

**We have established that you have a deficiency for the following****Carnitine**

Assists: Heart disease, High Cholesterol

Supports: Turns fat into energy

Sources: Red Meat, Pork, Tempeh, Cod, Chicken Breast, Ice Cream, Whole Milk

Others:

**Citrus bioflavonoids**

Assists: Heart disease, Free radicals

Supports:

Sources: Limes, Grapefruit, Orange, Lemon

Others:

**Copper**

Assists: Anaemia, Arthritis, Inflammatory bowel disease, Osteoarthritis, Osteoporosis,

Supports: Connective tissues, Digestive system, Hair, Heart disorders, Skin disorders,

Sources: Adzuki beans, Almonds, Apricots, Arugula, Asparagus, Avocado, Barley, Beans, Black eyed peas, Black pepper, Blackstrap molasses, Brazil nut, Brewer's yeast, Broccoli, Bulgar, Button mushrooms, Carob, Carrots, Cashews, Celery seeds, Cherries, Chestnuts, Clams, Cocoa, Coconut, Crab, Cranberries, Dates, Desiccated liver, Eggplant, Figs, Flaxseeds, Garbanzo beans, Grapes, Hazelnuts, Kale, Kiwi, Kumquat, Lemon, Lentils, Lobster, Macadamia nuts, Mandarin orange, Mango, Melon seeds, Miso, Mushrooms, Mussels, Mustard greens, Navy beans, Oats, Orange, Oysters, Parsnip, Peach, Peanuts, Pear, Pecans, Persimmon, Pine nuts, Pineapple, Pinto beans, Pistachio nuts, Pork, Pumpkin seeds, Quince, Quinoa, Radish, Raisins, Rice, Salmon, Sea vegetables, Sesame seeds, Soy beans, Sunflower seeds, Sweet chestnuts, Sweet potato, Tahini, Tempeh, Tofu, Triticale, Turnips, Venison, Walnuts, Wheat bran, Wheat germ

Others:

**Folate**

Assists:

Supports:

Sources: Almonds, Amaranth, Asparagus, Avocado, Beans, Beets, Belgium Endive, Black eyed peas, Blackberries, Broccoli, Brussels sprouts, Butterbeans, Butter head lettuce, Carrots, Cashews, Cauliflower, Corn, Curly kale, Fava beans, Garbanzo beans, Globe artichoke, Grapefruit, Green beans, Hazelnuts, Lemons, Lentils, Limes, Melon seeds, Miso, Muesli, Mulberries, Mung bean sprouts, Mustard cress, Okra, Orange, Pecans, Pinto beans, Pistachio nuts, Potato, Raspberries, Savoy cabbage, Soy beans, Spinach, Sweet potato, Swiss chard, Tofu, Walnuts

Others:

**Folic Acid**

Assists:	Alzheimer's disease, Anxiety, Cancer, Depression, Heart attacks, Heart disease, Male infertility, Osteoporosis, Pregnancy
Supports:	Billiary system, Blood, Bones, Brain, Cardiovascular system, Heart disorders, Skeletal system, Teeth
Sources:	Adzuki beans, Artichoke, Arugula, Asparagus, Avocado, Banana, Barley, Beans, Beef, Beets, Bell pepper, Bok choy, Brewer's yeast, Broccoli, Brown rice, Brussels sprouts, Cabbage, Cantaloupe, Carrots, Cauliflower, Celery, Chestnuts, Chicken, Chickpeas, Chilli peppers, Chinese cabbage, Cilantro, Corn, Cucumber, Dates, Egg plant, Figs, Grapefruit, Green beans, Kale, Kidney beans, Lamb, Leek, Lemon, Lentils, Lettuce, Lima beans, Limes, Mango, Milk, Mung beans, Mustard green, Oats, Onion, Orange, Oysters, Papaya, Parsnip, Peanuts, Peas, Pineapple, Pistachio nut, Pork, Pumpkin, Radish, Raspberries, Rice, Salmon, Sea vegetables, Sour cherries, Soy beans, Spinach, Strawberries, Sunflower seeds, Swiss chard, Tomato, Triticale, Tuna, Turnips, Watercress, Wheat, Wheat germ, Winter squash,
Others:	

**Omega 6 fatty acids**

Assists:	Acne, Allergies, Breast cancer, Diabetes, Eczema, Heart disease, High blood pressure, Obesity, Osteoporosis, PMS, Psoriasis, Rheumatoid arthritis
Supports:	Heart disorders, Skeletal system
Sources:	Blackcurrants, Brazil nuts, Corn, Flax seeds, Safflower oil, Sesame seeds, Sunflower oil, Sunflower seeds, Tahini
Others:	

**Sulfur**

Assists:	Aging, Bursitis, Cystitis, Eczema, Osteoarthritis, Psoriasis, Rheumatoid arthritis, Tendonitis, Warts
Supports:	Blood, Hair, Liver, Skin disorders
Sources:	Alfalfa sprouts, Apple, Asparagus, Beef, Brussels sprouts, Cabbage, Carrots, Chives, Cucumber, Eggs, Fish, Guava, Hazelnuts, Kale, Leek, Mango, Mustard cress, Onion, Pear, Persimmon, Poultry, Radish, Rye, Scallions, Shallots, Soy beans, Strawberries, Turnips, Wheat germ
Others:	

**Tannins**

Assists:	Burns, Cancer
Supports:	Skin disorders
Sources:	Apple, Carob, Cranberries, Redcurrants, Rhubarb, Wine
Others:	

**Vanadium**

Assists:	Cardiovascular disease, Diabetes, High blood pressure, Kidney disease
Supports:	Bones, Reproductive system, Teeth
Sources:	Black pepper, Fish, Mushroom, Olives, Radish
Others:	