

Nutrient	Deficiency symptom	Good Sources
B1 (Thiamine)	<ul style="list-style-type: none"> • Headache • Nausea • fatigue • irritability • abdominal discomfort • depression • intolerance to carbs • Beriberi 	<ul style="list-style-type: none"> • Pork • Beef • Poultry • Organ meats • Legumes • Nuts • Nutritional yeast
B2 (Riboflavin)	<ul style="list-style-type: none"> • Fatigue • Slow growth • Cracks in corner of mouth • Anemia • Eye concerns • Digestive problems • Sore throat • Cellular metabolism 	<ul style="list-style-type: none"> • Dairy • Eggs • Dark Green • Buckwheat • Fish • Poultry • (degrades by light) • Fortified grains
B3 (Niacin)	<ul style="list-style-type: none"> • Muscle weakness • Indigestion • Fatigue • Canker sores • Depression • Skin disorders • Pellagra 	<ul style="list-style-type: none"> • Nutritional yeast extract • Rice Bran • Liver, Pork, Beef, Chicken, Fish • Avocado • Sunflower seeds • Green Peas • Mushrooms
B5 (Pantothenic Acid)	<ul style="list-style-type: none"> • Low RBC • Stress intolerance • Fatigue 	<ul style="list-style-type: none"> • Meats • Egg yolks • Salmon • Lentils, legumes • Nuts and seeds
B6 (Pyridoxine)	<ul style="list-style-type: none"> • Depression • Tremors • Insomnia • Confusion • Anxiety • Fatigue 	<ul style="list-style-type: none"> • Meats: poultry, fish • Soy • Avocados • Bananas • Carrots • Whole grain flours, brown rice
B9 (Folic Acid)	<ul style="list-style-type: none"> • Anemia • Restless leg • Fatigue • Insomnia • Cardiovascular disease • Neural tube defects 	<ul style="list-style-type: none"> • Tomato juice • Beans • Green vegetables
B12 (Cobalamin)	<ul style="list-style-type: none"> • Anemia • Fatigue • Peripheral neuropathy • Depression • Dementia • Poor memory • Sores at corners of mouth 	<ul style="list-style-type: none"> • Red meats • Nutritional yeast • Algae, greens • Molasses
Vitamin C	<ul style="list-style-type: none"> • Bleeding gums • loss of appetite • fatigue 	<ul style="list-style-type: none"> • Papaya • Orange • Broccoli

	<ul style="list-style-type: none"> • slow wound healing 	<ul style="list-style-type: none"> • Strawberries • green peppers • grapefruit
Vitamin D	<ul style="list-style-type: none"> • Multiple Sclerosis • Poor bone health • Lowered immune function • hypothyroid 	<ul style="list-style-type: none"> • Produced in skin from UV exposure • Milk • egg yolk • liver • fish
Vitamin A	<ul style="list-style-type: none"> • Immune function • Eyesight • growth of skin, hair, nails 	<ul style="list-style-type: none"> • Beef liver • sweet potatoes • carrots • spinach • dandelion greens
Vitamin E	<ul style="list-style-type: none"> • Slow wound healing • skin disorders • PMS • heart disease 	<ul style="list-style-type: none"> • Vegetable oils • wheat germ • liver • eggs • nuts and seeds • avocados • asparagus
Vitamin K	<ul style="list-style-type: none"> • Excessive bleeding • increased bruising • heavy periods 	<ul style="list-style-type: none"> • Made in the digestive tract from healthy bacteria • leafy greens • soy • broccoli • spinach and kale
Omega 3	<ul style="list-style-type: none"> • Dry skin, hair • Peeling brittle nails • Sleep problems • Mood disorders • Poor memory and focus 	<ul style="list-style-type: none"> • Hemp or Flax seeds • Oily fish • Shellfish • Krill oil
Omega 6	<ul style="list-style-type: none"> • increased inflammation • poor memory and focus • allergies • Dry skin, hair, nails 	<ul style="list-style-type: none"> • Primrose oil • Borage oil • Black currant oil • Vegetables oils (corn, grapeseed, soy, sunflower, cotton seed, safflower, peanut, walnut, sesame)
Calcium	<ul style="list-style-type: none"> • Muscle cramps • Irritability and anxiety • osteoporosis 	<ul style="list-style-type: none"> • Dairy, wheat/soy flour, molasses, brazil nuts, broccoli, leafy greens, oysters, sardines, canned salmon
Magnesium	<ul style="list-style-type: none"> • Nausea and vomiting • Fatigue • Cramps and heart palpitations • Numbness • seizures 	<ul style="list-style-type: none"> • Green vegetables • Beans • Peas • Nuts and seeds • whole grains
Chromium	<ul style="list-style-type: none"> • Blood sugar dysregulation • insulin resistance • bone loss • weakness and fatigue • poor memory and focus • poor skin health • reduced eye health 	<ul style="list-style-type: none"> • Brewer's yeast • whole grains • seafood • broccoli • prunes • nuts • potatoes

		<ul style="list-style-type: none"> • meat
Selenium	<ul style="list-style-type: none"> • Sore muscles • Decreased thyroid function • RBC loss • Fatigue • Hair loss • Brain fog 	<ul style="list-style-type: none"> • Brewer's yeast • Liver • butter • fish and shellfish • garlic • sunflower seeds • brazil nuts
Copper	<ul style="list-style-type: none"> • Osteoporosis • Anemia • hair loss • weakness • diarrhea • increased infection • allergy 	<ul style="list-style-type: none"> • Oysters • Seeds • leafy greens • dried legumes • whole grains and oats • shellfish • chocolate • soy
Iron	<ul style="list-style-type: none"> • Anemia • Fatigue and weakness • Chest pain • Cold hands and feet • Sore tongue • Brittle nails • Hair loss 	<ul style="list-style-type: none"> • Liver • Red meat • Brewer's yeast • Beans • Spinach • Dried fruits: raisins • Sunflower seeds, nuts
Zinc	<ul style="list-style-type: none"> • Slow growth and healing • hair loss • diarrhea • low fertility • eye and skin lesions • loss of taste • fatigue 	<ul style="list-style-type: none"> • red meat • poultry • beans • nuts and pumpkin seeds • seafood and oysters • whole grains • dairy
Manganese	<ul style="list-style-type: none"> • osteoporosis • chronic fatigue • lowered immunity • abnormal sugar regulation • poor digestion and absorption 	<ul style="list-style-type: none"> • whole grain cereals • dried fruits • nuts • leafy greens
Sodium	<ul style="list-style-type: none"> • weakness and low energy • headaches or dizziness • low energy • nausea • muscle cramps • irritability • low blood pressure 	<ul style="list-style-type: none"> • celery • beets • milk • packaged and canned foods
Potassium	<ul style="list-style-type: none"> • dizziness and light headedness • heart palpitations • muscle cramps • nausea • numbness or tingling • constipation • high blood pressure 	<ul style="list-style-type: none"> • potatoes and sweet potatoes • fish • banana • avocado • black, white, kidney beans • dried fruits • watermelon • beets