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Your Shopping List

Vitamins - a good multivitamin & mineral should contain the following:

Biotin
Folic acid
Vitamin A
Vitamin B12
Vitamin B2 riboflavin
Vitamin B3 niacin
Vitamin B5 pantothenic acid
Vitamin B6 pyridoxine
Vitamin C
Vitamin D
Vitamin E/ mixed tocopherols

Macro Minerals - a good multivitamin & mineral should contain the following, but you may also supplement extra (see notes):

Calcium
Magnesium
Potassium

Trace Minerals - a good multivitamin & mineral should contain the following:

Chromium
Iron
Selenium
Zinc

Bioflavonoids

Bioflavonoids

Hawthorn
Isoflavones
Proanthocyanidins

Carotenoids

Carotenoids

Plant Extracts or Botanicals - can supplement separately or in combination:

Green Tea
Red Yeast Rice

Fungi, Bacteria and Algae - can supplement separately or in combination:

Green Foods / Algae
Probiotics

Fibre - increase food sources and can supplement (see notes):

Soluble Fibre

Omega Oils and Essential Fatty Acids - can supplement separately or in combination:

Omega 3 oils

Amino Acids

Arginine

Herbs - optional extra considerations:

Ginkgo Biloba
Milk thistle

Other Nutrients

Betaine/ TMG (Trimethylglycine)
Coenzyme Q10