bananas, avocados, melon, apricots, pumpkin.

Broccoli.

Green vegetables, beans, chervil, tarragon, parsley, tomatoes.

Muesli, whole grain, Brewer's yeast.

Eggs (yolks).

Offal, liver.

VITAMIN B12 (cyanocobalamin)

Meats (beef, pork), offal (liver, kidneys), game, poultry, yeasts.

Fish (tinned tuna), seafood, crustaceans.

Milk, cheeses.

Eggs.

Asparagus, spinach, potatoes.

Wheat germs.

VITAMIN C (ascorbic acid)

Acerola.

Strawberries, redcurrants, grapefruits, lemons, red berries, kiwis, papayas, grapes, guavas, oranges, melons, blackberries, raspberries.

Potatoes, sweet potatoes, cabbage, cauliflower, broccoli, fennel, watercress, lamb's lettuce, parsley, tomatoes

Green leafy vegetables (spinach, Swiss chard), peppers (red & greens).

Fish.

VITAMIN D (cholecalciferol)

Halibut liver oil, cod liver oil, tuna liver oil.

Oily fish (sardines, herring, salmon, tuna).

Egg yolks.

Calf liver, cow's liver.

Breast milk, full-cream milk.

Butter, non-skimmed/full-cream dairy products.

VITAMIN E (tocopherol)

Butter.

Fruit pips, seeds.

Muesli, cereal germs, dried fruits, corn, soya.

Hazelnuts, walnuts, almonds, avocados, mangos.

Green leaf vegetables, spinach, cabbage, Brussels sprouts, broccoli, tomatoes.

Olive oil, soya oil, sunflower oil.

Oily fish, crustaceans, shellfish.

Eggs (yolks).

Liver.

VITAMIN K (menaquinone / K2 & phylloquinone / K1)

Natto, miso, kéfir, yoghurt, cheese (K2).

Kale, parsley, spinach, watercress, green cabbage, green leaf vegetables (K1).

Broccoli, Brussels sprouts, white cabbage, lettuce, radish, asparagus, okra (K1).

Rapeseed oil, safflower oil, soybean oil, olive oil.

Cauliflower, green beans, petit pois, chickpeas, lentils, cucumber, red cabbage.

Eggs (yolks); fish oil and fish liver oil (K2); algae, kelp.

COENZYME Q10

Fish oil, soybeans oil, vegetable oils in general.

Sardine, mackerel, fish in general.

Meats, especially red meats.

Oily seeds (peanuts, walnuts, hazelnuts).

Sesame seeds, spinach, legumes and vegetables in general.

GLUTATHIONE

Whey proteins (unadulterated: high quality «whey protein»).

Asparagus, cauliflower, potatoes.

Tomatoes, watermelon.

Avocado, grapefruit, orange, peach.

SULPHUR

Eggs; duck; fish.

Milk proteins, meat proteins.

Cabbage, cauliflower, Brussels sprouts, broccoli, kohlrabi, kale, red cabbage.

Black radishes, turnips, horseradish, swede, dried beans, wheat germs.

Red peppers, garlic, shallot, onion, asparagus.

OMEGA 3

Cold water fish; trout; crustaceans, algae, caviar, phytoplankton.

Flaxseed oil.

Oils of: hemp seeds, pumpkin seeds, walnut, wheat germs, soybeans, rapeseeds.

LNA (alpha-linolenic acid)

Flaxseed oil, hemp seed oil.

Oils of: pumpkin seeds, rapeseeds, soybeans, wheat germs, walnut.

EPA (eicosapentaenoic acid)

Oily fish (salmon, halibut, haring, dried-salted cod, fresh cod, haddock, mackerel, sardine, anchovies, tuna, eel, sea bass, sea trout, turbot, capelin, turbot/halibut ??).

Freshwater fish (perch, trout, carp, pike).

Crustaceans, caviar, brown algae, phytoplankton, cod liver.

DHA (docosahexaenoic acid)

Oily fish (salmon, halibut, herring, dried-salted cod, fresh cod, haddock, mackerel, sardine, anchovies, tuna, eel, sea bass, sea trout, turbot, capelin).

Freshwater fish (perch, trout, carp, pike).

Crustaceans, caviar, brown algae, phytoplankton, cod liver.

OMEGA 6

Sunflower oil, corn oil, soybeans oil.

Oils of: grape seeds, safflower seeds, sesame seeds, wheat germs, walnuts, pumpkin seeds.

LA (linoleic acid)

Safflower oil, grapeseed oil, sunflower oil.

Oils of: corn, hemp seed, evening primrose, walnuts, soybeans, cotton seeds, wheat germs, pumpkin seeds, sesame seeds, rice bran, rapeseeds, peanuts, flaxseeds.

GLA (gamma-linolenic acid)

Borage oil, blackcurrant seed oil, evening primrose oil.

PA (palmitoleic acid)

Macadamia oil.

Walnut oil.

PREBIOTICS

Garlic, shallot, onion, asparagus, salsify, leeks, maple sugar, endive, dandelion, artichoke, Jerusalem artichoke, burdock, banana, tomato, barley, rye, wheat.

PROBIOTICS

Live fermented yoghurt; fermented milks: kumis, labneh, lassi; kefir.

Buttermilk, crème fraîche.

Sauerkraut, filmjolk.

Kombucha tea, brottrunk.

Natto, miso, tempeh, soy sauce.

Salami, chorizo.

Olives, pickles, vinegar.

PHENYLALANINE

Milk, cottage cheese, cheeses.

Meats, soya.

Almonds, peanuts, cashew nuts, broad beans, pumpkin seeds, sesame seeds.

SEROTONINE

Banana, plum, avocado, walnut, pineapple, grapefruit.

Tomato, aubergine.

Chocolate.

TRYPTOPHANE

Milk, cottage cheese, eggs.

Meats (pork, beef, lamb, turkey); fish; game.

Hazelnuts, almonds, peanuts, soybeans.

Banana, dates.