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VITAMINS & MINERALS (QUICK STUDY: HEALTH)

	NATURAL SOURCES	BEST IF TAKEN WITH	DEFICIENCY SYMPTOMS	TOXICITY SYMPTOMS
Vitamin A	Carrots, sweet potatoes, spinach, liver, eggs, milk	None	Blurred vision, dry eyes, skin dryness, hair loss	Headaches, dizziness, dry mouth, nosebleeds
Vitamin B1	Whole grains, legumes, meat, fish, eggs	None	Weakness, fatigue, numbness, tingling	None
Vitamin B2	Milk, eggs, meat, fish, legumes, whole grains	None	Weakness, fatigue, numbness, tingling	None
Vitamin B3	Meat, fish, legumes, whole grains, nuts	None	Weakness, fatigue, numbness, tingling	None
Vitamin B5	Meat, fish, legumes, whole grains, nuts	None	Weakness, fatigue, numbness, tingling	None
Vitamin B6	Meat, fish, legumes, whole grains, nuts	None	Weakness, fatigue, numbness, tingling	None
Vitamin B7	Eggs, meat, fish, legumes, whole grains	None	Weakness, fatigue, numbness, tingling	None
Vitamin B9	Leafy green vegetables, legumes, meat, fish, eggs	None	Weakness, fatigue, numbness, tingling	None
Vitamin C	Citrus fruits, strawberries, kiwi, bell peppers, broccoli	None	Weakness, fatigue, numbness, tingling	None
Vitamin D	Fatty fish, egg yolks, fortified milk, sunlight	None	Weakness, fatigue, numbness, tingling	None
Vitamin E	Nuts, seeds, vegetable oils, green leafy vegetables	None	Weakness, fatigue, numbness, tingling	None
Vitamin K	Green leafy vegetables, vegetable oils, fermented foods	None	Weakness, fatigue, numbness, tingling	None
Calcium	Dairy products, fish with bones, leafy green vegetables, almonds	None	Weakness, fatigue, numbness, tingling	None
Magnesium	Whole grains, legumes, nuts, seeds, green leafy vegetables	None	Weakness, fatigue, numbness, tingling	None
Zinc	Meat, fish, legumes, whole grains, nuts, seeds	None	Weakness, fatigue, numbness, tingling	None
Iron	Meat, fish, legumes, whole grains, nuts, seeds	None	Weakness, fatigue, numbness, tingling	None
Selenium	Meat, fish, legumes, whole grains, nuts, seeds	None	Weakness, fatigue, numbness, tingling	None

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Reviews

Very useful to all category of men and women. I actually have study and i also am certain that i am going to going to read through again once more down the road. Its been written in an exceptionally simple way and is particularly only soon after i finished reading this publication by which basically altered me, modify the way in my opinion.

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