

Which Essential Nutrients

make up



60 Essential Minerals

- Calcium
- Chloride
- Arsenic
- Carbon
- Zinc
- Erbium
- Gold
- Lithium
- Niobium
- Rubidium
- Strontium
- Titanium
- Magnesium
- Sulfur
- Barium
- Iodine
- Cerium
- Europium
- Hafnium
- Lutetium
- Nitrogen
- Samarium
- Tantalum
- Vanadium
- Phosphorus
- Cobalt
- Beryllium
- Iron
- Cesium
- Gadolinium
- Holmium
- Molybdenum
- Oxygen
- Scandium
- Terbium
- Ytterbium
- Potassium
- Copper
- Boron
- Manganese
- Chromium
- Gallium
- Hydrogen
- Neodymium
- Praseodymium
- Silica
- Thulium
- Yttrium
- Sodium
- Aluminum
- Bromine
- Selenium
- Dysprosium
- Germanium
- Lanthanum
- Nickel
- Rhenium
- Silver
- Tin
- Zirconium

16 Essential Vitamins

- Vitamin A
- Vitamin B3 (Niacin)
- Vitamin B12 (Cobalamin)
- Vitamin E
- Choline
- Inositol
- Vitamin B1 (Thiamine)
- Vitamin B5 (Pantothenic Acid)
- Vitamin C
- Vitamin K
- Flavonoids and Bioflavonoids
- Vitamin B2 (Riboflavin)
- Vitamin B6 (Pyridoxine)
- Vitamin D
- Biotin
- Folic Acid

12 Essential Amino Acids

- Valine
- Leucine
- Phenylalanine
- Arginine
- Lysine
- Isoleucine
- Methionine
- Taurine
- Threonine
- Tryptophan
- Histidine
- Tyrosine

3 Essential Fatty Acids

- Omega 3 (EPA, DHA, ALA)
- Omega 6
- Omega 9