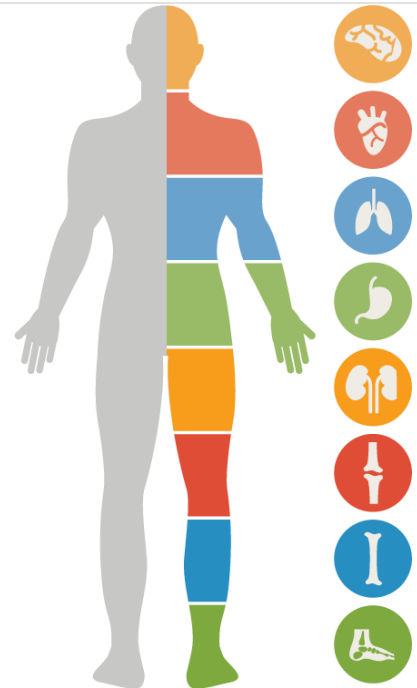


What are the 90 Essential Nutrients?

60 Essential Minerals

- Calcium
- Magnesium
- Phosphorus
- Potassium
- Sodium
- Chloride
- Sulfur
- Cobalt
- Copper
- Aluminum
- Arsenic
- Barium
- Beryllium
- Boron
- Bromine
- Carbon
- Iodine
- Iron
- Manganese
- Selenium
- Zinc
- Cerium
- Cesium
- Chromium
- Dysprosium
- Erbium
- Europium
- Gadolinium
- Gallium
- Germanium
- Gold
- Hafnium
- Holmium
- Hydrogen
- Lanthanum
- Lithium
- Lutetium
- Molybdenum
- Neodymium
- Nickel
- Niobium
- Nitrogen
- Oxygen
- Praseodymium
- Rhenium
- Rubidium
- Samarium
- Scandium
- Silica
- Silver
- Strontium
- Tantalum
- Terbium
- Thulium
- Tin
- Titanium
- Vanadium
- Ytterbium
- Yttrium
- Zirconium



16 Essential Vitamins

- Vitamin A
- Vitamin B1 (Thiamine)
- Vitamin B2 (Riboflavin)
- Vitamin B3 (Niacin)
- Vitamin B5 (Pantothenic Acid)
- Vitamin B6 (Pyridoxine)
- Vitamin B12 (Cobalamin)
- Vitamin C
- Vitamin D
- Vitamin E
- Vitamin K
- Biotin
- Choline
- Flavonoids and Bioflavonoids
- Folic Acid
- Inositol

12 Essential Amino Acids

- Valine
- Lysine
- Threonine
- Leucine
- Isoleucine
- Tryptophan
- Phenylalanine
- Methionine
- Histidine
- Arginine
- Taurine
- Tyrosine

2-3 Essential Fatty Acids

- Omega 3
- Omega 6
- Omega 9