

## Essential Vitamins and minerals

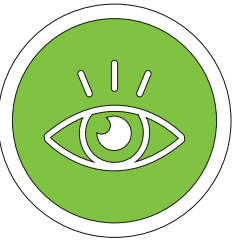
### Sources and functions



#### Brain and Memory

Vitamins and minerals  
B6, B12, Folic Acid

Top Foods



#### Eye Function

Vitamins and minerals  
B6, B12, Folic Acid

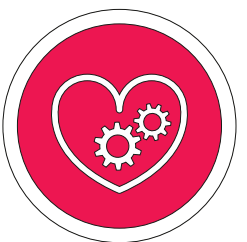
Top Foods



#### Digestion and Detox

Vitamins and minerals  
A, B1, B3, B6, B7, B12, C, D

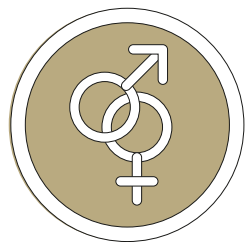
Top Foods



#### Heart and Blood

Vitamins and minerals  
B6, B12, Folic Acid

Top Foods



#### Reproductive Health

Vitamins and minerals  
B6, B12, Folic Acid

Top Foods



#### Muscular System

Vitamins and minerals  
B6, B12, Folic Acid

Top Foods



#### Bone Strength

Vitamins and minerals  
D, K2, Calcium, Magnesium

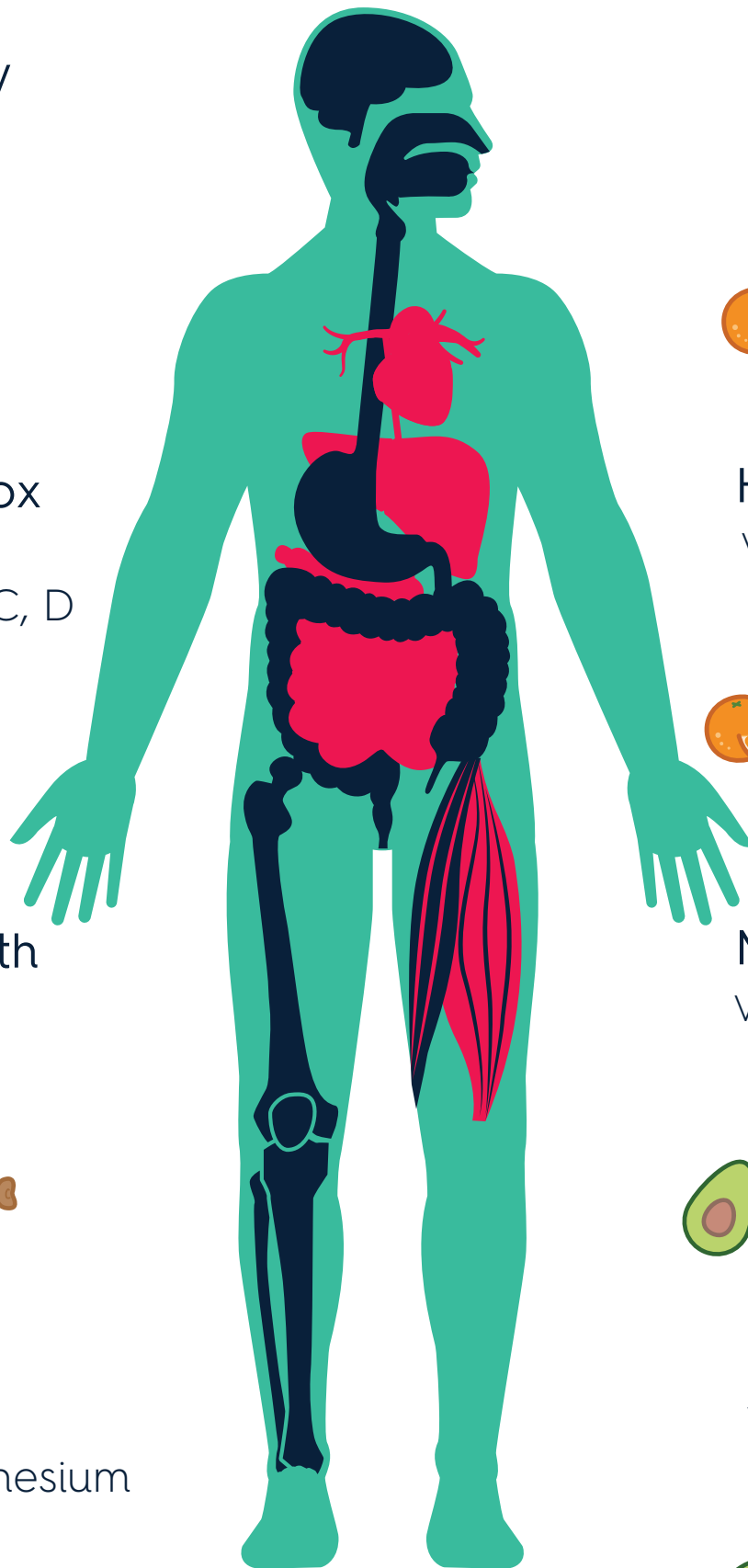
Top Foods



#### Energy Release

Vitamins and minerals  
B6, B12, Folic Acid

Top Foods



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*Standard call rates apply*