

# Mini Supplement Guide (Incomplete)

<b>Vitamin Equivalence</b> - From Taber's Cyclopedic Medical Dictionary				
<p><b>A</b></p> <p>Green leafy vegetables especially escarole, kale and parsley</p> <p>Carrots</p> <p>Fish liver oil</p> <p>Animal fats butter, cheese, cream, egg yolk, milk</p> <p>Liver</p>	<p><b>B1 - Thiamin</b></p> <p>Brewer's yeast</p> <p>Whole grain cereals</p> <p>Peas, beans</p> <p>Peanuts</p> <p>Oranges</p> <p>Glandular meats</p>	<p><b>B2 - Riboflavin</b></p> <p>Eggs</p> <p>Green leafy vegetables</p> <p>Liver</p> <p>Kidney</p> <p>Lean meat</p> <p>Milk</p> <p>Wheat germ</p> <p>Yeast, dried</p>	<p><b>Niacin</b></p> <p>Yeast</p> <p>Lean meat</p> <p>Fish</p> <p>Legumes</p> <p>Whole grain cereal</p> <p>Peanuts</p>	<p><b>B6 - Pyridoxine</b></p> <p>Black strap molasses</p> <p>Meat</p> <p>Cereal grains</p> <p>Wheat germ</p>
<p><b>B12 - Cyanocobalamin</b></p> <p>Liver</p> <p>Kidney</p> <p>Dairy products</p> <p>Beef</p> <p>Liver</p>	<p><b>C</b></p> <p>Most fresh fruits and vegetables, especially citrus and tomato</p>	<p><b>D</b></p> <p>Butter</p> <p>Egg yolk</p> <p>Fish liver oil</p> <p>Salmon, tuna, herring and sardines</p> <p>Liver</p> <p>Oysters</p> <p>Yeast</p> <p>Formed in skin by exposure to sunlight</p>	<p><b>E</b></p> <p>Lettuce and other green leafy vegetables</p> <p>Wheat germ oil</p> <p>Margarine</p> <p>Rice</p>	<p><b>Folacin</b></p> <p>Glandular meats</p> <p>Yeast</p> <p>Green leafy vegetables</p>
<b>Mineral Equivalence</b> - From Parker Chiropractic Research Foundation, 1980				
<p><b>Calcium</b></p> <p>Milk</p> <p>Broccoli</p> <p>Dark green leafy veg.</p> <p>Cheese</p> <p>Molasses</p> <p>Legumes</p> <p>Almonds</p> <p>Cottage cheese</p> <p>Brazil nuts</p> <p>Vegetable patty</p>	<p><b>Iodine</b></p> <p>Iodized salt</p> <p>Ocean fish</p> <p>Shell fish</p> <p>Spinach</p>	<p><b>Iron</b></p> <p>Prune juice</p> <p>Liver</p> <p>Beef</p> <p>Soybeans</p> <p>Baked beans</p> <p>Ham</p> <p>Organ meats, Chicken</p> <p>Spinach, Eggs</p> <p>Raisins, Molasses</p> <p>Wheat germ</p>	<p><b>Magnesium</b></p> <p>Soybeans</p> <p>Wheat germ</p> <p>Cashews</p> <p>Almonds</p> <p>Brazil nuts</p> <p>Baked beans</p> <p>Peanuts</p> <p>Molasses</p> <p>Dark green leafy veg.</p> <p>Brown rice</p> <p>Corn, Oatmeal</p>	<p><b>Potassium</b></p> <p>Soybeans</p> <p>Rockmelon</p> <p>Sweet potato</p> <p>Avocado, Raisins</p> <p>Banana, Halibut, Sole</p> <p>Baked beans, Molasses</p> <p>Ham, Mushrooms</p> <p>Beef, White potatoes</p> <p>Tomato, Radishes</p> <p>Prune juice, Kale, Nuts.</p> <p>Seeds &amp; Wheat germ</p>
<b>Organ/Tissues Nutritional Needs</b>				
<p><b>Brain</b></p> <p>Trace minerals</p> <p>Calcium</p> <p>Min Tran*</p> <p>Min Chex*</p> <p>Orchex*</p> <p>Vitamin B</p> <p>RNA</p> <p>*Standard Process</p>	<p><b>Blood</b></p> <p>Chlorophyll</p> <p>Fatty acids</p> <p>Iron</p> <p>Magnesium</p> <p>Potassium</p> <p>Sodium</p> <p>Vitamin B</p> <p>Betain HCL</p>	<p><b>Bones</b></p> <p>Calcium</p> <p>Phosphorous</p> <p>Vitamin C</p> <p>Vitamin D</p> <p>Potassium</p> <p>Magnesium</p>	<p><b>Joints</b></p> <p>Calcium</p> <p>Iron</p> <p>Magnesium</p> <p>Potassium</p> <p>Sodium</p> <p>Vitamin C</p> <p>Vitamin D</p> <p>Vitamin E</p>	<p><b>Skin/Nails</b></p> <p>Amino acids</p> <p>Calcium</p> <p>Copper</p> <p>EFA</p> <p>Manganese</p> <p>Silicon</p> <p>Sodium</p> <p>Sulfur, Zinc</p> <p>Vitamins A &amp; C</p>