

## 60 Essential Minerals

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

Terbium  
Thulium  
Tin  
Titanium  
Vanadium  
Ytterbium  
Yttrium  
Zinc  
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 & Bioflavonoids  
Vitamin B2 (Riboflavin)  
Vitamin B6 (Pyridoxine)  
Vitamin D  
Biotin  
Folic Acid

### 12 Essential Amino Acids

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

### 3 Essential Fatty Acids

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