

Folic Acid	Raw Milk, Brewer's Yeast, Whole Grains, Dates, Tuna, Spinich, Oysters, Organ Meats, Salmon, Green Leafy Vegetables, Legumes
Inositol	Lecithin, Meats, Nuts, Grapefruit, Brwers Yeast, Fruits, Vegetables, Peanuts, Oranges, Raw Milk, Cantalopes, Yeast, Blackstrap Molasses
Vitamin K	Blackstrap Molasses, Oats, Liver, Wheat, Rye, Alfalfa, Turnip Greens, Green Vegetables, Chlorophyll, Yogurt, Acidophilus, Cabbage
Vitamin P	Buckwheat, Apricots, Cherries, Paprika, Grapefruit, Lemons, Prunes
PABA	Wheat Germ, Liver, Brewer's Yeast, Eggs, Rice Bran, Blackstrap Molasses, Rye
<hr/>	
Calcium	Almonds, Figs, Beans, Carrots, Pecans, Raisins, Brown Rice, Garlic, Dates, Spinich, Celery, Avocados, Papayas, Sesame Seeds, Cashews
Chromium	Brewer's Yeast, Clams, Cheese, Corn Oil, Whole Grains, Meat, Shellfish
Copper	Soy Beans, Brazil Nuts, Bone Meal, Raisins, Legumes, Seafoods, Blackstrap Molasses, Prunes, Liver, Peas, Whole Wheat and other Grains
Iodine	Kelp, Dulse, Beets, Celery, Lettuce, Irish Moss, Grapes, Mushrooms,
Iron	Kelp, Raisins, Figs, Beets, Soy Beans, Bananas, Asparagus, Carrots, Cucumbers, Sunflower Seeds, Parsley, Grapes, Watercress, Spinich, Nuts
Magnesium	Honey, Almonds, Tuna, Kelp, Pineapple, Pecans, Green Vegetables, Wheat, Figs, Apples, Wheat Germ, Pumpkin & Sunflower Seeds
Manganese	Celery, Bananas, Beets, Egg Yolks, Bran, Walnuts, Pineapple, Whole Grains, Asparagus, Green Leafy Vegetables, Peas, Beets
Phosphorus	Mushrooms, Cashews, Oats, Beans, Squash, Pecans, Carrots, Almonds, Poultry, Meats, Eggs, Seeds, Dried Peas & Beans, Fish
Potassium	Spinich, Apples, Tomatoes, Strawberries, Bananas, Lemons, Figs, Celery, Cucumbers, Brussel Sprouts, Rice, Pecans, Mushrooms, Oranges
Selenium	Wheat Germ & Bran, Tuna, Onions, Tomatoes, Broccoli
Silicon	White Onion, Oats, Grasses, Radishes, Calmyra Figs, Grains
Sodium	Turnips, Raw Milk, Cheese, Wheat Germ, Cucumbers, Beets, String Beans, Sea Foods, Lima Beans, Okra, Pumpkins, Celery
Sulphur	Bran, Cheese, Eggs, Cauliflower, Nuts, Onions, Broccoli, Fish, Wheat Germ, Cucumbers, Turnips, Corn, Cabbage, Beef
Vanadium & Other Trace Minerals	Kelp & Sea Salt, Brwer's Yeast, Leafy Green Vegetables, Salt Water Fish, Whole Grain Products
Zinc	Mushrooms, Liver, Seafood, Soy Beans, Sunflower Seeds, Brewer's Yeast, Pumpkin Seeds, Meat, Wheat Germ