


<div> <div>  <div> <div>QUICK REFERENCE TO THE</div> <div>VITAMINS & MINERALS</div> </div> </div> </div>				
NUTRIENTS TYPE/DOSAGE	NATURAL SOURCES	BEST IF TAKEN WITH	DEFICIENCY SYMPTOMS	TOXICITY SYMPTOMS
Vitamin A Natural Source: 1000 IU 1000 IU (1000 IU)	Animal liver, carrots, spinach, sweet potatoes, and other orange vegetables.	With a meal.	Night blindness, dry skin, brittle nails.	Severe, acute liver damage.
Vitamin B1 Natural Source: 10 mg 10 mg	Whole grains, legumes, seeds, and nuts.	With a meal.	Weakness, fatigue, depression.	Severe, acute liver damage.
Vitamin B2 Natural Source: 10 mg 10 mg	Whole grains, legumes, seeds, and nuts.	With a meal.	Weakness, fatigue, depression.	Severe, acute liver damage.
Vitamin B3 Natural Source: 10 mg 10 mg	Whole grains, legumes, seeds, and nuts.	With a meal.	Weakness, fatigue, depression.	Severe, acute liver damage.
Vitamin B6 Natural Source: 10 mg 10 mg	Whole grains, legumes, seeds, and nuts.	With a meal.	Weakness, fatigue, depression.	Severe, acute liver damage.
Vitamin B12 Natural Source: 10 mg 10 mg	Animal liver, eggs, and dairy products.	With a meal.	Weakness, fatigue, depression.	Severe, acute liver damage.
Vitamin C Natural Source: 1000 mg 1000 mg	Oranges, lemons, limes, and other citrus fruits.	With a meal.	Weakness, fatigue, depression.	Severe, acute liver damage.
Vitamin D Natural Source: 1000 IU 1000 IU	Animal liver, eggs, and dairy products.	With a meal.	Weakness, fatigue, depression.	Severe, acute liver damage.
Vitamin E Natural Source: 1000 IU 1000 IU	Animal liver, eggs, and dairy products.	With a meal.	Weakness, fatigue, depression.	Severe, acute liver damage.
Vitamin K Natural Source: 1000 IU 1000 IU	Animal liver, eggs, and dairy products.	With a meal.	Weakness, fatigue, depression.	Severe, acute liver damage.
Vitamin M Natural Source: 1000 IU 1000 IU	Animal liver, eggs, and dairy products.	With a meal.	Weakness, fatigue, depression.	Severe, acute liver damage.
Vitamin N Natural Source: 1000 IU 1000 IU	Animal liver, eggs, and dairy products.	With a meal.	Weakness, fatigue, depression.	Severe, acute liver damage.
Vitamin O Natural Source: 1000 IU 1000 IU	Animal liver, eggs, and dairy products.	With a meal.	Weakness, fatigue, depression.	Severe, acute liver damage.
Vitamin P Natural Source: 1000 IU 1000 IU	Animal liver, eggs, and dairy products.	With a meal.	Weakness, fatigue, depression.	Severe, acute liver damage.
Vitamin Q Natural Source: 1000 IU 1000 IU	Animal liver, eggs, and dairy products.	With a meal.	Weakness, fatigue, depression.	Severe, acute liver damage.
Vitamin R Natural Source: 1000 IU 1000 IU	Animal liver, eggs, and dairy products.	With a meal.	Weakness, fatigue, depression.	Severe, acute liver damage.
Vitamin S Natural Source: 1000 IU 1000 IU	Animal liver, eggs, and dairy products.	With a meal.	Weakness, fatigue, depression.	Severe, acute liver damage.
Vitamin T Natural Source: 1000 IU 1000 IU	Animal liver, eggs, and dairy products.	With a meal.	Weakness, fatigue, depression.	Severe, acute liver damage.
Vitamin U Natural Source: 1000 IU 1000 IU	Animal liver, eggs, and dairy products.	With a meal.	Weakness, fatigue, depression.	Severe, acute liver damage.
Vitamin V Natural Source: 1000 IU 1000 IU	Animal liver, eggs, and dairy products.	With a meal.	Weakness, fatigue, depression.	Severe, acute liver damage.
Vitamin W Natural Source: 1000 IU 1000 IU	Animal liver, eggs, and dairy products.	With a meal.	Weakness, fatigue, depression.	Severe, acute liver damage.
Vitamin X Natural Source: 1000 IU 1000 IU	Animal liver, eggs, and dairy products.	With a meal.	Weakness, fatigue, depression.	Severe, acute liver damage.
Vitamin Y Natural Source: 1000 IU 1000 IU	Animal liver, eggs, and dairy products.	With a meal.	Weakness, fatigue, depression.	Severe, acute liver damage.
Vitamin Z Natural Source: 1000 IU 1000 IU	Animal liver, eggs, and dairy products.	With a meal.	Weakness, fatigue, depression.	Severe, acute liver damage.

A brand new e book with an all new standpoint. it was actually writtern very properly and beneficial. I am just very easily will get a satisfaction of studying a composed publication.
(Esperanza Pollich)

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